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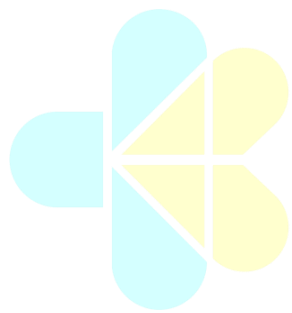
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A P P E N D I C E S



Kemenkes
Poliklinik Bengkulu

Appendices 1 Respondent Application Sheet

RESPONDENT'S APPLICATION LETTER**Dear.****Prospective Respondents**

Respectfully,

I am the undersigned:

Name : Muhammad Ichsan Nuristiyono
Students : Polytechnic of the Ministry of Health of Bengkulu Department of Nursing Applied Undergraduate Study Program in Nursing and Nurse Profession
Address : Jl. Teratai 3, RT. 02, RW 01, Kel. Kebun Beler, Kec. Ratu Agung, Bengkulu City
No. Hp/WA : 081366228880

I am a student of the Applied Bachelor of Nursing Study Program of the Ministry of Health of the Ministry of Health of Bengkulu. Currently, a study is being conducted with the title "**The Effectiveness of *WhatsApp Reminder Education* for Smoke-Free Houses on Maternal Behavior in the Prevention of ISPA in Toddlers in the Working Area of the Sawah Lebar Health Center, Bengkulu City in 2026**". The researcher (I) will provide this consent sheet and explain that your involvement in the study is voluntary.

In this study, I will maintain the confidentiality of the respondents in this study. The patient's name will not be recorded anywhere. Involvement in this study can provide direct benefits to respondents, the results of this study can be useful to increase respondents' knowledge about the Effectiveness of *WhatsApp Reminder Education* of Smoke-Free Homes on Maternal Behavior in the Prevention of Breast Cancer in Toddlers. If after being involved in this study, the respondent still has questions, the respondent can contact me at the number above.

If you agree, then I ask for your willingness to sign the consent sheet as a research respondent. For your attention, cooperation and willingness to be a respondent, I would like to thank you

Sincerely,

Muhammad Ichsan Nuristiyono

Appendices 2 Informed Consent and Research Approval Sheet

INFORMED CONCENT AND RESEARCH APPROVAL**Dear .****Prospective Respondents**

Respectfully,

I am the undersigned:

Name : Muhammad Ichsan Nuristiyono
Students : Polytechnic of the Ministry of Health of Bengkulu Department of Nursing Applied Undergraduate Study Program in Nursing and Nurse Profession
Address : Jl. Teratai 3, RT. 02, RW 01, Kel. Kebun Beler, Kec. Ratu Agung, Bengkulu City
No. Hp/WA : 081366228880

I am a student of the Bengkulu Ministry of Health Polytechnic who is carrying out a research entitled **"The Effectiveness of *WhatsApp Reminder Education* for Smoke-Free Houses on Maternal Behavior in the Prevention of ISPA in Toddlers in the Working Area of the Sawah Lebar Health Center, Bengkulu City in 2026"**. The purpose of this study is to increase mothers' knowledge about smoke-free homes in order to prevent the occurrence of ISPA in toddlers.

In this study, respondents will be given observation sheets questionnaires on knowledge, attitudes and actions of mothers in implementing smoke-free houses, as well as identity data. The study did not cause harm, harm to respondents and side effects. If you become a respondent and incriminating things occur, then it is allowed to report to the researcher or can immediately withdraw from this study by contacting the researcher at the phone number listed above. Respondents will be compensated for the reimbursement of time for filling out this observation sheet determined by the researcher.

The confidentiality of all information provided will be maintained and will only be used for research purposes. All results of records or respondent data will be stored at the Bengkulu Ministry of Health Polytechnic. After reading the information and understanding the objectives of the research and the expected role in this study, please be willing to sign the consent sheet as a respondent of this study.

Bengkulu, 2026

(Muhammad Ichsan Nuristiyono)

Appendices 3 Respondent Consent Sheet

LETTER OF APPROVAL TO BECOME A RESEARCH RESPONDENT

I am the undersigned:

Name/Initials :

Age :

Address :

No. Hp/WA :

I am hereby willing to participate as a respondent in a research conducted by Mr. Muhammad Ichsan Nuristiyono, an Applied Bachelor of Nursing Student at the Health Polytechnic of the Ministry of Health of Bengkulu with the title "The Effectiveness of *WhatsApp Reminder Education* of Smoke-Free Houses on Maternal Behavior in the Prevention of ARI in Toddlers in the Working Area of the Sawah Lebar Health Center, Bengkulu City in 2026"

This research will not harm me or have a bad effect on me and my family, so I am willing to be a respondent. Thus, I made this letter of approval to be used as it should.

Bengkulu, 2026

Researcher

They respond

(Muhammad Ichsan Nuristiyono)

()

Appendices 4 Respondent Data Collection Form

NO :

RESPONDENT DATA COLLECTION FORM

Charging Date :

A. Demographic Data (Respondent Identity)

Filling instructions: Mark (✓) one of the answers below with the actual answer.

1. Respondent Identities

Initials :

Age : Year

Final Education :

☐ SD☐ Junior High School☐ High School☐ College

Mother's Work :

☐ Work☐ Not Working

Number of Children :

Do any family members smoke? :

☐ There☐ None**2. Child Identity**

Initials :

Age : Months

Gender :

☐ Male☐ Women

Has the child experienced ISPA in the last 3 months? :

☐ Yes☐ No

Appendices 5 Research Questionnaire

KNOWLEDGE CONSULTANT**General Data :**

Name/Initials	:	Age	:
Education	:	Jobs	:
No. Hp/WA	:	Address	:

Charging Instructions :

1. Choose one of the answers that you think most closely align with your opinion. As the available questions have illustrated.
2. Put an X on one of the options that you think is the most correct

Question :

1. ISPA in toddlers is a disease that mainly affects the ...
 - a. Upper and lower airways such as the nose, throat, and lungs
 - b. Digestive organs such as the stomach and small intestine
 - c. Central nervous systems such as the brain and peripheral nerves
 - d. Circulatory systems such as the heart and blood vessels
2. Examples of diseases that fall into the ISPA group in toddlers are...
 - a. Diarrhea and vomiting
 - b. Cough and sore throat
 - c. Dengue fever and malaria
 - d. Urinary tract infections
3. One of the risk factors for ISPA originating from the home environment is...
 - a. Adequate ventilation
 - b. Exposure to secondhand smoke from family members
 - c. Good home lighting
 - d. Habits of cleaning the house
4. Exposure to cigarette smoke indoors can increase the risk of ISPA in toddlers because...
 - a. Cigarette smoke can increase oxygen levels
 - b. Cigarette smoke can increase children's immunity
 - c. Cigarette smoke can neutralize the air in the house
 - d. Cigarette smoke contains chemicals that can irritate the airways
5. Toddlers are referred to as passive smokers when...
 - a. Living with a family member who has smoked
 - b. Seeing people smoking without inhaling smoke
 - c. Inhaling cigarette smoke from people smoking in the vicinity
 - d. Being in the same room as a smoker without the smell of cigarettes

6. Toddlers who are often exposed to cigarette smoke indoors have a higher risk of experiencing...
 - a. Visual impairment
 - b. Bone growth disorders
 - c. Acute respiratory infections
 - d. Skin health disorders
7. A smoke-free house is a home condition where...
 - a. Smoking is allowed in certain rooms that have ventilation
 - b. Smoking is not allowed inside the house to protect the health of the occupants
 - c. Smoking is allowed as long as the child is not in the room
 - d. Smoking is allowed near the windows of the house
8. One of the effective measures to prevent exposure to cigarette smoke in toddlers is...
 - a. Open a window when a family member smokes
 - b. Allowing smoking in certain rooms of the house
 - c. Allowing smoking when the child is not at home
 - d. Implementing smoke-free house rules for all family members
9. If there is a family member who smokes, the most appropriate course of action is...
 - a. Directing family members to smoke outdoors
 - b. Allow smoking in the bathroom of the house
 - c. Allow smoking near the ventilation of the house
 - d. Allow smoking in certain rooms
10. The healthiest home environment for toddlers to prevent ISPA is...
 - a. Houses with open ventilation but still smoking
 - b. A house with clean air and smoke-free
 - c. Enclosed house to avoid outside air
 - d. A house that allows smoking in certain rooms

Source : (Notoatmodjo, 2018; Purwanta et al., 2021)

Formula :

$$\text{Skor} = \frac{\text{Skor Didapat}}{\text{Skor Maksimal}} \times 100\%$$

ATTITUDE COORDINATOR

General Data :

Name/Initials	:	Age	:
Education	:	Jobs	:
No. Hp/WA	:	Address	:

Charging Instructions :

1. Choose one of the answers that you think most closely align with your opinion. As the available questions have illustrated.
2. Put a mark (✓) on one of the options that you think is the most correct

The answer value information is below:

SS : Strongly Agree
S : Agree
TS : Disagree
STS : Strongly Disagree

Yes	Questions	Strongly agree	Agree	Disagree	Strongly Disagree
1	I feel it is important to keep toddlers from being exposed to cigarette smoke at home.				
2	I believe that cigarette smoke can cause ISPA disease in toddlers.				
3	I feel there is no need to make a smoke-free house rule because it is ineffective.				
4	I feel comfortable if guests smoke in the house.				
5	I feel it's important to remind others not to smoke near toddlers.				
6	I am not convinced that ISPA can be prevented by avoiding cigarette smoke.				
7	I am willing to support a smoke-free home campaign in my neighborhood.				
8	I agree that family members should not smoke in the house.				
9	I don't feel bothered if there are people smoking near toddlers.				
10	I agree that every house that has toddlers should implement smoke-free house rules.				
	Total:				

Source : (Notoatmodjo, 2018; Purwanta et al., 2021)

Formula :

$$\text{Skor} = \frac{\text{Skor Didapat}}{\text{Skor Maksimal}} \times 100\%$$

ACTION COORDINATOR

General Data :

Name/Initials :	Age :
Education :	Jobs :
No. Hp/WA :	Address :

Charging Instructions :

1. Choose one of the answers that you think most closely align with your opinion. As the available questions have illustrated.
2. Put a mark (✓) on one of the options that you think is the most correct

The answer value information is below:

SS : Very Often
 S : Often
 J : Rare
 TP : Never

Yes	Questions	Very Often	Frequent	Rare	Never
1	I prohibit anyone from smoking in the house.				
2	I remind family members who smoke to do so outside the home.				
3	I make sure family members don't smoke in the house.				
4	I reprimanded the guests who smoked in the house.				
5	I made a rule against smoking in the house.				
6	I remind family members to abide by the rules of a smoke-free house.				
7	I immediately open the vents or windows when there is cigarette smoke in the house.				
8	I try to consistently implement the rules of smoke-free houses.				
9	I avoid taking toddlers to an environment full of cigarette smoke.				
10	I let the guests know that my house has a smoke-free rule.				
	Total:				

Source : (Notoatmodjo, 2018; Purwanta et al., 2021)

Formula :

$$\text{Skor} = \frac{\text{Skor Didapat}}{\text{Skor Maksimal}} \times 100\%$$

Appendices 6 Message Contents *WhatsApp Reminder*

The content of *WhatsApp messages (Reminder 1)*

Assalamu'alaikum ibu 🌸

Hari ini saya ingin mengingatkan ibu tentang bahaya asap rokok bagi kesehatan si kecil. 🧐

Paru-paru balita masih berkembang, jadi asap rokok bisa dengan cepat menyebabkan batuk, pilek, dan sesak napas. Bahkan paparan berulang bisa memicu ISPA dan pneumonia. Walaupun cuma "sementara" terpapar, zat berbahaya seperti nikotin, tar, dan partikel halus tetap bisa masuk ke saluran napas anak.

Mulai hari ini, yuk pastikan tidak ada anggota keluarga yang merokok di dekat balita atau di dalam rumah.

Mari lindungi si kecil dengan menghindari asap rokok di dalam rumah 🤝💕

The content of *WhatsApp messages (Reminder 2)*

Assalamu'alaikum ibu 🌸

Tahukah ibu bahwa asap rokok tetap berbahaya meski perokok tidak sedang dekat anak? 🧐💬

Balita bisa terpapar sebagai perokok pasif, dan bahkan dari residu asap rokok (third-hand smoke) yang menempel pada baju, sofa, gorden, karpet, hingga kulit. Anak sering bermain di lantai, memegang sofa, dan memeluk orang tuanya, sehingga mudah menghirup sisa residu rokok.

Karena itu, pakaian yang digunakan setelah merokok sebaiknya diganti sebelum menggendong atau bermain dengan anak.

Yuk mulai lebih waspada dan pastikan anak tidak bersentuhan dengan benda-benda yang terkontaminasi asap rokok. 🤝😊

The content of *WhatsApp messages (Reminder 3)*

Assalamu'alaikum ibu 🌸

Hari ini saya ingin mengajak ibu membangun "Rumah Bebas Asap Rokok". 🏠🚫

Prinsipnya sederhana, tidak ada aktivitas merokok di dalam rumah, baik di ruang tamu, kamar, dapur, atau kamar mandi. Membuka jendela saja belum cukup menghilangkan racun asap rokok. Dengan menerapkan RBAR, kita memberikan "zona aman" bagi balita agar terbebas dari paparan asap dan lebih jarang sakit.

Apakah rumah ibu sudah menerapkan aturan tidak merokok di dalam rumah? Jika belum, hari ini bisa mulai membuat kesepakatan bersama keluarga untuk menjaga rumah tetap bebas asap rokok.

Rumah sehat dimulai dari langkah kecil 🤝💕

The content of *WhatsApp messages* (Reminder 4)

Assalamu'alaikum ibu 🌸

Ada beberapa cara sederhana untuk mewujudkan rumah bebas asap rokok. 🏠🚭

- Sediakan tempat khusus untuk merokok di luar rumah, jauh dari pintu dan jendela.
- Pindahkan asap dari dalam rumah ke luar.
- Sampaikan dengan lembut kepada anggota keluarga "Yuk, jangan merokok di dalam rumah. Kasihan si kecil."
- Tempelkan pengingat sederhana seperti "Rumah Bebas Asap Rokok" agar seluruh anggota keluarga mengingat aturan tersebut.

Langkah kecil seperti ini bisa memberikan perlindungan besar bagi kesehatan anak. 🤗

The content of *WhatsApp messages* (Reminder 5)

Assalamu'alaikum ibu 🌸

Paparan asap rokok bisa muncul dari banyak sumber. Karena itu: 🤔

- Jangan membawa anak ke area tempat orang sedang merokok, termasuk saat acara keluarga.
- Setelah merokok, biasakan cuci tangan dan ganti baju sebelum dekat dengan anak.
- Bersihkan perabot rumah seperti sofa, gorden, dan karpet secara rutin karena residu asap mudah menempel.

Hari ini coba perhatikan lingkungan sekitar anak, apakah masih ada sumber paparan asap rokok yang bisa dihindari?

Mari kita jaga lingkungan rumah tetap sehat untuk tumbuh kembang balita. 🤗💖

Contents of *WhatsApp messages* (Reminder 6)

Assalamu'alaikum ibu 🌸

Sebagai pengingat, berikut langkah sederhana mencegah ISPA pada balita: 🗣️📖

- Cuci tangan sebelum memegang anak.
- Berikan makanan bergizi dan cukup minum.
- Jauhkan balita dari asap rokok, asap dapur, dan kerumunan berasap.
- Jaga rumah tetap bersih dan berventilasi baik.

Dengan menjaga rumah tetap bebas asap rokok setiap hari, kita telah membantu menurunkan risiko ISPA pada balita.

Kesehatan balita adalah prioritas kita bersama. Terima kasih sudah berkomitmen menjaga rumah bebas asap rokok. 🤝👑

Appendices 7 SPSS Output Results

A. Univariat Analysis**1. Overview of Respondents' Age Characteristics****Case Processing Summary**

		Valid		Cases Missing		Total	
Respondent Group		N	Percent	N	Percent	N	Percent
Respondent Age	Intervention	34	100.0%	0	0.0%	34	100.0%
	Control	34	100.0%	0	0.0%	34	100.0%

Descriptives

Respondent Group		Statistic	Std. Error
Respondent Age	Intervention	Mean	33.29
		95% Confidence Interval for Mean	1.244
		Lower Bound	30.76
		Upper Bound	35.83
		5% Trimmed Mean	33.09
		Median	33.00
		Variance	52.638
		Std. Deviation	7.255
		Minimum	22
		Maximum	49
		Range	27
		Interquartile Range	11
		Skewness	.309
		Kurtosis	.403
	Control	Mean	31.18
		95% Confidence Interval for Mean	.723
		Lower Bound	29.70
		Upper Bound	32.65
		5% Trimmed Mean	31.10
		Median	30.00
		Variance	17.786
		Std. Deviation	4.217
		Minimum	21
		Maximum	41
		Range	20
		Interquartile Range	6
		Skewness	.273
		Kurtosis	.403

Kurtosis	.332	.788
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Tests of Normality

Respondent Group	Kolmogorov-Smirnova			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Respondent Age Intervention	.135	34	.122	.963	34	.292
Control	.139	34	.093	.968	34	.398

a. Lilliefors Significance Correction

Group Statistics

Respondent Group	N	Mean	Std. Deviation	Std. Error Mean
Respondent Age Intervention	34	33.29	7.255	1.244
Control	34	31.18	4.217	.723

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2- tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
									Lower	Upper
Respondent Age	Equal variances assumed	12.963	.001	1.471	66	.146	2.118	1.439	-.756	4.991
	Equal variances not assumed			1.471	53.016	.147	2.118	1.439	-.769	5.004

2. Overview of Age Characteristics of Children

Case Processing Summary

Respondent Group		Valid		Cases Missing		Total	
		N	Percent	N	Percent	N	Percent
Child's Age	Intervention	34	100.0%	0	0.0%	34	100.0%
	Control	34	100.0%	0	0.0%	34	100.0%

Descriptives

Respondent Group		Statistic	Std. Error
Child's Age	Intervention	Mean	39.88
		95% Confidence Interval for Lower Bound	34.76
		Mean Upper Bound	45.01
		5% Trimmed Mean	40.31
		Median	36.00
		Variance	215.743
		Std. Deviation	14.688
		Minimum	12
		Maximum	60
		Range	48
		Interquartile Range	24
		Skewness	-.143
		Kurtosis	-1.024
	Control	Mean	35.29
		95% Confidence Interval for Lower Bound	30.04
		Mean Upper Bound	40.54
		5% Trimmed Mean	35.22
		Median	36.00
		Variance	226.396
		Std. Deviation	15.046
		Minimum	12
		Maximum	60
		Range	48
		Interquartile Range	24
		Skewness	.019
		Kurtosis	-.952

Ranks

	Respondent Group	N	Mean Rank	Sum of Ranks
Respondent Age	Intervention	34	36.87	1253.50
	Control	34	32.13	1092.50
	Total	68		

Test Statistics^a

Respondent Age	
Mann-Whitney U	497.500
Wilcoxon W	1092.500
Z	-.989
Asymp. Sig. (2-tailed)	.323

a. Grouping Variable: Respondent Group

3. Overview of Intervention Group Characteristics**Education**

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	SD	4	11.8	11.8	11.8
	SMP	4	11.8	11.8	23.5
	SMA	22	64.7	64.7	88.2
	College	4	11.8	11.8	100.0
	Total	34	100.0	100.0	

Jobs

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not Working	21	61.8	61.8	61.8
	Work	13	38.2	38.2	100.0
	Total	34	100.0	100.0	

Number of Children

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	5	14.7	14.7	14.7
	2	15	44.1	44.1	58.8
	3	12	35.3	35.3	94.1
	4	2	5.9	5.9	100.0
	Total	34	100.0	100.0	

History of ISPA in Intervention Toddlers

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	None	7	20.6	20.6	20.6
	Ada	27	79.4	79.4	100.0
	Total	34	100.0	100.0	

4. Overview of Control Group Characteristics

Education

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	SD	1	2.9	2.9	2.9
	SMP	6	17.6	17.6	20.6
	SMA	17	50.0	50.0	70.6
	College	10	29.4	29.4	100.0
	Total	34	100.0	100.0	

Jobs

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not Working	18	52.9	52.9	52.9
	Work	16	47.1	47.1	100.0
	Total	34	100.0	100.0	

Number of Children

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	7	20.6	20.6	20.6
	2	20	58.8	58.8	79.4
	3	4	11.8	11.8	91.2
	4	1	2.9	2.9	94.1
	5	2	5.9	5.9	100.0
	Total	34	100.0	100.0	

History of ISPA in Control Toddlers

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	None	11	32.4	32.4	32.4
	Ada	23	67.6	67.6	100.0
	Total	34	100.0	100.0	

5. Pre-Test and Post-Test Overview of Intervention Group and Control Group Knowledge

Case Processing Summary

		Valid		Cases Missing		Total	
Respondent Group		N	Percent	N	Percent	N	Percent
Pre Test Knowledge	Intervention	34	100.0%	0	0.0%	34	100.0%
	Control	34	100.0%	0	0.0%	34	100.0%
Post Test Knowledge	Intervention	34	100.0%	0	0.0%	34	100.0%
	Control	34	100.0%	0	0.0%	34	100.0%

Descriptives

Respondent Group		Statistic	Std. Error
Pre Test Knowledge	Intervention	Mean	.280
		95% Confidence Interval for Mean	
		Lower Bound	5.58
		Upper Bound	6.72
		5% Trimmed Mean	6.16
		Median	6.00
		Variance	2.675
		Std. Deviation	1.635
		Minimum	3
		Maximum	9
		Range	6
		Interquartile Range	2
		Skewness	-.162
		Kurtosis	-.760
	Control	Mean	.280
		95% Confidence Interval for Mean	
		Lower Bound	5.58
		Upper Bound	6.72
		5% Trimmed Mean	6.16

		Median	6.00	
		Variance	2.675	
		Std. Deviation	1.635	
		Minimum	3	
		Maximum	9	
		Range	6	
		Interquartile Range	2	
		Skewness	-.162	.403
		Kurtosis	-.760	.788
Post Test Knowledge	Intervention	Mean	9.32	.138
		95% Confidence Interval for	Lower Bound	9.04
		Mean	Upper Bound	9.60
		5% Trimmed Mean	9.36	
		Median	10.00	
		Variance	.650	
		Std. Deviation	.806	
		Minimum	8	
		Maximum	10	
		Range	2	
		Interquartile Range	1	
		Skewness	-.674	.403
		Kurtosis	-1.111	.788
	Control	Mean	8.06	.163
		95% Confidence Interval for	Lower Bound	7.73
		Mean	Upper Bound	8.39
		5% Trimmed Mean	8.07	
		Median	8.00	
		Variance	.906	
		Std. Deviation	.952	
		Minimum	6	
		Maximum	10	
		Range	4	
		Interquartile Range	1	
		Skewness	-.123	.403
		Kurtosis	.171	.788

Tests of Normality

Respondent Group		Kolmogorov-Smirnova			Shapiro-Wilk		
		Statistic	df	Sig.	Statistic	df	Sig.
Pre Test	Intervention	.140	34	.088	.952	34	.139
Knowledge	Control	.140	34	.088	.952	34	.139
Post Test	Intervention	.329	34	.000	.741	34	.000
Knowledge	Control	.240	34	.000	.902	34	.005

a. Lilliefors Significance Correction

6. Pre-Test and Post-Test Overview of Intervention Group and Control Group Attitude

Case Processing Summary

Respondent Group		Cases					
		Valid		Missing		Total	
		N	Percent	N	Percent	N	Percent
For the Sikap test	Intervention	34	100.0%	0	0.0%	34	100.0%
	Control	34	100.0%	0	0.0%	34	100.0%
Post Test Sikap	Intervention	34	100.0%	0	0.0%	34	100.0%
	Control	34	100.0%	0	0.0%	34	100.0%

Descriptives

Respondent Group		Statistic	Std. Error
For the Sikap test	Intervention	Mean	.676
		95% Confidence Interval for Mean	
		Lower Bound	28.12
		Upper Bound	30.88
		5% Trimmed Mean	29.45
		Median	29.00
		Variance	15.530
		Std. Deviation	3.941
		Minimum	22
		Maximum	37
		Range	15
		Interquartile Range	6
		Skewness	.461
		Kurtosis	-.524
	Control	Mean	.588
		95% Confidence Interval for Mean	
		Lower Bound	28.57
		Upper Bound	30.96

		5% Trimmed Mean	29.56	
		Median	29.00	
		Variance	11.761	
		Std. Deviation	3.429	
		Minimum	24	
		Maximum	40	
		Range	16	
		Interquartile Range	4	
		Skewness	.926	.403
		Kurtosis	1.392	.788
Post Test Sikap	Intervention	Mean	35.71	.508
		95% Confidence Interval for Mean	Lower Bound	34.67
			Upper Bound	36.74
		5% Trimmed Mean	35.85	
		Median	36.00	
		Variance	8.759	
		Std. Deviation	2.960	
		Minimum	28	
		Maximum	40	
		Range	12	
		Interquartile Range	4	
		Skewness	-.425	.403
		Kurtosis	.279	.788
	Control	Mean	34.62	.405
		95% Confidence Interval for Mean	Lower Bound	33.79
			Upper Bound	35.44
		5% Trimmed Mean	34.58	
		Median	35.00	
		Variance	5.577	
		Std. Deviation	2.361	
		Minimum	29	
		Maximum	40	
		Range	11	
		Interquartile Range	2	
		Skewness	.152	.403
		Kurtosis	.818	.788

Tests of Normality

	Respondent Group	Kolmogorov-Smirnova			Shapiro-Wilk		
		Statistic	df	Sig.	Statistic	df	Sig.
For the Sikap test	Intervention	.198	34	.002	.929	34	.030
	Control	.124	34	.200*	.948	34	.109
Post Test Sikap	Intervention	.112	34	.200*	.947	34	.097
	Control	.200	34	.001	.940	34	.060

*. This is a lower bound of the true significance.

a. Lilliefors Significance Correction

7. Overview of Pre-Test and Post-Test Actions of Intervention Groups and Control Groups

Case Processing Summary

	Respondent Group	Valid		Cases Missing		Total	
		N	Percent	N	Percent	N	Percent
Pre Test Tindakan	Intervention	34	100.0%	0	0.0%	34	100.0%
	Control	34	100.0%	0	0.0%	34	100.0%
Post Test Actions	Intervention	34	100.0%	0	0.0%	34	100.0%
	Control	34	100.0%	0	0.0%	34	100.0%

Descriptives

Respondent Group		Statistic	Std. Error
Pre Test Tindakan	Intervention Mean	30.24	.710
	95% Confidence Interval for Mean	Lower Bound	28.79
		Upper Bound	31.68
	5% Trimmed Mean	30.17	
	Median	30.50	
	Variance	17.155	
	Std. Deviation	4.142	
	Minimum	24	
	Maximum	38	
	Range	14	
	Interquartile Range	7	
	Skewness	.072	.403
	Kurtosis	-1.128	.788
	Control Mean	31.38	.668

		95% Confidence Interval for	Lower Bound	30.02	
		Mean	Upper Bound	32.74	
		5% Trimmed Mean		31.37	
		Median		31.00	
		Variance		15.152	
		Std. Deviation		3.893	
		Minimum		25	
		Maximum		38	
		Range		13	
		Interquartile Range		7	
		Skewness		.086	.403
		Kurtosis		-1.129	.788
Post Test Actions	Intervention	Mean		38.18	.349
		95% Confidence Interval for	Lower Bound	37.47	
		Mean	Upper Bound	38.89	
		5% Trimmed Mean		38.34	
		Median		39.00	
		Variance		4.150	
		Std. Deviation		2.037	
		Minimum		33	
		Maximum		40	
		Range		7	
		Interquartile Range		3	
		Skewness		-1.100	.403
		Kurtosis		.287	.788
	Control	Mean		37.41	.392
		95% Confidence Interval for	Lower Bound	36.61	
		Mean	Upper Bound	38.21	
		5% Trimmed Mean		37.51	
		Median		38.00	
		Variance		5.219	
		Std. Deviation		2.285	
		Minimum		33	
		Maximum		40	
		Range		7	
		Interquartile Range		4	
		Skewness		-.543	.403

Kurtosis	- .863	.788
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Tests of Normality

		Kolmogorov-Smirnova			Shapiro-Wilk		
	Respondent Group	Statistic	df	Say.	Statistic	df	Say.
Pre Test Tindakan	Intervention	.106	34	.200*	.954	34	.165
	Control	.112	34	.200*	.955	34	.175
Post Test Actions	Intervention	.216	34	.000	.833	34	.000
	Control	.168	34	.016	.897	34	.004

*. This is a lower bound of the true significance.

a. Lilliefors Significance Correction

8. Overview of Knowledge Differences, Attitudes and Actions of Intervention Groups and Control Groups

Case Processing Summary



	Respondent Group	Valid		Cases Missing		Total	
		N	Percent	N	Percent	N	Percent
Pre Post Knowledge Slippage	Intervention	34	100.0%	0	0.0%	34	100.0%
	Control	34	100.0%	0	0.0%	34	100.0%
Selisi Pre Post Circuit	Intervention	34	100.0%	0	0.0%	34	100.0%
	Control	34	100.0%	0	0.0%	34	100.0%
Pre Post Action Shift	Intervention	34	100.0%	0	0.0%	34	100.0%
	Control	34	100.0%	0	0.0%	34	100.0%

Descriptives

Respondent Group		Statistic	Std. Error
Pre Post Knowledge Slippage	Intervention Mean	3.18	.244
	95% Confidence Interval for Lower Bound	2.68	
	Mean Upper Bound	3.67	
	5% Trimmed Mean	3.16	
	Median	3.00	
	Variance	2.029	
	Std. Deviation	1.424	
	Minimum	1	
	Maximum	6	
	Range	5	

		Interquartile Range	2	
		Skewness	.071	.403
		Kurtosis	-.935	.788
Selisi Pre Post Circuit	Control	Mean	1.91	.171
		95% Confidence Interval for	Lower Bound	1.56
		Mean	Upper Bound	2.26
		5% Trimmed Mean	1.85	
		Median	2.00	
		Variance	.992	
		Std. Deviation	.996	
		Minimum	1	
		Maximum	4	
		Range	3	
		Interquartile Range	2	
		Skewness	.772	.403
		Kurtosis	-.492	.788
	Intervention	Mean	6.59	.585
		95% Confidence Interval for	Lower Bound	5.40
		Mean	Upper Bound	7.78
		5% Trimmed Mean	6.44	
		Median	6.00	
		Variance	11.643	
		Std. Deviation	3.412	
		Minimum	1	
		Maximum	16	
		Range	15	
		Interquartile Range	5	
		Skewness	.560	.403
		Kurtosis	.319	.788
	Control	Mean	4.85	.581
		95% Confidence Interval for	Lower Bound	3.67
		Mean	Upper Bound	6.03
		5% Trimmed Mean	4.71	
		Median	5.00	
		Variance	11.463	
		Std. Deviation	3.386	
		Minimum	0	

		Maximum	14	
		Range	14	
		Interquartile Range	5	
		Skewness	.338	.403
		Kurtosis	.088	.788
Pre Post Action Shift	Intervention	Mean	7.94	.481
		95% Confidence Interval for Lower Bound	6.96	
		Mean Upper Bound	8.92	
		5% Trimmed Mean	7.99	
		Median	8.00	
		Variance	7.875	
		Std. Deviation	2.806	
		Minimum	2	
		Maximum	13	
		Range	11	
		Interquartile Range	4	
		Skewness	-.294	.403
		Kurtosis	-.520	.788
	Control	Mean	6.03	.336
		95% Confidence Interval for Lower Bound	5.35	
		Mean Upper Bound	6.71	
		5% Trimmed Mean	6.09	
		Median	6.50	
		Variance	3.848	
		Std. Deviation	1.962	
		Minimum	2	
		Maximum	9	
		Range	7	
		Interquartile Range	2	
		Skewness	-.530	.403
		Kurtosis	-.502	.788

Tests of Normality

	Respondent Group	Kolmogorov-Smirnova			Shapiro-Wilk		
		Statistic	df	Sig.	Statistic	df	Sig.
Pre Post Knowledge Slippage	Intervention	.167	34	.017	.924	34	.021
	Control	.261	34	.000	.811	34	.000
Selisi Pre Post Circuit	Intervention	.157	34	.034	.955	34	.172
	Control	.108	34	.200*	.947	34	.099
Pre Post Action Shift	Intervention	.126	34	.189	.967	34	.385
	Control	.190	34	.003	.929	34	.029

*. This is a lower bound of the true significance.

a. Lilliefors Significance Correction

A. Bivariate Analysis

1. Difference in Average Knowledge of Intervention Groups

NPar Tests

Wilcoxon Signed Ranks Test

Ranks

		N	Mean Rank	Sum of Ranks
Post Test Knowledge Intervention - Pre Test Knowledge Intervention	Negative Ranks	0a	.00	.00
	Positive Ranks	34b	17.50	595.00
	Ties	0c		
	Total	34		

a. Post Test of Intervention Knowledge < Pre Test of Intervention Knowledge

b. Post Test of Intervention Knowledge > Pre Test of Intervention Knowledge

c. Post Test of Intervention Knowledge = Pre Test of Intervention Knowledge

Test Statistics^a

Post Test Knowledge Intervention - Pre Test Knowledge Intervention	
Z	-5.114 ^b
Asymp. Sig. (2-tailed)	.000

a. Wilcoxon Signed Ranks Test

b. Based on negative ranks.

2. Difference in Average Knowledge of Control Group

NPar Tests

Wilcoxon Signed Ranks Test

Ranks		N	Mean Rank	Sum of Ranks
Control Knowledge Post Test - Control Knowledge Pre Test	Negative Ranks	0a	.00	.00
	Positive Ranks	34b	17.50	595.00
	Ties	0c		
	Total	34		

- a. Control Knowledge Post Test < Control Knowledge Pre Test
 b. Control Knowledge Post Test > Control Knowledge Pre Test
 c. Post Test Control Knowledge = Control Knowledge Pre Test

Test Statistics^a

Control Knowledge Post Test - Control Knowledge Pre Test	
Z	-5.159b
Asymp. Sig. (2-tailed)	.000

- a. Wilcoxon Signed Ranks Test
 b. Based on negative ranks.

3. Difference in Average Attitude of Intervention Groups

NPar Tests

Wilcoxon Signed Ranks Test

Ranks		N	Mean Rank	Sum of Ranks
Post Test Intervention Attitude – Pre Test Intervention Attitude	Negative Ranks	9a	8.56	77.00
	Positive Ranks	24b	20.17	484.00
	Ties	1c		
	Total	34		

- a. Post-Test of Intervention Attitude < Pre-Test of Intervention Attitude
 b. Post-Test of Intervention Attitude > Pre-Test of Intervention Attitude
 c. Post-Test Intervention Attitude = Pre-Test Intervention Attitude

Test Statistics^a

Post-Test Attitude
Intervention - Pre-Test
Attitude Intervention

Z	-3.643 ^b
Asymp. Sig. (2-tailed)	.000

a. Wilcoxon Signed Ranks Test

b. Based on negative ranks.

4. Difference in Average Attitude of Control Group**NPar Tests****Wilcoxon Signed Ranks Test****Ranks**

		N	Mean Rank	Sum of Ranks
Post Test Sikap Kontrol – Pre Test Sikap Kontrol	Negative Ranks	3 ^a	12.17	36.50
	Positive Ranks	26 ^b	15.33	398.50
	Ties	5 ^c		
	Total	34		

a. Post-Test Sikap Kontrol < Pre-Test Sikap Kontrol

b. Post-Test Sikap Kontrol > Pre-Test Sikap Kontrol

c. Post-Test Sikap Kontrol = Pre-Test Sikap Kontrol

Test Statistics^a

Post Test Sikap
Kontrol – Pre Test
Sikap Kontrol

Z	-3.924 ^b
Asymp. Sig. (2-tailed)	.000

a. Wilcoxon Signed Ranks Test

b. Based on negative ranks.

5. Difference in Average Intervention Group Actions

NPar Tests

Wilcoxon Signed Ranks Test

Ranks		N	Mean Rank	Sum of Ranks
Post Test Intervention Action	Negative Ranks	0a	.00	.00
- Pre Test Intervention Action	Positive Ranks	34b	17.50	595.00
	Ties	0c		
	Total	34		

- a. Post Test of Intervention Actions < Pre Test of Intervention Actions
 b. Post Test of Intervention Actions > Pre Test of Intervention Actions
 c. Post Test of Intervention Action = Pre Test of Intervention Action

Test Statistics^a

	Post Test Intervention Action - Pre Test Intervention Action
Z	-5.096b
Asymp. Sig. (2-tailed)	.000

- a. Wilcoxon Signed Ranks Test
 b. Based on negative ranks.

6. Difference in Average Actions of Control Groups

NPar Tests

Wilcoxon Signed Ranks Test

Ranks		N	Mean Rank	Sum of Ranks
Post Test Control Actions -	Negative Ranks	0a	.00	.00
Pre Test Control Actions	Positive Ranks	34b	17.50	595.00
	Ties	0c		
	Total	34		

- a. Post Test Control Measures < Pre Test Control Measures
 b. Post Test Control Measures > Pre Test Control Measures
 c. Post Test Control Action = Pre Test Control Action

Test Statistics^a

Post Test Control Actions

- Pre Test Control

Actions

Z	-5.107 ^b
Asymp. Sig. (2-tailed)	.000

a. Wilcoxon Signed Ranks Test

b. Based on negative ranks.

7. The Effectiveness of *WhatsApp* Reminder of Smoke-Free Houses on Mothers' Knowledge in the Prevention of Childhood Obesity in Toddlers

NPar Tests**Mann-Whitney Test****Ranks**

	Respondent Group	N	Mean Rank	Sum of Ranks
Pre Post Knowledge Slippage	Intervention	34	43.15	1467.00
	Control	34	25.85	879.00
	Total	68		

Test Statistics^a

Pre Post

Knowledge

Slippage

Mann-Whitney U	284.000
Wilcoxon W	879.000
Z	-3.708
Asymp. Sig. (2-tailed)	.000

a. Grouping Variable: Respondent Group

8. The Effectiveness of *WhatsApp Reminder* of Smoke-Free Homes on Mothers' Attitudes in Preventing ISPA in Toddlers

NPar Tests

Mann-Whitney Test

Ranks				
	Respondent Group	N	Mean Rank	Sum of Ranks
Selisi_Pre_Post_Sikap _Intervensi_Kontrol	Intervention	34	39.31	1336.50
	Control	34	29.69	1009.50
	Total	68		

Test Statistics^a

Selisi_Pre_Post_Sikap Intervensi Kontrol	
Mann-Whitney U	414.500
Wilcoxon W	1009.500
Z	-2.016
Asymp. Sig. (2-tailed)	.044

a. Grouping Variable: Respondent Group

9. The Effectiveness of *WhatsApp Reminder* of Smoke-Free Homes on Mothers' Actions in the Prevention of ISPA in Toddlers

NPar Tests

Mann-Whitney Test

Ranks				
	Respondent Group	N	Mean Rank	Sum of Ranks
Pre Post Action Shift	Intervention	34	41.78	1420.50
	Control	34	27.22	925.50
	Total	68		

Test Statistics^a

Pre Post Action Shift	
Mann-Whitney U	330.500
Wilcoxon W	925.500
Z	-3.062
Asymp. Sig. (2-tailed)	.002

a. Grouping Variable: Respondent Group

Appendices 8 Master Table

characteristic date																
No	Initials	Groups	Age	Education	Jobs	Number of Children	History of ISPA in Toddlers	Pre-Knowledge	Post Knowledge	Knowledge Gap	Pre Attitude	Post Attitude	Attitude Shift	Pre Tindakan	Post Action	Action Difference
1	Ny. D	Intervention	35	SMA	Not Working	1	Ada	3	8	5	34	37	3	24	35	11
2	The R	Intervention	27	SMA	Work	2	Ada	4	9	5	28	36	8	26	38	12
3	Ny. A	Intervention	36	SMA	Not Working	3	Ada	5	8	3	37	35	2	31	39	8
4	Mrs. N	Intervention	34	SMA	Work	3	None	6	10	4	28	30	2	29	37	8
5	Mrs. W	Intervention	49	SD	Not Working	4	Ada	7	10	3	26	38	12	35	39	4
6	Ny. I	Intervention	29	SMA	Not Working	2	None	8	10	2	22	28	6	27	39	12
7	Ny. D	Intervention	38	SMA	Not Working	3	Ada	9	10	1	37	37	10	32	40	8
8	Ny. P	Intervention	43	College	Work	2	Ada	6	9	3	28	40	12	25	36	11
9	Mrs. R	Intervention	46	SD	Not Working	3	Ada	7	10	3	29	38	9	37	40	3
10	Mrs. H	Intervention	23	SMA	Not Working	1	Ada	8	10	2	29	34	5	30	38	8
11	Ny. M	Intervention	24	SMA	Work	2	Ada	5	10	5	36	40	4	33	40	7

12	Mrs. J	Intervention	36	SMA	Not Working	2	Ada	6	8	2	29	35	6	24	34	10
13	Mrs. L	Intervention	25	SD	Not Working	2	Ada	7	10	3	29	35	6	34	40	6
14	Ny. I	Intervention	22	SMP	Not Working	2	None	4	8	4	35	40	5	28	37	9
15	Ny. A	Intervention	33	SMA	Not Working	2	Ada	5	10	5	29	35	6	27	38	11
16	Ny. M	Intervention	43	SMA	Work	3	None	8	9	1	26	33	7	36	40	4
17	Mrs. W	Intervention	32	College	Work	3	Ada	3	9	6	34	40	6	31	39	8
18	Mrs. V	Intervention	29	SMA	Work	2	Ada	4	8	4	26	36	10	25	33	8
19	Mrs. Y	Intervention	38	College	Not Working	2	None	6	10	4	36	37	1	35	40	5
20	Ny. A	Intervention	27	SMA	Not Working	1	Ada	7	9	2	35	40	5	26	39	13
21	Mrs. R	Intervention	30	SMA	Not Working	3	Ada	5	10	5	31	33	2	32	38	6
22	Mrs. N	Intervention	40	SMA	Not Working	3	Ada	6	9	3	31	34	2	33	40	7
23	Ny. D	Intervention	37	SMA	Not Working	3	Ada	8	10	2	30	36	6	24	35	11
24	Mrs. S	Intervention	28	SMA	Work	2	ada	7	10	3	29	32	3	29	37	8
25	Ny. D	Intervention	39	SMP	Not Working	3	Ada	4	9	5	25	31	6	34	40	6

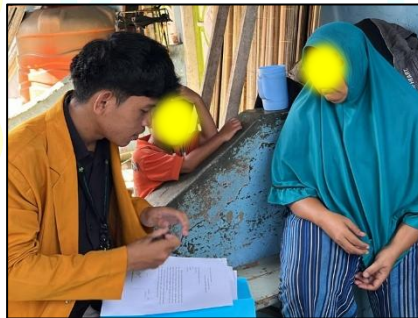
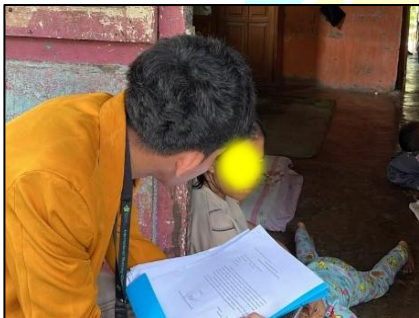
26	Mrs. W	Intervention	33	SMA	Work	3	None	5	8	3	25	35	10	30	40	10
27	Mrs. C	Intervention	29	College	Work	1	Ada	6	10	4	29	36	7	25	34	9
28	Mrs. R	Intervention	24	SMP	Work	2	Ada	7	8	1	26	36	10	38	40	2
29	Mrs. G	Intervention	29	SMA	Not Working	2	Ada	8	10	2	30	35	5	27	38	11
30	Mrs. Y	Intervention	41	SD	Work	3	Ada	5	10	5	26	36	10	31	40	9
31	Ny. D	Intervention	44	SMA	Work	4	None	6	9	3	26	34	8	36	39	3
32	Mrs. W	Intervention	26	SMA	Not Working	2	Ada	7	10	3	29	38	9	28	37	9
33	Ny. P	Intervention	38	SMP	Not Working	2	Ada	8	9	1	29	34	5	34	40	6
34	Mrs. Y	Intervention	25	SMA	Not Working	1	Ada	9	10	1	24	40	16	32	39	7
35	Ny. P	Control	35	College	Work	2	Ada	3	6	3	40	40	0	25	33	8
36	Mrs. B	Control	37	College	Not Working	2	Ada	4	7	3	37	38	1	29	36	7
37	Mrs. N	Control	27	SMA	Not Working	3	Ada	5	7	2	33	37	4	33	39	6
38	Mrs. R	Control	29	SMA	Not Working	1	None	6	8	2	29	38	9	28	35	7
39	Ny. P	Control	31	SMA	Work	2	Ada	7	8	1	26	40	14	36	39	3

40	Mrs. F	Control	30	College	Not Working	1	None	8	9	1	24	31	7	30	37	7
41	Mrs. W	Control	33	College	Work	2	Ada	9	10	1	31	31	0	27	35	8
42	Mrs. E	Control	29	SMA	Work	2	Ada	6	8	2	28	33	5	34	39	5
43	Mrs. K	Control	40	College	Work	5	None	7	8	1	27	34	7	38	40	2
44	Mrs. L	Control	35	College	Work	2	Ada	8	9	1	27	32	5	29	35	6
45	Mrs. N	Control	41	SMP	Not Working	5	Ada	5	8	3	31	32	1	32	38	6
46	Ny. D	Control	35	SMA	Not Working	2	Ada	6	7	1	27	32	5	26	34	8
47	Ny. P	Control	30	College	Not Working	2	Ada	7	9	2	26	34	8	35	39	4
48	Mrs. Y	Control	21	SMP	Not Working	1	None	4	7	3	28	36	8	30	36	6
49	Mrs. E	Control	31	SMA	Not Working	2	None	5	9	4	28	35	7	28	37	9
50	Mrs. N	Control	33	SMA	Not Working	2	Ada	8	9	1	28	36	8	37	40	3
51	Mrs. R	Control	27	SMP	Not Working	2	Ada	3	7	4	29	35	6	31	38	7
52	Mrs. S	Control	28	SMA	Work	2	Ada	4	6	2	29	34	5	25	33	8
53	Ny. A	Control	26	SMP	Not Working	1	None	6	8	2	32	35	3	34	40	6
54	Mrs. W	Control	27	College	Work	2	Ada	7	8	1	25	34	9	29	38	9
55	Mrs. S	Control	28	College	Work	1	Ada	5	8	3	29	29	0	36	40	4

56	Mrs. J	Control	30	SMA	Not Working	3	None	6	8	2	30	34	4	32	39	7
57	Mrs. R	Control	30	SMA	Work	2	Ada	8	9	1	34	34	0	27	36	9
58	Mrs. R	Control	36	College	Work	2	Ada	7	8	1	28	35	7	33	38	5
59	Mrs. H	Control	28	SMP	Not Working	2	None	4	8	4	32	35	3	30	37	7
60	Mrs. F	Control	27	SMA	Not Working	1	Ada	5	7	2	30	35	5	35	39	4
61	Ny. M	Control	36	SMA	Not Working	3	None	6	8	2	35	35	0	28	35	7
62	Ny. A	Control	28	SMA	Work	1	Ada	7	8	1	31	35	4	38	40	2
63	Ny. D	Control	33	SMA	Not Working	2	None	8	9	1	29	36	7	26	33	7
64	Mrs. W	Control	34	SMP	Work	2	Ada	5	8	3	25	35	10	31	38	7
65	Ny. A	Control	30	SD	Work	3	Ada	6	8	2	30	35	5	37	40	3
66	Mrs. H	Control	34	SMA	Work	4	None	7	8	1	30	35	5	29	36	7
67	Ny. M	Control	29	SMA	Work	2	Ada	8	9	1	31	32	1	34	40	6
68	Mrs. E	Control	32	SMA	Not Working	2	Ada	9	10	1	33	35	2	35	40	5

Appendices 9 Research Documentation

Intervention Groups



Control Group

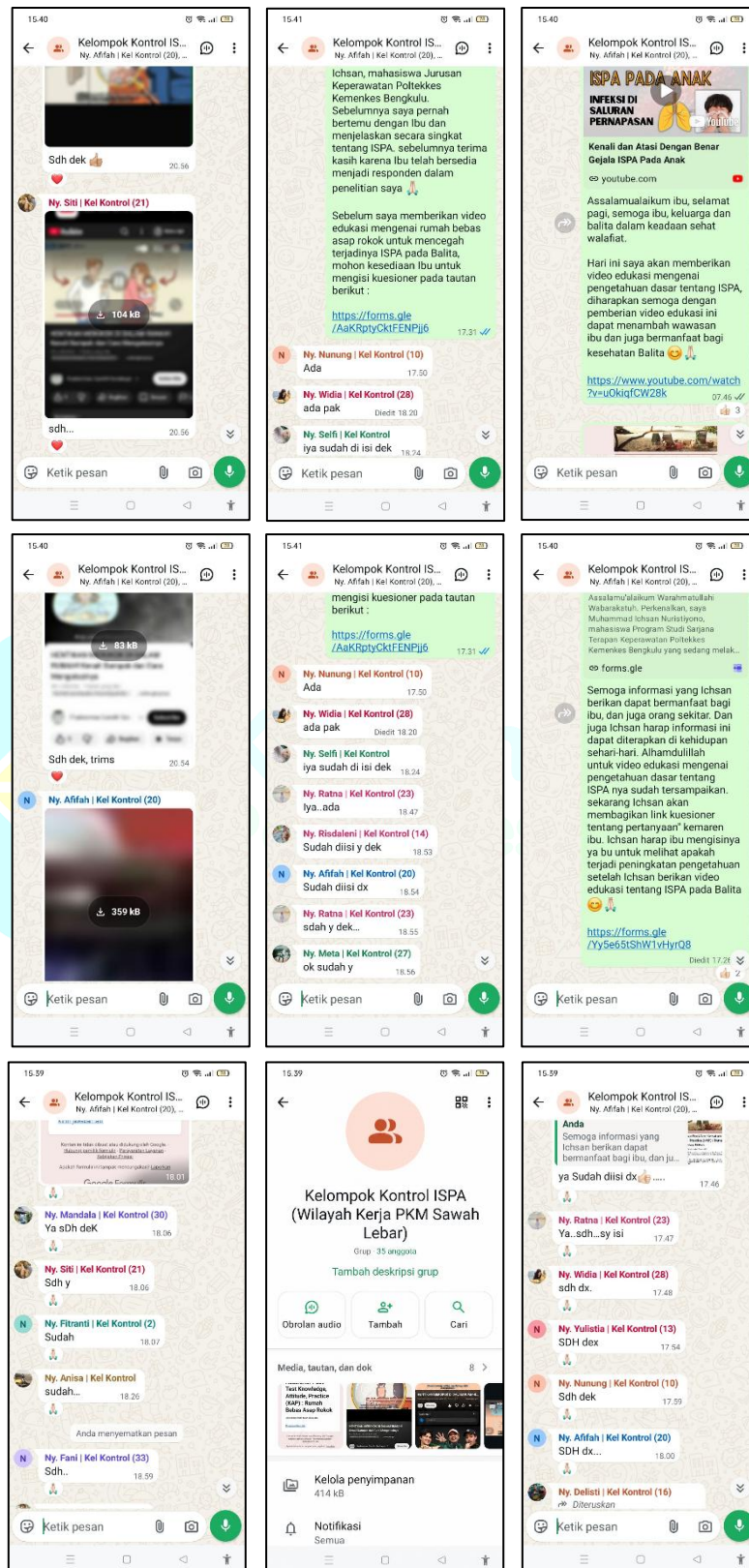
Appendices 10 Evidence of Intervention

Intervention Groups

The following table summarizes the key messages from the 15 chat screenshots:

Participant	Key Messages
Ny. Depi Kel L...	• Sediakan tempat khusus untuk merokok di luar rumah, jauh dari pintu dan jendela. • Pindahkan asap dari dalam rumah ke luar. • Sampaikan dengan lembut kepada anggota keluarga "Yuk, jangan merokok di dalam rumah. Kasihan si kecil."
Ny. Weni Kel L...	• Cuci tangan sebelum memegang anak. • Berikan makanan bergizi dan cukup minum. • Jauhkan balita dari asap rokok, asap dapur, dan kerumunan berasap. • Jaga rumah tetap bersih dan berventilasi baik.
Ny. Winda Kel...	• Sediakan tempat khusus untuk merokok di luar rumah, jauh dari pintu dan jendela. • Pindahkan asap dari dalam rumah ke luar. • Sampaikan dengan lembut kepada anggota keluarga "Yuk, jangan merokok di dalam rumah. Kasihan si kecil."
Ny. Dona Kel L...	• Cuci tangan sebelum memegang anak. • Berikan makanan bergizi dan cukup minum. • Jauhkan balita dari asap rokok, asap dapur, dan kerumunan berasap. • Jaga rumah tetap bersih dan berventilasi baik.
Ny. Sindri Kel...	• Sediakan tempat khusus untuk merokok di luar rumah, jauh dari pintu dan jendela. • Pindahkan asap dari dalam rumah ke luar. • Sampaikan dengan lembut kepada anggota keluarga "Yuk, jangan merokok di dalam rumah. Kasihan si kecil."
Ny. Rahma K...	• Jangan membawa anak ke area tempat orang sedang merokok, termasuk saat acara keluarga. • Setelah merokok, biasakan cuci tangan dan ganti baju sebelum dekat dengan anak. • Bersihkan perabot rumah seperti sofa, gorden, dan karpet secara rutin karena residu asap mudah menempel.
Ny. Maimunah...	• Cuci tangan sebelum memegang anak. • Berikan makanan bergizi dan cukup minum. • Jauhkan balita dari asap rokok, asap dapur, dan kerumunan berasap. • Jaga rumah tetap bersih dan berventilasi baik.
Ny. Yosi Kel L...	• Sediakan tempat khusus untuk merokok di luar rumah, jauh dari pintu dan jendela. • Pindahkan asap dari dalam rumah ke luar. • Sampaikan dengan lembut kepada anggota keluarga "Yuk, jangan merokok di dalam rumah. Kasihan si kecil."
Ny. Ade Kel In...	• Cuci tangan sebelum memegang anak. • Berikan makanan bergizi dan cukup minum. • Jauhkan balita dari asap rokok, asap dapur, dan kerumunan berasap. • Jaga rumah tetap bersih dan berventilasi baik.
Ny. Ajulia Kel...	• Sediakan tempat khusus untuk merokok di luar rumah, jauh dari pintu dan jendela. • Pindahkan asap dari dalam rumah ke luar. • Sampaikan dengan lembut kepada anggota keluarga "Yuk, jangan merokok di dalam rumah. Kasihan si kecil."
Ny. Roslia Kel...	• Cuci tangan sebelum memegang anak. • Berikan makanan bergizi dan cukup minum. • Jauhkan balita dari asap rokok, asap dapur, dan kerumunan berasap. • Jaga rumah tetap bersih dan berventilasi baik.
Ny. Yanti Kel L...	• Sediakan tempat khusus untuk merokok di luar rumah, jauh dari pintu dan jendela. • Pindahkan asap dari dalam rumah ke luar. • Sampaikan dengan lembut kepada anggota keluarga "Yuk, jangan merokok di dalam rumah. Kasihan si kecil."
Ny. Lita Kel In...	• Cuci tangan sebelum memegang anak. • Berikan makanan bergizi dan cukup minum. • Jauhkan balita dari asap rokok, asap dapur, dan kerumunan berasap. • Jaga rumah tetap bersih dan berventilasi baik.
Ny. Diana Kel...	• Sediakan tempat khusus untuk merokok di luar rumah, jauh dari pintu dan jendela. • Pindahkan asap dari dalam rumah ke luar. • Sampaikan dengan lembut kepada anggota keluarga "Yuk, jangan merokok di dalam rumah. Kasihan si kecil."
Ny. Atika Kel L...	• Sediakan tempat khusus untuk merokok di luar rumah, jauh dari pintu dan jendela. • Pindahkan asap dari dalam rumah ke luar. • Sampaikan dengan lembut kepada anggota keluarga "Yuk, jangan merokok di dalam rumah. Kasihan si kecil."

Control Group



Appendices 11 Letter from the Bengkulu City Health Office



PEMERINTAH KOTA BENGKULU
DINAS KESEHATAN

Jl. Letjen Basuki Rahmat No. 8 Kel. Belakang Pondok Kec. Ratu Samban Kota Bengkulu
Email dinkeskotabengkulu1@gmail.com / www.dinkes.bengkulukota.go.id Kode Pos 34223

REKOMENDASI

Nomor : 000.9.2 / 1616 / D.Kes / 2026

Dasar Surat : 1. An. Direktur Poltekkes Kemenkes Bengkulu Wakil Direktur I Bidang Akademik Poltekkes Kemenkes Bengkulu Nomor : PP.01.01/F.XXIII.1/3912/2026 Tanggal 08 Mei 2026.
2. Kepala Badan Kesatuan Bangsa dan Politik Kota Bengkulu Nomor : 000.9.2/1276/KESBANGPOL-REK/2026 Tanggal 13 Mei 2026 Perihal : Izin Penelitian atas nama :

Nama : **Muhammad Ihsan Nuristiyono**
NPM /NIM : P01720322083
Program Studi : Sarjana Terapan Keperawatan
Judul Penelitian : Efektivitas edukasi Whatsapp reminder rumah bebas asap rokok terhadap perilaku ibu dalam pencegahan ISPA pada balita di wilayah kerja Puskesmas Sawah Lebar Kota Bengkulu Tahun 2026
Daerah Penelitian : Puskesmas Sawah Lebar Kota Bengkulu
Lama Kegiatan : 13 Mei 2026 s/d 13 Juni 2026
No.HP / Email : 081366228880

Pada prinsipnya Dinas Kesehatan Kota Bengkulu tidak berkeberatan diadakan penelitian/kegiatan yang dimaksud dengan catatan ketentuan :

- Tidak dibenarkan mengadakan kegiatan yang tidak sesuai dengan penelitian yang dimaksud.
- Harap mentaati semua ketentuan yang berlaku serta mengindahkan adat istiadat setempat.
- Apabila masa berlaku Rekomendasi Penelitian ini sudah berakhir, sedangkan pelaksanaan belum selesai maka yang bersangkutan harus mengajukan surat perpanjangan Rekomendasi Penelitian.
- Setelah selesai mengadakan kegiatan diatas agar melapor kepada Kepala Dinas Kesehatan Kota Bengkulu (tembusan).
- Surat Rekomendasi Penelitian ini akan dicabut kembali dan dinyatakan tidak berlaku apabila ternyata pemegang surat ini tidak mentaati ketentuan seperti tersebut diatas.

Demikianlah Rekomendasi ini dikeluarkan untuk dapat dipergunakan sebagaimana mestinya.

Bengkulu, Mei 2026

Kepala Dinas Kesehatan
Kota Bengkulu

Nelli Harfati, SKM,MM

Pembina - IV/a

Nip. 19720419 199101 2 001

Tembusan :

- Yth.Sdr. Ka. UPTD.Puskesmas Sawah Lebar Kota Bengkulu
- Yang Bersangkutan

Appendices 12 Surat Ethical Clearance



Kementerian Kesehatan
Poltekkes Bengkulu

📍 Jalan Indragiri No. 3 Padang Harapan
Bengkulu 38225
☎ (0736) 341212
🌐 <https://poltekkesbengkulu.ac.id>

KETERANGAN LAYAK ETIK
DESCRIPTION OF ETHICAL EXEMPTION
"ETHICAL EXEMPTION"

No KEPK.BKL/405/05/2026

Protokol penelitian versi 1 yang diusulkan oleh :
The research protocol proposed by

Peneliti utama : Muhammad Ichsan Nuristiyono
Principal In Investigator

Nama Institusi : Poltekkes Kemenkes Bengkulu
Name of the Institution

Dengan judul:
Title

"Efektivitas Edukasi WhatsApp Reminder Rumah Bebas Asap Rokok Terhadap Perilaku Ibu Dalam Pencegahan ISPA Pada Balita Di Wilayah Kerja Puskesmas Sawah Lebar Kota Bengkulu Tahun 2026"

"The Effectiveness of WhatsApp Reminder Education for Smoke Free Homes on Mothers Behavior in Preventing ISPA in Toddlers in the Work Area of the Sawah Lebar Community Health Center Bengkulu City in 2026"

Dinyatakan layak etik sesuai 7 (tujuh) Standar WHO 2011, yaitu 1) Nilai Sosial, 2) Nilai Ilmiah, 3) Pemerataan Beban dan Manfaat, 4) Risiko, 5) Bujukan/Eksploitasi, 6) Kerahasiaan dan Privacy, dan 7) Persetujuan Setelah Penjelasan, yang merujuk pada Pedoman CIOMS 2016. Hal ini seperti yang ditunjukkan oleh terpenuhinya indikator setiap standar.

Declared to be ethically appropriate in accordance to 7 (seven) WHO 2011 Standards, 1) Social Values, 2) Scientific Values, 3) Equitable Assessment and Benefits, 4) Risks, 5) Persuasion/Exploitation, 6) Confidentiality and Privacy, and 7) Informed Consent, referring to the 2016 CIOMS Guidelines. This is as indicated by the fulfillment of the indicators of each standard.

Pernyataan Laik Etik ini berlaku selama kurun waktu tanggal 05 Mei 2026 sampai dengan tanggal 05 Mei 2027.

This declaration of ethics applies during the period May 05, 2026 until May 05, 2027.



May 05, 2026
Chairperson,

apt. Zamharira Muslim, M.Farm

Appendices 13 Certificate of Research Completion



PEMERINTAH KOTA BENGKULU
DINAS KESEHATAN
UPTD PUSKESMAS SAWAH LEBAR
{Badan Layanan Umum Daerah}

Alamat : Jln. Sepakat RT 18 Kelurahan Sawah Lebar Baru TELP. (0736) 28360
 Email: pkmsawahlebar@gmail.com



SURAT KETERANGAN

Nomor : 445/ 177 /PKM-SL/ VI /2026

Berdasarkan surat rekomendasi dari Dinas Kesehatan Kota Bengkulu Nomor: 000.9.2/ 1616 /D.Kes/2026 tanggal Mei 2026 tentang: Rekomendasi izin penelitian

Yang bertanda tangan dibawah ini Plt. Kepala UPTD Puskesmas Sawah Lebar Kota Bengkulu :

Nama : Erna Yulista, S.Tr.Keb
 N I P : 198802152011012001
 Pangkat/Gol. : Penata / III c
 Jabatan : Plt. Kepala UPTD Puskesmas Sawah Lebar Kota Bengkulu

Dengan ini menerangkan :

Nama : Muhammad Ichsan Nuristiyono
 NPM/ NIM : P01720322083
 Program Studi : Sarjana terapan-keperawatan

Benar telah melaksanakan penelitian di UPTD Puskesmas Sawah Lebar Kota Bengkulu dari tanggal 13 mei s/d 13 juni 2026, dengan judul "Efektivitas Whatsapp Reminder Rumah Bebas Asap Rokok Terhadap Perilaku Ibu Dalam Pencegahan ISPA Pada Balita Di Wilayah Kerja Puskesmas Sawah Lebar Kota Bengkulu Tahun 2026 *.

Demikianlah keterangan ini dibuat untuk dapat dipergunakan sebagai mana mestinya..

Dikeluarkan di : Bengkulu
 Pada Tanggal : 25 Juni 2026
 Plt.Kepala UPTD Puskesmas Sawah Lebar
 Kota Bengkulu

Erna Yulista, S.Tr.Keb
 NIP : 198802152011012001

Tembusan :

1. Dinas Kesehatan Kota Bengkulu
2. Arsip

Appendices 14 Kesbangpol Letter



PEMERINTAH KOTA BENGKULU
BADAN KESATUAN BANGSA DAN POLITIK

Alamat : Jl. Melur No.1 Kelurahan Nusa Indah
 Email : bkesbangpolkotabengkulu@gmail.com

REKOMENDASI PENELITIAN

Nomor : 000.9.2/1276/KESBANGPOL-REK/2026

- Dasar : Peraturan Menteri Dalam Negeri Republik Indonesia Nomor 7 Tahun 2014 tentang Perubahan Atas Peraturan Menteri Dalam Negeri Republik Indonesia Nomor 64 Tahun 2011 tentang Pedoman Penerbitan Rekomendasi Penelitian
- Memperhatikan : Surat dari Wakil Direktur I Bidang Akademik Poltekkes Kemenkes Bengkulu Nomor : PP.01.01/F.XXIII.1/3973/2026 Tanggal 08 Mei 2026 perihal Izin Penelitian

DENGAN INI MENYATAKAN BAHWA

Nama : Muhammad Ihsan Nuristiyono
 NIM : P01720322083
 Pekerjaan : Mahasiswa/i
 Prodi/ Fakultas : Sarjana Terapan Keperawatan
 Judul Penelitian : Efektivitas Edukasi WhatsApp Reminder Rumah Bebas Asap Rokok Terhadap Perilaku Ibu Dalam Pencegahan ISPA Pada Balita Di Wilayah Kerja Puskesmas Sawah Lebar Kota Bengkulu Tahun 2026

Tempat Penelitian : Wilayah Kerja Puskesmas Sawah Lebar Kota Bengkulu
 Waktu Penelitian : 13 Mei 2026 s.d 13 Juni 2026
 Penanggung Jawab : Wakil Direktur I Bidang Akademik Poltekkes Kemenkes Bengkulu

- Dengan Ketentuan :
- 1 Tidak dibenarkan mengadakan kegiatan yang tidak sesuai dengan penelitian yang dimaksud.
 - 2 Harus mentaati peraturan perundang-undangan yang berlaku serta mengindahkan adat istiadat setempat.
 - 3 Apabila masa berlaku Rekomendasi Penelitian ini sudah berakhir, sedangkan pelaksanaan belum selesai maka yang bersangkutan harus mengajukan surat perpanjangan Rekomendasi Penelitian.
 - 4 Surat Rekomendasi Penelitian ini akan dicabut kembali dan dinyatakan tidak berlaku apabila ternyata pemegang surat ini tidak mentaati ketentuan seperti tersebut diatas.

Demikianlah Rekomendasi Penelitian ini dikeluarkan untuk dapat dipergunakan sebagaimana mestinya.

Bengkulu, 13 Mei 2026

a.n. WALI KOTA BENGKULU

Kepala Badan Kesatuan Bangsa dan Politik Kota Bengkulu,



Saipul, S.Sos
 Pembina Utama Muda, IV/c
 NIP. 197207091992021001

Appendices 15 Research Permit



Kementerian Kesehatan
Direktorat Jenderal
Sumber Daya Manusia Kesehatan
Politeknik Kesehatan Bengkulu
 Jalan Endang Iriyanto, 1 Padang Muncar
 Bengkulu 38225
 Telp. (0736) 343211
 E-mail: info@poltekkesbengkulu.ac.id

08 Mei 2026

Nomor : PP 01/01/XXIII.1/311/2026
 Perihal : Izin Penelitian

Yth.
Kepala UPTD Puskesmas Sawah Lebar Kota Bengkulu
 di
Tempat

Sehubungan penyusunan tugas akhir mahasiswa dalam bentuk Skripsi Program Studi Keperawatan Program Sarjana Terapan Jurusan Keperawatan Politeknik Kesehatan Kemenkes Bengkulu Tahun Akademik 2025/2026, dengan ini kami mohon Bapak/Ibu dapat memberikan izin pengambilan data untuk penelitian kepada:

Nama : Muhammad Ichsan Nuristiyono
 NIM : P01720322083
 Tempat Penelitian : Wilayah Kerja Puskesmas Sawah Lebar Kota Bengkulu
 Waktu Penelitian : 08 April 2026 s/d 08 Juni 2026
 Judul : Efektivitas Edukasi WhatsApp Reminder Rumah Bebas Asap Rokok Terhadap Perilaku Ibu Dalam Pencegahan ISPA Pada Balita Di Wilayah Kerja Puskesmas Sawah Lebar Kota Bengkulu Tahun 2026
 No Handphone : 081366226860

Demikianlah, atas perhatian dan kesediaan Bapak/Ibu diucapkan terimakasih.

a.n. Direktur Poltekkes Kemenkes Bengkulu

Wakil Direktur I Bidang Akademik

Septiyanti, S.Kep, Ners, M.Pd



Appendices 16 Thesis Consul Sheet

LEMBAR BIMBINGAN SKRIPSI

PEMBIMBING I : Dr. Nur Elly, S.Kp.,M.Kes
 MAHASISWA : Muhammad Ichsan Nuristiyono
 NIM : P01720322083
 JUDUL SKRIPSI : Efektivitas *Whatsapp Reminder* Rumah Bebas Asap Rokok Terhadap Perilaku Ibu Dalam Pencegahan ISPA Pada Balita Di Wilayah Kerja Puskesmas Sawah Lebar Kota Bengkulu Tahun 2026

NO	HARI / TANGGAL	TOPIK	SARAN	PARAF PEMBIMBING
1	Senin, 04 Agustus 2025	Konsul Judul	1. ACC judul 2. Lanjutkan proses penyusunan proposal skripsi	
2	Rabu, 27 Agustus 2025	Pengarahan pembuatan BAB I	1. Membuat justifikasi yang jelas 2. Mencari sumber yang relevan	
3	Rabu, 17 September 2025	Konsul BAB 1	1. Lengkapi data nasional dan kota 2. Perbanyak sumber sitasi 3. Membuat latar belakang dari umum ke khusus 4. Cari kembali sumber yang relevan 5. Perbaiki tujuan dan manfaat	
4	Kamis, 06 November 2025	Konsul BAB 1	1. Perbaiki tata letak penulisan latar belakang (piramida terbalik) 2. Perbaiki tujuan umum 3. Tambahkan sumber sitasi 4. Cari kembali sumber yang relevan	
5	Senin, 10 November 2025	Konsul BAB 1 dan 3	1. Lihat referensi penulisan kerangka teori 2. Lihat referensi penulisan definisi operasional 3. Cari instrument penelitian 4. ACC BAB 1	
6	Selasa, 18 November 2025	Konsul BAB 3 dan 4	1. Perbaiki kerangka konsep 2. Pastikan kembali kriteria inklusi dan eksklusi 3. Perbaiki penulisan dan tata letak 4. Tentukan variabel perancunya 5. Cari sumber yang relevan	
7	Jumat, 21 November 2025	Konsul BAB 3 dan 4	1. Perbaiki kerangka teori, pastikan saling berhubungan 2. Perbaiki penulisan definisi operasional 3. Perbaiki hipotesis penelitian 4. Perbanyak membaca buku panduan	

8	Senin, 01 Desember 2025	Konsul BAB 3 dan 4	1. Rapihkan penulisan dan tata letaknya 2. Perbaiki hasil ukur dan skala 3. Perbaiki kriteria inklusi dan eksklusi 4. Samakan penjelasan data primer dan data sekunder sesuai dengan tujuan 5. Pastikan alat pengumpulan data	
9	Kamis, 04 Desember 2025	Konsul BAB 3 dan 4	1. Perbaiki prosedur pengumpulan data 2. Jelaskan proses penelitian secara lengkap 3. Perbaiki kuesioner	
10	Jumat, 12 Desember 2025	Konsul perbaikan dan ACC proposal	1. ACC proposal 2. Persiapkan semua dokumen untuk syarat seminar 3. Daftar seminar	
11	Selasa, 17 Juni 2026	Konsul hasil SPSS	1. Periksa kembali data hasil kuesioner untuk di uji SPSS 2. Tentukan nilai p value nya	
12	Jumat, 20 Juni 2026	Konsul perbaikan SPSS dan Bab 5	1. Perbanyak sumber 2. Alur penelitian sesuaikan lagi	
13	Senin, 23 Juni 2026	Konsul perbaikan Bab 5	1. ACC Bab 5 2. Lanjutkan Bab 6-7	
14	Selasa, 24 Juni 2026	Konsul Bab 6	1. Perbanyak sumber 2. Perbaiki sitasi dan kerapihan penulisan dan tata letak	
15	Rabu, 25 Juni 2026	Konsul Bab 6 dan 7	1. Periksa kembali penjelasan hasil penelitiannya, pastikan sesuai 2. Perbaiki bagian kesimpulan sesuai dengan tujuan khusus dan hasil 3. Perhatikan lagi penulisan dan sitasi	
16	Kamis, 26 Juni 2026	Konsul Bab 6 dan 7	1. Acc BAB 6-7 2. Persiapkan diri dan syarat seminar hasil	

9	Senin, 23 Juni 2026	Konsul perbaiki Bab 5	1. ACC Bab 5 2. Lanjutkan Bab 6-7	<i>Rel</i>
10	Selasa, 24 Juni 2026	Konsul Bab 6	1. Perbanyak sumber 2. Perbaiki sitasi dan kerapian penulisan dan tata letak	<i>Rel</i>
11	Rabu, 25 Juni 2026	Konsul Bab 6 dan 7	4. Periksa kembali penjelasan hasil penelitiannya, pastikan sesuai 4. Perhatikan lagi penulisan dan sitasi 5. Periksa lagi kelengkapan lampiran	<i>Rel</i>
12	Kamis, 26 Juni 2026	Konsul Bab 6 dan 7	3. Ace BAB 6-7 6. Persiapkan diri dan syarat seminar hasil	<i>Rel</i>