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Promosi Kesehatan Melalui *Leaflet* Untuk Meningkatkan Pengetahuan Ibu Nifas Tentang Perawatan Luka Perineum Di Ruang Mawar RSUD dr.H.Jusuf sk Tarakan, Kalimantan utara.

ABSTRAK

Latar Belakang: Masa nifas merupakan periode krusial setelah persalinan yang memerlukan perhatian khusus, terutama dalam perawatan luka perineum. Kurangnya pengetahuan ibu nifas mengenai perawatan luka perineum dapat meningkatkan risiko infeksi dan komplikasi. Promosi kesehatan sebelumnya kurang efektif karena metode edukasi yang kurang interaktif dan sulit dipahami. Oleh karena itu, penggunaan media *Leaflet* dalam promosi kesehatan diharapkan dapat meningkatkan pemahaman ibu nifas secara lebih optimal. Penelitian ini bertujuan untuk menganalisis pengaruh promosi kesehatan menggunakan *Leaflet* terhadap peningkatan pengetahuan ibu nifas mengenai perawatan luka perineum di Ruang Mawar RSUD Dr. H. Jusuf SK, Tarakan, Kalimantan Utara, tahun 2024.

Metode Penelitian: Penelitian ini menggunakan desain *pre-experimental* dengan rancangan *One Group Pretest -Posttest*. Sampel terdiri dari **30 ibu nifas** yang dipilih menggunakan *purposive sampling*. Data dikumpulkan melalui kuesioner sebelum dan sesudah intervensi promosi kesehatan menggunakan *Leaflet*. Uji normalitas dengan *Shapiro-Wilk Test* menunjukkan data berdistribusi normal, sehingga analisis dilakukan menggunakan *Paired Sample T-Test* pada taraf signifikansi **5% (0,05)**.

Hasil Penelitian: Sebelum intervensi, tingkat pengetahuan ibu nifas berada pada kategori rendah dengan rata-rata skor **62,3%**. Setelah dilakukan promosi kesehatan menggunakan *Leaflet*, terjadi peningkatan signifikan dengan rata-rata skor **85,7%**. Hasil uji statistik menunjukkan **p = 0,000 (p < 0,05)**, yang berarti promosi kesehatan menggunakan *Leaflet* berpengaruh signifikan terhadap peningkatan pengetahuan ibu nifas.

Kesimpulan: Promosi kesehatan menggunakan *Leaflet* terbukti efektif meningkatkan pengetahuan ibu nifas tentang perawatan luka perineum.

Saran: Tenaga kesehatan diharapkan mengembangkan metode edukasi yang lebih interaktif, seperti kombinasi *Leaflet* dengan media digital.

Kata Kunci: Promosi kesehatan, *Leaflet*, pengetahuan ibu nifas, perawatan luka perineum.

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Health Promotion Through Leaflets to Improve Postpartum Mothers' Knowledge of Perineal Wound Care in Mawar Ward, RSUD Dr. H. Jusuf SK Tarakan, North Kalimantan

ABSTRACT

Background: The postpartum period is a critical phase after childbirth that requires special attention, particularly in perineal wound care. A lack of knowledge about perineal wound care among postpartum mothers can increase the risk of infection and complications. Previous health promotion efforts have been less effective due to the use of non-interactive and difficult-to-understand educational methods. Therefore, utilizing Leaflets in health promotion is expected to enhance postpartum mothers' understanding more effectively. This study aims to analyze the impact of health promotion using Leaflets on improving postpartum mothers' knowledge of perineal wound care in Mawar Ward, RSUD Dr. H. Jusuf SK, Tarakan, North Kalimantan, in 2024..

Research Methods: This study employed a pre-experimental design with a One Group Pretest -Posttest approach. The sample consisted of 30 postpartum mothers selected using a purposive sampling technique. Data were collected through questionnaires administered before and after the health promotion intervention using Leaflets. A normality test using the Shapiro-Wilk Test indicated that the data were normally distributed, thus a Paired Sample T-Test was used for analysis at a 5% (0.05) significance level.

Research Results: Prior to the intervention, postpartum mothers' knowledge was categorized as low, with an average score of 62.3%. Following the health promotion using Leaflets, a significant improvement was observed, with an average score of 85.7%. The statistical test results showed $p = 0.000$ ($p < 0.05$), indicating that health promotion using Leaflets had a statistically significant effect on increasing postpartum mothers' knowledge.

Conclusion: Health promotion using Leaflets is proven effective in improving postpartum mothers' knowledge of perineal wound care.

Recommendation: Healthcare professionals are encouraged to develop more interactive educational methods, such as combining Leaflets with digital media.

Keywords: Health promotion, Leaflet, postpartum mothers' knowledge, perineal wound care.