

Effectiveness of Education Using Leaflets to Increase Health Cadres Knowledge about Gastritis

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ABSTRACT

Gastritis is a disease that many people suffer from. People still often ignore this disease, even though if it is not treated properly, it will cause complications and mortality. This happens because public knowledge is still low about gastritis. One effort that can be made is by providing education. Education can be optimized by using leaflet media. Health cadres are community workers who are closest to the community, especially in terms of health services, so they can provide knowledge to the community. This research aims to analyze the effectiveness of providing education using leaflet media to increase health cadres' knowledge about gastritis. The target of this research is health cadres. This research is pre-experimental research with a one group pretest and posttest group design. Respondents were given education using leaflets and the Focus Group Discussion (FGD) method. The descriptive test results showed that most of the health cadres' knowledge before being given education was low knowledge, whereas after being given education most of the health cadres' knowledge was good. The results of statistical analysis using the Wilcoxon signed rank test show a significance value of 0.000. Education using leaflet media is effective in increasing health cadres' knowledge about Gastritis.

Keywords: Education, Gastritis, Health cadres, Leaflet.

INTRODUCTION

Gastritis or inflammation of the gastrointestinal tract is a disease that is common in society. Symptoms of gastritis that often occur include pain in the pit of the stomach, nausea, vomiting, weakness, and reduced appetite (Rahman et al., 2022). The prevalence of gastric disorders in Indonesia increases every year. Gastritis is a disease that often recurs, so people often take medication to treat this problem. Improper use of medication can increase the risk of side effects and cause therapy failure. Gastritis that is not treated properly will cause serious complications such as stomach ulcers (Widayat et al., 2018). There are many factors that cause gastritis, including diet, the type of food consumed and the use of pain medication (Non-Steroid Anti-Inflammation Drugs). Previous research results show that the causes of gastritis are irregular eating patterns, low purchasing power, due to stress and emotional behavior (Tandi, 2017).

Previous research results show that many people still ignore this disease, thereby risking causing more serious complications. Lack of public knowledge is the main thing in this problem. One effort that can be made to increase knowledge is by providing health education. Previous research results show that education is effective in increasing public knowledge about gastritis treatment in Pati Regency (Pratiwi & Aji, 2021). One effort that can be made to optimize education is by using educational media. Mustaqimah's research results in 2022 show that the most optimal educational media is leaflets (Hakim, 2021).

Health cadres are community workers who are closest to the community, especially in terms of health services. The people in West Martapura sub-district have local wisdom, one of which is gathering. When people gather, it will be easier to communicate with cadres. The results of the preliminary study show that people in the area like to discuss and convey their health status to cadres, but cadres do not have sufficient knowledge to give correct answers. Based on these problems, health cadres are the main target for this research. Increasing the knowledge of health cadres can improve their services to the community.

MATERIALS AND METHODS

This research is pre-experimental research with one group pretest and posttest group design (Saputri, 2021). Respondents were given education using the Focus Group Discussion (FGD) method using leaflet. Research data analysis used the Wilcoxon Signed Rank test. The research flow can be seen in figure 1.

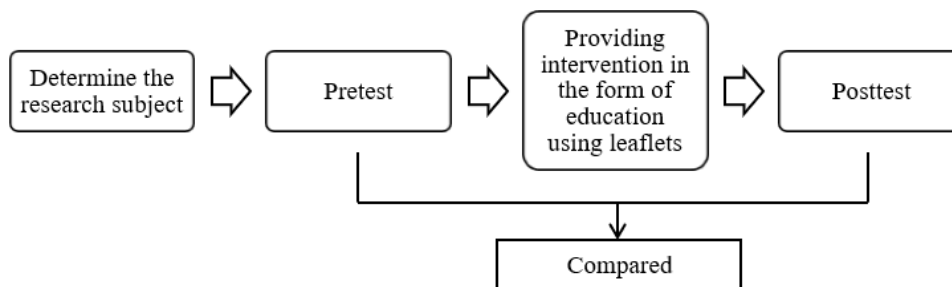


Figure 1. Research concept

RESULTS AND DISCUSSION

The respondents involved in the research were 26 health cadres in West Martapura District. The indicators assessed in this study were respondents' knowledge after being given education. The intervention provided is in the form of providing education using the focus group discussion (FGD) method using leaflet media. The leaflet media covers several aspects, including definitions, clinical symptoms, drug selection, rules for using drugs, side effects of drugs and duration of drug use. The graph of the increase in respondents' knowledge can be seen in Figure 2.

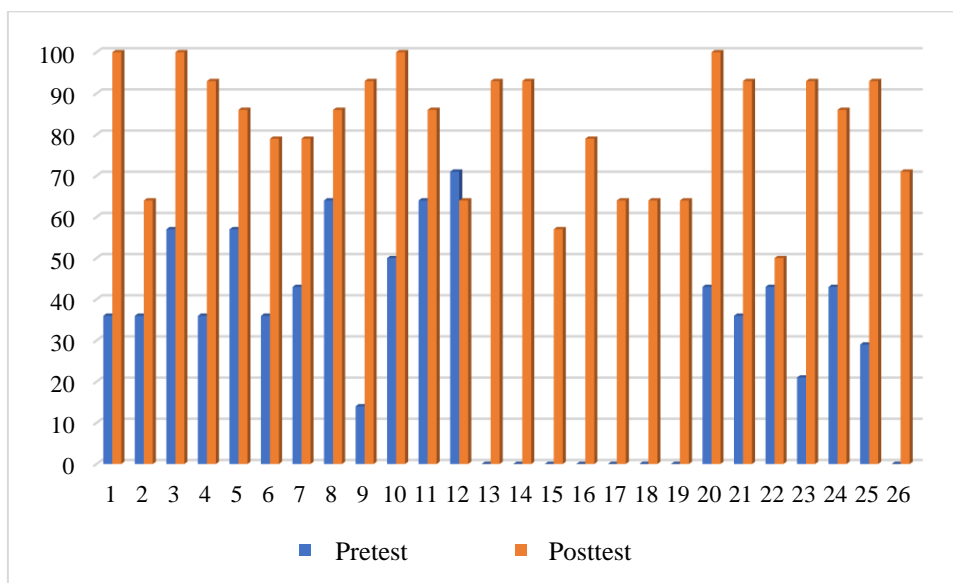


Figure 2. Pretest and posttest graphs

The knowledge questionnaire in this study covers several aspects, including definition, clinical symptoms, drug selection, rules for using drugs, side effects of drugs and duration of drug use. In this study, knowledge was measured twice, namely before and after providing education. The results of measuring respondents' knowledge can be seen in table 1.

Table 1. Results of measuring respondents' knowledge

Indicator		Before Education	After Education
Knowledge	Good	3	24
	Low	23	2

The research results showed that most of the respondents' knowledge about gastritis before being given education had low knowledge, whereas after being given education most respondents had good knowledge. From this data, there was an increase in respondents' knowledge after being given education using leaflet media. These results are also strengthened by the results of statistical tests using the Wilcoxon signed rank test. Statistical test results can be seen in table 2.

Table 2. Wilcoxon signed rank test.

SPSS analyze	Asymp.Sig.(2-tailed)
Wilcoxon Signed Ranks Test	0.000

The results of statistical tests using the Wilcoxon Signed Rank Test show that there is a significant difference between knowledge before and after being given education. The results of the descriptive analysis showed that there was an increase in knowledge after education was provided to all respondents. The results of this research are in line with research (Rizqina et al., 2022; Azzahra et al., 2022) which shows that providing education using leaflet media is effective in increasing respondents' knowledge. Education is an activity used to convey health information to the public or individuals. Providing education can be maximized by using various educational media. One media that can be used is leaflets. Based on the results of previous research, it is known that leaflets have several advantages, including being attractive to look at, easy to understand, stimulating the imagination in understanding the contents of the leaflet and the information conveyed more concisely. The results of this research are also in line with Hakim's research in 2021, which showed that leaflets were the most effective media in optimizing the provision of education (Hakim, 2021). The results of this research are also in line with research (Inayati et al., 2022) which shows that education using leaflet media is effective in increasing knowledge of ulcer medicine in the people of North Tapin sub-district.

Knowledge influences a person's behavior in making decision. Good knowledge about gastritis can help in carrying out appropriate actions related to the prevention and treatment of gastritis, to increase the effectiveness of therapy and prevent drug side effects.

CONCLUSION

The conclusion of this research is that education using leaflet media is effective in increasing respondents' knowledge about gastritis.

CONFLICT OF INTEREST STATEMENT

The authors declare no conflict of interest.

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