

BAB VII

CONCLUSION AND SUGGESTIONS

A. Conclusion

Based on the results of the research on the effectiveness of *WhatsApp Reminder* RBAR on maternal behavior in the prevention of ISPA in toddlers in the working area of the Sawah Lebar health center, Bengkulu City, it can be concluded as follows:

1. The mean age of mothers in the intervention group was 33.29 years (range 22-49 years), while in the control group it was 31.18 years (range 21-41 years). Most of the respondents in the intervention group and the control group had a high school education (64.7%), with a non-working employment status, with an average number of 2 children, and almost all mothers had children with a history of having suffered from ARI.
2. There was a significant increase in the average knowledge score in each group before and after the intervention. The average knowledge score in the intervention group increased from 6.15 to 9.32 after being given a *WhatsApp Reminder*. In the control group, the average knowledge score increased from 6.15 to 8.06 after being given standard education about ISPA.
3. There was a significant increase in the average attitude score in each group before and after the intervention. The average attitude score in the intervention group increased from 29.50 to 35.71, while in the control group it increased from 29.76 to 34.62 after the intervention was given.
4. There was a significant increase in the average action score in each group before and after the intervention. The average action score in the intervention group increased from 30.24 to 38.18, while in the control group it increased from 31.38 to 37.41 after the intervention was given.

5. There was a significant difference in the average knowledge score of mothers who received *WhatsApp reminder interventions* compared to ISPA standard educational videos of 20.48% in improving mother's knowledge.
6. There was a significant difference in the average attitude score of mothers who received *WhatsApp Reminder interventions* compared to ISPA standard educational videos of 4.72% in improving maternal attitudes.
7. There was a significant difference in the average score of mothers who received *WhatsApp Reminder interventions* compared to ISPA standard educational videos of 7.04% in improving maternal actions.



B. Suggestions

1. On behalf of the Puskesmas

It is hoped that nurses and health workers can develop health education based on *WhatsApp Reminder* as a health promotion strategy to support the implementation of RBAR and the prevention of ISPA in toddlers.

2. For Educational Institutions

The results of this research are expected to develop learning and community service activities that utilize digital media, such as *WhatsApp Reminder*, as a means of health education to improve students' ability to implement technology-based health promotion.

3. For Other Researchers

Researchers are then advised to develop research with a longer duration of intervention, a larger sample count, and direct observation of the application of RBAR in the family environment. The next study can also add other variables related to the incidence of ISPA in toddlers, such as home ventilation conditions, occupancy density, immunization status, exclusive breastfeeding, family support, and frequency of exposure to cigarette smoke in the home.

4. For Patients/Mothers

It is hoped that mothers and all family members can increase their commitment to implementing RBAR as an effort to prevent ISPA in toddlers. Health information obtained through various media, including *WhatsApp Reminders*, should be applied in daily life by not smoking in the house, maintaining home air quality, improving ventilation, and protecting toddlers from exposure to cigarette smoke so that children's growth and health can be maintained optimally.