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**PENGARUH PENYULUHAN DENGAN MEDIA *POWER POINT* TERHADAP
TINGKAT PENGETAHUAN IBU HAMIL TENTANG PENCEGAHAN DAN
PENGOBATAN ANEMIA DEFISIENSI BESI DI PUSKESMAS GUBUG 2
KABUPATEN GROBOGAN**

ABSTRAK

Latar Belakang : Hasil Riskesdas 2018 menyatakan bahwa di Indonesia sebesar 48,9% ibu hamil mengalami anemia. Sebanyak 84,6% anemia pada ibu hamil terjadi pada kelompok umur 15-24 tahun. Prevalensi anemia pada ibu hamil menurut karakteristik, sebagian besar berumur 15-24 tahun (84,6%), berpendidikan SLTP/MTs (51,5%), pekerja swasta (55,5%) dan tinggal di pedesaan (49,6%) (Kemenkes RI, 2018). Penyuluhan merupakan upaya memberikan pengetahuan pada ibu hamil. Hasil studi pendahuluan di ketahui pengumpulan data diperoleh 4 orang ibu hamil (80,0%) menjawab salah tentang pencegahan dan pengobatan anemia defisiensi besi (dengan cara ibu hamil sebaiknya menghindari minuman bersoda, kebutuhan zat besi bagi ibu hamil dipenuhi dengan konsumsi daging, sayur dan buah serta konsumsi suplemen Fe), 1 orang ibu hamil (20%) menjawab benar tentang pencegahan dan pengobatan anemia defisiensi besi (dengan cara ibu hamil sebaiknya menghindari minuman bersoda, kebutuhan zat besi bagi ibu hamil dipenuhi dengan konsumsi daging, sayur dan buah serta konsumsi suplemen Fe).

Tujuan Penelitian : Tujuan Penelitian untuk mengetahui pengaruh penyuluhan dengan media *power point* terhadap tingkat pengetahuan ibu hamil tentang pencegahan dan pengobatan anemia defisiensi besi di Puskesmas Gubug 2 Kabupaten Grobogan.

Metode : Penelitian ini merupakan jenis penelitian kuantitatif dengan menggunakan metode quasi eksperimental. Penelitian ini menggunakan desain penelitian One Group Pretest-Posttest. Populasi dalam penelitian ini adalah 16 responden. Sampel dalam penelitian ini 16 ibu hamil dengan anemia dengan teknik Total Sampling. Alat pengumpulan data menggunakan kuesioner, uji analisis dengan uji univariat dan bivariat dengan uji *Shapiro Wilk*.

Hasil : Hasil dari penelitian ini didapatkan selisih rata-rata pengetahuan ibu hamil dalam sebelum dan sesudah diberikan penyuluhan dengan media *power point* adalah 6,26. Hasil uji saphiro wik didapatkan nilai $p\text{-value } 0,001 < 0,05$ maka H_0 ditolak, artinya terdapat pengaruh penyuluhan media *power point* terhadap pengetahuan pencegahan dan pengobatan anemia defisiensi besi.

Simpulan : Hasil penelitian menunjukkan bahwa terdapat pengaruh penyuluhan dengan media *power point* terhadap pencegahan dan pengobatan anemia defisiensi besi pada ibu hamil. Diharapkan dapat menerapkan pengetahuan tentang pencegahan dan pengobatan anemia defisiensi besi dengan menjalankan pencegahan dan pengobatan dengan baik.

Kata Kunci : Pengetahuan, Ibu Hamil, Anemia Defisiensi Besi

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THE EFFECT OF COUNSELING WITH POWER POINT MEDIA ON THE LEVELS OF KNOWLEDGE OF PREGNANT WOMEN ABOUT THE PREVENTION AND TREATMENT OF IRON DEFICIENCY ANEMIA IN GUBUG 2 HEALTH CENTER, GROBOGAN DISTRICT

ABSTRACT

Background: The 2018 Riskesdas results state that in Indonesia 48.9% of pregnant women experience anemia. As much as 84.6% of anemia in pregnant women occurs in the age group of 15-24 years. According to characteristics, the prevalence of anemia in pregnant women is mostly 15-24 years old (84.6%), educated in junior high school/MTs (51.5%), private workers (55.5%) and live in rural areas (49.6%) (Ministry of Health RI, 2018). Counseling is an effort to provide knowledge to pregnant women. The results of the preliminary study found that data collection obtained 4 pregnant women (80.0%) answered incorrectly about the prevention and treatment of iron deficiency anemia (by way of pregnant women should avoid carbonated drinks, the need for iron for pregnant women is met by consuming meat, vegetables and fruit and consuming Fe supplements), 1 pregnant woman (20%) answered correctly about the prevention and treatment of iron deficiency anemia (by way of pregnant women should avoid carbonated drinks, the need for iron for pregnant women is met by consuming meat, vegetables and fruit as well as consuming iron supplement).

Research purposes : The aim of the study was to determine the effect of counseling using power point media on the level of knowledge of pregnant women about the prevention and treatment of iron deficiency anemia at the Gubug 2 Health Center, Grobogan District.

Methods: This research is a type of quantitative research using quasi-experimental methods. This study used the One Group Pretest-Posttest research design. The population in this study was 16 respondents. The sample in this study were 16 pregnant women with anemia using total sampling technique. Data collection tool used a questionnaire, analysis test with univariate test and bivariate test with Shapiro Wilk.

Results: The results of this study showed that the average difference in knowledge of pregnant women before and after being given counseling using power point media was 6.26. The results of the Wilk Shapiro test obtained a p-value of $0.001 < 0.05$, so H_0 was rejected, meaning that there was an influence of power point media counseling on knowledge of the prevention and treatment of iron deficiency anemia.

Conclusion: The results of this study indicate that there is an influence of counseling with power point media on the prevention and treatment of iron deficiency anemia in pregnant women. It is hoped that they can apply knowledge about the prevention and treatment of iron deficiency anemia by carrying out prevention and treatment properly.

Keywords: Knowledge, Pregnant Women, Iron Deficiency Anemia