

Universitas Ngudi Waluyo
Program Studi Kebidanan Program Sarjana, Fakultas Kesehatan
Skripsi
Elis Karmila
15722208

EFEKTIFITAS PENDIDIKAN KESEHATAN DALAM PENINGKATAN PENGETAHUAN IBU HAMIL TENTANG PENCEGAHAN ANEMIA DEFISIENSI BESIDENGAN MEDIAPOWER POINT DI PKD DESA DELIK KECAMATAN TUNTANG.

ABSTRAK

Latar Belakang : Hasil Riskesdas 2018 menyatakan bahwa di Indonesia sebesar 48,9% ibu hamil mengalami anemia. Dimana 84,6% anemia pada ibu hamil terjadi pada kelompok umur 15-24 tahun. Jika di lihat dari kondisi ibu di peroleh sebagian besar ibu hamil dengan anemia berpendidikan SLTP/MTs (51,5%), pekerja swasta (55,5%) dan (49,6%) tinggal di pedesaan. 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 menghindariminuman bersoda, kebutuhan zat besi bagi ibu hamil dipenuhi dengan konsumsi daging, sayur dan buah serta konsumsi suplemen Fe).

Tujuan Penelitian : Tujuan dalam penelitian ini mengetahui Efektifitas Pengetahuan Ibu Hamil Sebelum Dan Sesudah Penyuluhan Dengan Media *Power Point* atau Media Visual Tentang Pencegahan Dan Pengobatan Anemia Defisiensi Besi di PKD Desa Delik Kecamatan Tuntang.

Metode : Jenis penelitian ini Penelitian ini menggunakan desain penelitian *Quasy Experiment* dengan menggunakan pendekatan *one group pre test -post test design*. Populasi dalam penelitian ini adalah 25 responden ibu hamil, dengan jumlah sampel 25 responden. Teknik sampel menggunakan *Total sampling*. Intrumen ini menggunakan Kuesioner, uji analisis dengan uji univariat dan bivariat dengan uji *Wilcoxon Test*.

Hasil : Hasil dari Penelitian ini adalah Pemberian Pendidikan kesehatan terbukti efektif dalam peningkatan pengetahuan responden. Efektivitas ini ditunjukkan dengan adanya peningkatan nilai mean ranks sebesar 13,53 serta terdapat 19 responden yang mengalami peningkatan pengetahuan setelah dilakukan Edukasi.

Kesimpulan : Terdapat peningkatan pengetahuan setelah dilakukan EdukasiPeningkatan Pengetahuan Ibu Hamil Tentang Pencegahan Anemia Defisiensi Besi Dengan Media *Power Point* Di PKD Desa Delik Kecamatan Tuntang.

Kata kunci : Pengetahuan, Ibu Hamil, Anemia DefisiensiBesi.

Ngudi Waluyo University
Midwifery Study Program, Undergraduate Program, Faculty of Health
Thesis
Elis Karmila
157222028

THE EFFECTIVENESS OF HEALTH EDUCATION IN INCREASING THE KNOWLEDGE OF PREGNANT WOMEN ABOUT THE PREVENTION OF IRON DEFICIENCY ANEMIA WITH *POWER POINT* IN PKD DELIK VILLAGE, TUNTANG DISTRICT.

ABSTRACT

Background: In developed countries the average is 18.0%, and in developing countries it is around 63.5-80.0%. The results of Riskesdas 2018 stated that in Indonesia, 48.9% of mothers are anemic. Where 84.6% of anemia in pregnant women occurs in the age group of 15-24 years. If you look at the condition of the mothers, most of the pregnant women with anemia are educated in junior high school/MTs (51.5%), private workers (55.5%) and (49.6%) live in rural areas. The results of the preliminary study were known to collect data obtained from 4 pregnant women (80.0%) answered incorrectly about the prevention and treatment of iron deficiency anemia (by way pregnant women should avoid soft drinks, iron needs for pregnant women are met by the consumption of meat, vegetables and fruits and the consumption of Fe supplements), 1 pregnant woman (20%) answered correctly about the prevention and treatment of iron deficiency anemia (by way pregnant women should avoid soft drinks, Iron needs for pregnant women are met by the consumption of meat, vegetables and fruits and the consumption of Fe supplements).

Research Objectives: The purpose of this study is to determine the Effectiveness of Knowledge of Pregnant Women Before and After Counseling with *Power Point Media* on the Prevention and Treatment of Iron Deficiency Anemia in PKD Delik Village, Tuntang District.

Method: This type of research. This study uses a *Quasy Experiment* research design using a *one group pre test - post test design* approach. The population in this study is 25 pregnant women respondents, with a sample of 25 respondents. The sample technique uses *Total sampling*. This instrument uses a Questionnaire

Results: The bivariate test using *the Wilcoxon Test* showed a significant value of 0.00 (less than 0.05) which means that the provision of education was proven to be effective in increasing respondents' knowledge. This effectiveness is shown by an increase in the mean ranks value of 13.53 and there are 19 respondents who have experienced an increase in knowledge after education.

Conclusion: There is an increase in knowledge after education to increase the knowledge of pregnant women about the prevention of iron deficiency anemia with *Power Point media* in PkdDelik Village, Tuntang District.

Keywords : Knowledge, Pregnant Women, Iron Deficiency Anemia