

INTISARI

Masyarakat di Kelurahan Sendangadi umumnya belum sepenuhnya mengenal Beyond Use Date (BUD) dan masih memiliki kebiasaan menyimpan sisa obat sirup melebihi batas waktu 1 bulan setelah kemasan dibuka. Tujuan penelitian ini adalah meningkatkan pengetahuan, sikap, dan tindakan dalam pemanfaatan BUD pada ibu balita di Posyandu Kelurahan Sendangadi.

Penelitian ini menggunakan rancangan quasi-experimental time series pre- and post-test dengan desain kontrol (control group), dengan melibatkan 64 responden (32 kontrol dan 32 intervensi) yang dipilih melalui *purposive sampling*. Kelompok intervensi diberikan edukasi metode CBIA melalui diskusi kelompok kecil yang dipandu fasilitator menggunakan media booklet dan lembar kerja, sedangkan kelompok kontrol menggunakan metode ceramah. Instrumen penelitian berupa kuesioner pengetahuan (skala Guttman), sikap, dan tindakan (skala Likert) yang telah teruji validitas dan reliabilitasnya. Pengumpulan data dilakukan melalui *pre-test* serta tiga kali *post-test* dengan interval waktu tertentu. Pengolahan data meliputi tahap *screening, coding, scoring, processing, cleaning*, dan tabulasi. Analisis data menggunakan uji Wilcoxon untuk menilai peningkatan skor pada kelompok intervensi dan uji Mann-Whitney untuk perbandingan antarkelompok.

Hasil penelitian menunjukkan skor rata-rata pengetahuan meningkat menjadi 7,16 ($p=0,003$), skor sikap menjadi 48,06 ($p=0,031$), dan skor tindakan menjadi 43,31 ($p=0,035$) pada pengukuran pertama setelah edukasi. Peningkatan perilaku kesehatan ini mampu bertahan secara signifikan hingga minggu ke-4 (*post-test 2*) pada aspek pengetahuan dengan skor 7,41 ($p=0,001$) dan aspek tindakan dengan skor 42,66 ($p=0,049$). Memasuki minggu ke-12 (*post-test 3*), efektivitas intervensi menurun dan tidak lagi menunjukkan perbedaan signifikan dibandingkan dengan nilai awal pada aspek pengetahuan ($p=0,645$), sikap ($p=0,06$), dan tindakan ($p=0,193$), dapat disimpulkan bahwa metode CBIA-BUD efektif untuk perubahan perilaku jangka pendek, dan memerlukan penguatan edukasi secara berkala untuk mempertahankan retensi informasi dalam jangka panjang.

Kata kunci: CBIA-BUD, BUD, Ibu Balita, Posyandu, Edukasi

ABSTRACT

The objective of this study was to improve knowledge, attitudes, and practices regarding the utilization of BUD among mothers of toddlers at the Posyandu in Sendangadi Village. This research employed a descriptive-analytical design with a quasi-experimental time series pre- and post-test with control group design. The study included 32 respondents each for the control and intervention groups, using the (Cara Belajar Insan Aktif - CBIA). Initial measurements indicated that participants entered the study with moderate to good baseline levels across all three domains. The highest proportion of good scores was observed in attitudes (62.5%), followed by knowledge (25%) and practices (18.75%), with all remaining participants scoring at adequate levels and none requiring classification as poor performers. The intervention yielded immediate improvements across all measured domains, though sustainability varied. Knowledge gains were moderate but relatively stable, with good-level performance increasing from baseline and maintaining levels around 47-53% throughout follow-up. Attitude changes were most pronounced initially (71.88% good level) but showed the steepest decline thereafter. Practice improvements were consistent with knowledge trends, showing initial gains to 50% good performance with gradual attenuation over subsequent assessments. The intervention's statistical impact varied by domain and time. Knowledge showed robust early significance (p -values of 0.003 and <0.001) before losing statistical power. Attitudes achieved significance only initially ($p = 0.031$), with later measurements hovering near the significance threshold. Practices maintained statistical significance through the second follow-up ($p = 0.035$, $p = 0.049$) before declining to non-significance, suggesting a gradual return toward baseline levels across all domains. Wilcoxon analysis comparing pre-test with post-tests 1 and 2 showed $p < 0.05$, indicating significant improvements in mothers' knowledge, attitudes, and practices at Sendangadi Village Posyandu persisted for 4 weeks of CBIA-BUD education.

Keyword: CBIA-BUD, BUD, Mothers of Toddlers, Posyandu, Education

