THE EFFECTIVENESS OF MOBILE APPLICATION AS EDUCATIONAL INTERVENTION TO PREVENT STUNTING: A SYSTEMATIC REVIEW

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ABSTRACT

Background: Stunting is a global issue that, including Indonesia, has not been resolved until now. The Sustainable Development Goals are targeted for 2030 so that the problem of stunting can be fully resolved. In order to reduce the incidence of stunting, interventions through education to increase knowledge and behavior change have been shown to be successful. In order to prevent stunting through mobile applications, communication technology development is expected to be more effective than interpersonal campaigns. This study aimed to analyze the effectiveness of mobile application as educational intervention to prevent stunting.

Subjects and Methods: This was a systematic review study. Articles were obtained from Scopus, ProQuest, and Google Scholar through a search using Preferred Reporting Items for Systematic Reviews and Meta-analysis (PRISMA). The articles taken were published in 2019-2020.

Results: Of the total of 11 articles, interpersonal educational interventions on health issues have been shown to have significant effects and results. However, there was no study that simultaneously discusses the comparison in one study of the effectiveness of interpersonal education intervention and mobile application. The advantages of intervention through mobile applications were 1) many people in different socio-cultures can accept mobile phones that have been widely used, 2) cost-effective, 3) people can access information easily whenever necessary, and 4) get stronger engagement because monitoring can be carried out continuously.

Conclusion: Innovative educational interventions can be carried out through mobile applications with the development of communication technology and health promotion research, which have the advantage of being stronger, easier for the public to accept, stronger engagement, and cost-effectiveness.

Keywords: mobile application, health promotion, stunting

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