

## THE INFLUENCE OF ANTICIPATORY GUIDANCE HEALTH EDUCATION ON THE ROLE OF PARENTS IN PREVENTING INJURIES IN SCHOOL-AGE CHILDREN (6-12 YEARS) IN SUMBER JENON MALANG TOURISM

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### ARTICLE INFORMATION

#### Article history

Received (1 June 2024)  
Revised (15 June 2024)  
Accepted (20 June 2024)

#### Keywords

injury prevention, role of parents, anticipatory guidance, health education, children school age (6-12 years)

### ABSTRACT

**Introduction:** Injury is the impact of an external agent that causes physical or mental damage. The purpose of this study was to determine the effect of anticipatory guidance health education on the role of parents in injury prevention. This research is a Pre-experimental quantitative research with the type of One group pretest-s posttest design with a cross sectional approach. The study sample was parents who had school-age children determined by the probability sampling method, namely simple random sampling. The instrument used is a questionnaire on the role of parents in injury prevention. Methods: The data analysis method using the Wilcoxon Rank Sum test showed that the results of the pretest were 87% (42 respondents) obtained moderate results and the posttest was known to 95.8% (46 respondents) obtained high results.

**Objectives:** The results of bivariate statistical tests in this study obtained the results of  $p = (0.000) < (0.05)$  which means that there is an influence of anticipatory guidance health education on the role of parents in preventing injuries in school-age children (6-12 years), Results: then for the standard value ( $Z$ ) is  $-6.412$  where the value is  $-1.645$  It is found that the value of  $Z$  calculate  $> Z$  table which is  $-6.412 > -1.645$  so that  $H_a$  is accepted which means there is also an influence of anticipatory guidance health education. Conclusions: From the results of this study, health education influences parents on the incidence of injury in children. The health education provided has an influence on parents in preventing injuries

### Introduction

Anticipatory guidance is guidance given to parents regarding the stages of development of the child so that parents are aware of what is happening in the child's development and can optimally meet the child's needs according to his age. In the period of growth and development of children, the increasing mobility of children and the increasing development of children requires discipline, and the need to fulfill children's safety so that the maximum role of parents is needed. The role of parents at school age is very influential and really needed, so if parents are not aware of caring for children, there will be obstacles in the child's growth and development, one of which is preventing injuries. (Indriasari, 2021), then it is necessary to provide guidance or counseling regarding Anticipatory guidance for parents who have school age children (6-12 years).

According to the World Health Organization (WHO), injuries result in 5.8 million deaths worldwide, and more than 3 million of these deaths occur in developing countries. WHO states that no less than 875,000 children under 18 years worldwide die each year due to injuries, both intentional and unintentional injuries. The prevalence of injuries based on Basic



Health Research (Riskesdas) (2018) shows that the incidence of injuries in Indonesia has increased from 2013 by 8.2% to 9.2%. In East Java Province, the proportion of injuries was 11.12%. The proportion of injuries that most often occur based on place is injuries on roads and the environment at 45%, followed by roads 32%, places of work 9%, schools 7% and other (tourist places) 7%. Meanwhile, Malang City experienced an injury proportion of 10.87%. (Health, Health Research and Development Agency, Research and Development Center for Humanities and Health Management, 2018). The results of the explanation of the number of injuries that occurred, this shows that there are many children who have experienced injuries so that guidance or counseling is very necessary about *Anticipatory guidance* for parents who have school age children (6-12 years) especially at Sumber Jenon Tourism.

Sumber Jenon is one of the natural springs that forms a pool. This pool has a depth of around 6.5 meters, with a length of around 50 m and a width of 30m. Jenon's source is in Tajinan subdistrict, Malang Regency, East Java. What's interesting about Sumber Jenon is the atmosphere of the pool which is full of a mystical aura. The pool is surrounded by large and tall banyan trees, their canopy of yellow and fallen leaves almost covers the surface of the pool. One of the springs which has now become a unique and well-known tourist center around Malang Raya. The name Sumber Jenon itself is taken from the Jenu tree which collapsed and released a spring. As time went on the water became more and more stagnant and he made a river 12 meters long with a depth of 2-5 meters so that water could flow into his hut but only for divers, not for swimming because you could drown. In adult pools there are mossy stones for stepping on which can cause slipping, cold pool water can cause leg cramps. In the play area, ATV motorbike area and trail area there are no helmets or knee protectors which could potentially cause injury (Mohammad Reza et al., 2020).

Injury is the impact of an external agent that causes both physical and mental damage. Injuries are one of the main causes of child morbidity and mortality in the world. Injuries or accidents to children can occur anywhere and at any time, children are vulnerable to danger at any time, whether on the playground, at tourist attractions, or in the surrounding environment. The home environmental factor (place of residence) is the factor that plays the most role in the incidence of injuries to children and is then followed by the factor of maternal supervision which is still low. The frequency of children experiencing injuries is greater or more frequent, so the mother's role in preventing injuries is less (Mokhtar Jamil, 2020).

The role of parents in school-age children is very influential and much needed, so that if parents do not know how to care for children, there will be obstacles in the child's growth and development. (Marlina, 2018). The role of parents is very important for children in providing love and affection because this can influence the child's growth and development process. Parents have a big responsibility in developing a child's personality, and must also teach discipline because discipline plays an important role in a child's development. (Lubis, 2021). Parents play a very important role in children's lives, most of their time is spent in the family environment, especially when children are still under care or are elementary school age children. Thus, the family becomes an important factor in educating children both in terms of religious, social and social aspects as well as individual analysis and anticipatory guidance. Parents must be able to give directions to children to stay away from objects or areas that could put the child in a dangerous situation. Parents must first understand anticipatory guidance (Ruli, 2020).

*Anticipatory guidance* is providing guidance to parents to anticipate things that occur at each level of growth and development in accordance with the child's growth and development. But there are still many parents who ignore this anticipatory guidance. Currently, there are still many parents who often neglect supervision of their



children (Indriasari, 2021). *Anticipatory guidance* is an important guide that can be used as a guide in providing care to children and parents who are able to face every problem and challenge that may occur in every child's development, so that children can grow and develop optimally. (Lestari, 2021).

Children can grow and develop optimally by providing appropriate guidance in one way, namely health education for parents. Health education is a dynamic process of behavior change, where the change is not just a process of transferring material or theory from one person to another and is not a set of procedures, but the change occurs because of awareness within the individual, group or society itself. These changes include knowledge, attitudes and skills through the health education process. The health education that the researchers used was counseling techniques and used methods, namely conducting pretests, posttests, and giving leaflets (Ummah, et al., 2021).

Based on the results of Marlina's research, (2018) it shows that the majority of mothers' knowledge before health education was carried out was having insufficient knowledge, namely 33 mothers (63.5%), this cannot be separated from the mother's education factor, where there were several respondents who had elementary and middle school education, which is basic education in Indonesia so that it can influence the level of absorption of information obtained by mothers before receiving health education. Mother's knowledge after health education was carried out, it was found that 40 mothers (76.9%) had the most knowledge. The results of this study indicate that there has been a change in mothers' knowledge to improve anticipatory guidance for toddler-aged children in Ngemplak Village, Kartasura before and after health education was carried out. Based on research results Mokhtar Jamil, (2020) What was found at Kindergarten Al - Masithoh 04 Dusun Jamuran was that parents had negative attitudes and inadequate injury prevention practices with a percentage of results of 19 people (47.5%) and those who had positive attitudes and adequate injury prevention practices with a percentage of results of 1 people (2.5%). This research was conducted by researchers at Sumber Jenon Tourism to determine the effect of anticipatory guidance health education on the role of parents in preventing injuries in school-aged children (6-12 years).

## Methods

This research is a pre-experimental quantitative research with a one group pretest-posttest design with a cross sectional approach. The population in this study was 90 parents of Sumber Jenon tourist visitors who had school age children (6-12 years), and the research sample was 48 parents who had school age children who were determined using the probability sampling method, namely simple random sampling with inclusion criteria, namely one parent (father/mother), as well as the exclusion criteria, namely parents who cannot read and write. The instruments used were a questionnaire on the role of parents in preventing injuries and health education using the leaflet method. The data analysis method uses the Wilcoxon Rank Sum test. The sample size was determined using the Slovin formula so that the sample size was 48 respondents. The research instrument used in health education is using the leaflet method and a questionnaire on the role of parents in injury prevention with 12 questions consisting of 4 assessment categories, namely strongly agree, agree, disagree, strongly disagree.

## Results

Frequency Distribution Table Based on Respondent's Occupation



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Work	Frequency	Presentation (%)
Housewife	13	27.1%
Farmer	10	20.8%
Employee	5	10.4%
Etc	20	41.7%
<b>Total</b>	<b>48</b>	<b>100%</b>

Based on the results shown in table 1, it is known that a quarter of the respondents, namely 27.1% (13 respondents) are housewives.

Table 2 Normality Test Results of pretest and posttest health education anticipatory guidance for injury prevention

	Kolmogorov-Smirnova			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
<b>Hasil Pretest</b>	,491	48	,000	,458	48	,000
<b>Hasil Posttest</b>	,540	48	,000	,204	48	,000

Table 2 shows that the results of the normality test on the pretest and posttest variables using the Kolmogorov-Smirnova and Shapiro-Wilk methods. The Sig value (p value) for both tests is <0.05, which means the data is not normally distributed so the Wilcoxon test can be used.

Table 3 Frequency Distribution Based on Pretest Results The Role of Parents in Preventing Injuries in School Age Children (6-12 Years)

From the data obtained in table 5.6 from the pretest results, it is known that almost all respondents, 87% (42 respondents) obtained moderate results.

Pretest Results	Frequency	Presentation (%)
Low	5	10.4%
Currently	42	87.5%
Tall	1	2.1%
<b>Total</b>	<b>48</b>	<b>100.0%</b>

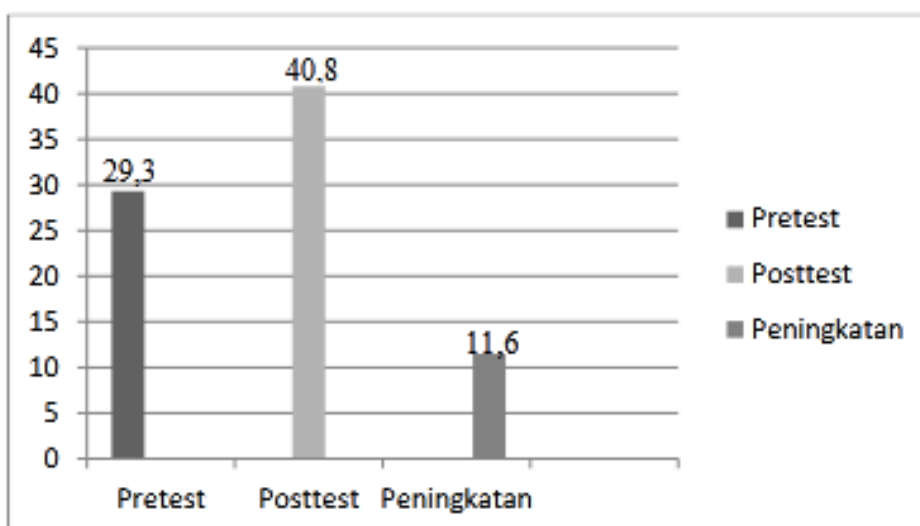
Table 4 Frequency Distribution Based on Posttest Results on the Role of Parents in Prevention Injuries in School Age Children (6-12 Years)

Posttest Results	Frequency	Presentation (%)
Low	0	0%
Currently	2	4.2%
Tall	46	95.8%



<b>Total</b>	<b>48</b>	<b>100%</b>
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Figure 5.2 Comparison diagram of average pretest scores and posttest scores



Based on the diagram in Figure 5.2, it can be seen that the average posttest score is higher than the pretest score, namely 40.8%, so it can be concluded that there is an increase in results from the pretest to posttest scores of 11.5%.

Table 5.8 Wilcoxon Rank Test Analysis

		N	Mean Rank	Sum of Ranks
<b>Hasil Post Test - Hasil Pretest</b>	Negative Ranks	0 <sup>a</sup>	,00	,00
	Positive Ranks	45 <sup>b</sup>	23,00	1035,00
	Ties	3 <sup>c</sup>		
	<b>Total</b>	<b>48</b>		

a. Hasil Post Test < Hasil Pretest

b. Hasil Post Test > Hasil Pretest

c. Hasil Post Test = Hasil Pretest

The data obtained from table 5.8 shows that the difference (negative) between the pretest score and the posttest score is 0. This result shows that there is no decrease from the pretest score to the posttest score. And for the difference (positive) between the pretest and posttest, the results obtained were 45 positive data (N), which means that there were 45 respondents who experienced an increase in their pretest score to their posttest score after being given health education with an average increase of 23.00. Meanwhile, regarding the similarity (Ties) between the pretest score and the posttest score, the result was 3, which means there were 3 respondents who had the same score between the pretest score and the score. posttest.

Table 5.9 Analysis of the Effect of Pretest Posttest



<b>Analisa pengaruh</b>	<b>p</b>	<b>Z</b>	<b>N</b>
<i>pretest – posttest</i>	0.000	-6.412	48

The data obtained from table 5.9 shows that the results of the analysis from the Wilcoxon test are that the value  $p = (0.000) < (0.05)$  so that the  $H_a$  hypothesis decision is accepted, which means that there is a positive influence of anticipatory guidance health education on the role of parents in preventing injuries. for school age children (6-12 years) at Sumber Jenon Tourism. Then the standard value (Z) is -6.412, while the Z table value is obtained from Z table alpha 5% or 0.05 where the value is -1.645, so the result is that the calculated Z value  $>$  Z table is  $-6.412 > -1.645$  so  $H_a$  is accepted. This means that there is also the influence of anticipatory guidance health education on the role of parents in preventing injuries in school-aged children (6-12 years) at Sumber Jenon Tourism.

## Discussion

1. The Role of Parents in Preventing Injuries in School Age Children (6-12 Years) at Sumber Jenon Tourism Before Being Given Health Education. Anticipatory Guidance on the Role of Parents in Preventing Injuries in School Age Children (6-12 Years) at Sumber Jenon Tourism.

In this study, the results obtained from the pretest were that almost all respondents, 87% (42 respondents) got medium results, then 10.4% with 5 respondents got low results and 2.1% with 1 respondent got high results. This is in line with Anam's research (2016), namely that this research shows that the majority of mothers' knowledge before health education was carried out was lacking, namely 33 mothers (63.5%). In this study, data was collected using a questionnaire and the researchers considered that conditions and situations could influence parents in making efforts to carry out an effort and also the lack of information regarding efforts to prevent injuries to children under five at home. A person's intention to act in relation to their health or health care provider (behavior intention), social support from the surrounding community (social support) and the presence or absence of information about health or health facilities (accessibility of information) influence a person's behavior in seeking health. The researcher's opinion is that parents are the first people who have a big influence on children's growth and development and also in preventing undesirable things from happening. Carrying out injury prevention is not just about taking care with one eye, but in carrying out this prevention you must have extensive knowledge. Lack of parental knowledge is one of the factors that causes injuries to children, therefore parents really need to seek as much knowledge as possible. So parents who have not received health education have insufficient knowledge, and this can endanger children's health and growth and development.

In this study it was discovered that more than half of the respondents, namely 60.4% (29 respondents) were women and 39.6% (29 respondents) were men. This is in line with Rahmawati's research (2013), namely the results of the research show the characteristics of respondents based on gender, namely 69.7% (23 people) are women. According to mothers, it plays a role in determining children's attitudes and behavior. Parents, especially mothers, are a big part of the experts' belief that the high incidence of toddler injuries is greatly influenced by the role of parents, especially the role of a mother. Things like this are caused by the child's very high level of dependence on their parents. The researcher's opinion is that the mother is someone who plays a very important role in her child's life in shaping the child's growth and development, attitudes and behavior. Mothers play a role in many household activities and are also the first teachers for children because from birth



mothers have taught many things that their children need to know. Mothers have a big influence in a child's life which will be carried by the child into adulthood, so if the child does not receive love from the mother it will affect the child's growth, development, behavior and attitudes. This is all caused by a child's very high level of dependence on their parents, especially their mother.

In this study it was discovered that more than half of the respondents, namely 60.4% (29 respondents) were respondents aged 31-40 years, then the results obtained were 22.9% (11 respondents) namely respondents aged 41-50 years. This is in line with research by Anam, (2016), namely the results of research that parents aged 21-40 years had good efforts in preventing injuries to children under five at home 25.6% (11 parents), and sufficient efforts 41.9% (18 parents), and 7% less effort (3 parents). Parents aged 41-65 years have good efforts in preventing injuries to children under five at home, namely 11.6% (11 parents), moderate efforts are 14% (6 parents). So it can be concluded that parents aged 21-40 have enough effort than respondents aged 41-65 years. There are several divisions of adulthood, namely early adulthood at the age of 21-40 years is a transition period between adulthood and adolescence which is a period of extended temporary economic and personal conditions, this is indicated by economic independence and independence in making decisions, especially in managing the household and caring for and educating children. Parents aged 41-65, the mother's physical abilities begin to weaken somewhat, the function of the sensory organs decreases, and they experience certain diseases that they have never experienced before, such as rheumatism, gout, etc., so they experience limitations in caring for sick children. According to researchers, younger parents more often get more up to date information. This is because younger parents tend to get more information, especially from gadgets, mass media and other media. So younger parents tend to make better efforts than older parents in preventing injuries to toddlers at home. The researcher's opinion is that parents who are younger can get more information from various sources such as social media (YouTube, Google), friends who have a lot of experience, and others so that parents have more effort to look after their children in prevention. injuries and also young parents still have good muscle strength. However, parents who are older have mature abilities in preventing injuries to children but cannot get more information than young parents.

In this study, it was discovered that almost half of the respondents, namely 45.8% (22 respondents) were respondents with elementary/MI education levels, then the results obtained were 37.5% (18 respondents) were respondents with junior high school education levels, and the results also obtained 16.7% (8 respondents) were respondents with a SMA/SMK education level. According to Jamil (2020), the basic concept of education is a learning process, which means that there is a process of growth and development towards a more mature, better and more mature individual and those around him. Education is one of the extrinsic factors that influences a person's attitude, so the higher a person's education, the more influence it has on the formation of a person's attitude. The researcher's opinion is that education must be upheld and education is very influential in forming attitudes, growth and development in a person. Parents need to improve their education because it is important for them to improve their attitudes in anticipating undesirable things such as delays in children's growth and development and also to prevent injuries to children. Someone who has a low level of education tends to have a low attitude in preventing injuries to children, but on the other hand, if someone has a high level of education, they tend to have a high attitude in preventing undesirable things from happening in the growth and development of children and also especially in preventing their occurrence. injury to children.



In this study it was discovered that a quarter of the respondents, namely 27.1% (13 respondents) were housewives. This is in line with Marlina's research (2018), namely the results of this research show that the majority of mothers' jobs are as housewives (housewives) with 39 respondents (75%). According to Anam, (2016) that working parents/mothers as housewives have a lot of time to take care of children and have a lot of time to supervise their children and also to take care of household affairs, while most working parents have little time to take care of their children. children, supervising children and also taking care of household affairs.

2. The Role of Parents in Preventing Injuries in School Age Children (6-12 Years) at Sumber Jenon Tourism After Being Given Health Education Anticipatory Guidance on the Role of Parents in Preventing Injuries in School Age Children (6-12 Years) at Sumber Jenon Tourism

In this study, the results of the posttest showed that almost all respondents, 95.8% (46 respondents) obtained high results, then 4.2% with 2 respondents, and 0% with low results. This is in line with Marlina's research (2018), namely that mothers' knowledge after health education was carried out, the result was that 40 mothers (76.9%) had the most knowledge. In this research, the health values intended are in terms of anticipatory guidance for toddler children. Anticipatory guidance is an important guidance guide that needs to be given to parents to help overcome problems that may occur at each phase of a child's growth and development. Anticipatory guidance can be used as a guide for parents in educating and caring for children according to their growth and development. The researcher's opinion is that knowledge for parents is very important because it can help children's growth and development, especially for anticipatory guidance which aims to prevent undesirable things from happening and overcome problems that might occur. Anticipatory guidance health education plays a role as a reference for parents in preventing unwanted things from happening and parents play an important role for children in providing love and great responsibility in teaching discipline, developing children's personalities, and also in educating children so it is very important for parents to know a lot of knowledge, especially in anticipatory guidance.

3. The Influence of Anticipatory Guidance Health Education on the Role of Parents in Preventing Injuries in School Age Children (6-12 Years) in Sumber Jenon Tourism

In this study, the results obtained from data analysis from the Wilcoxon test were obtained, namely  $p = (0.000) < (0.05)$  which shows that the  $H_a$  hypothesis value is accepted, which means that there is an influence of anticipatory guidance health education on the role of parents in preventing injuries to children. school age (6-12 years) at Sumber Jenon Tourism. Then the standard value (Z) is -6.412, indicating that there is a negative relationship between the provision of health education, which based on the results obtained is that the higher the anticipatory guidance health education, the higher the role of parents in preventing injuries in school age children (6-12 year). This is in line with Jamil's (2020) research, namely that the Somers D statistical test showed that the p value = 0.447, which means it is classified as a strong relationship category and the r value = 0.001, where the sig value is  $(0.001 < 0.05)$  so that  $H_0$  is rejected, which means There is a relationship between maternal knowledge about injury prevention and injury prevention practices in pre-school children. The Somers D correlation value is (+) 0.447, which indicates that the correlation is positive and of medium strength. Positive means that the higher the knowledge, the higher the practice of preventing injuries or vice versa, the lower the knowledge, the lower the practice of preventing injuries. The researcher's opinion is that health education for a person is very influential in preventing injuries to children. Parents must have a high level of education because education is the





main factor in determining the future of a child's life. A factor in the level of a mother's education is her level of education, where if someone has a high level of education, the higher the practice of preventing injuries.

### Conclusion

1. Based on the research results, it was concluded that the results of the pretest that had been carried out showed that almost all respondents, 87% (42 respondents) obtained moderate results. After being given the pretest, health education was provided regarding the role of parents in preventing injuries to school age children (6-12 years) at Sumber Jenon Tourism, then another posttest questionnaire was distributed.
2. Based on the results of the posttest that was carried out, it is known that almost all respondents, 95.8% (46 respondents) obtained high results.
3. The results of the completed questionnaire were then carried out by the Wilcoxon test and the results obtained from this data analysis were that the value  $p = (0.000) < (0.05)$  which shows that the  $H_a$  hypothesis value was accepted, which means that there is an influence of anticipatory guidance health education on the role of parents. in preventing injuries in school age children (6-12 years) at Sumber Jenon Tourism. Then the standard value ( $Z$ ) is -6.412, while the  $Z$  table value is obtained from  $Z$  table alpha 5% or 0.05 where the value is -1.645, so the result is that the calculated  $Z$  value  $> Z$  table is  $-6.412 > -1.645$  so that  $H_a$  is accepted by  $H_0$  rejected, which means there is also an influence of anticipatory guidance health education on the role of parents in preventing injuries to school age children (6-12 years) at Sumber Jenon Tourism

### Ethics approval and consent to participate

Based on the letter passing the ethical review from the Health Research Ethics Commission of the Health Polytechnic of the Ministry of Health Malang with number 683/VII/KEPK POLKESMA/2023, it was declared ethically appropriate in accordance with 7 (seven) WHO 2011 Standards, namely 1) Social Value, 2) Scientific Value 3) Equalization of Burden And Benefits, 4) Risks, 5) Inducement/Exploitation, 6) Confidentiality and Privacy, and 7) Consent After Explanation, namely referring to the CIOMS 2016 guidelines

### Acknowledgments

Based on the research that has been carried out with all the limitations of this research, the researcher has several suggestions for future research developments to make it even better. The suggestions that researchers convey include the following:

1. Institution (Jenon Source Tourism)  
It is hoped that this research at Sumber Jenon Tourism can be used as material for future consideration in preventing injuries in school age children (6-12 years) in order to reduce the incidence of injuries. This can be done by adding posters or education on information boards so that many visitors know the dangers of injury that might occur.
2. Further research
  1. It is hoped that for further research it is recommended not only to conduct research in one area but also to conduct research widely.
  2. Future researchers are advised to use data collection research methods not only by using questionnaires but also by using questionnaires and interviews. This is done to get more accurate data results.
  3. This research can be followed up by adding variables, increasing the sample, or using research methods that can influence the role of parents in preventing injuries in school-aged children (6-12 years).

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