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EFEKTIFITAS EDUKASI MEDIA BOOKLET TERHADAP PENGETAHUAN IBU HAMIL TENTANG PERSIAPAN PERSALINAN DI PUSKESMAS SEMOI II PENAJAM PASER UTARA

ABSTRAK

Latar Belakang: Salah satu faktor yang berpengaruh terhadap kesiapan menghadapi persalinan adalah pengetahuan ibu hamil. Berdasarkan hasil studi pendahuluan di Puskesmas Semoi II 4 dari 10 ibu hamil trimester III yang dilakukan wawancara mengatakan bahwa pengetahuan tentang persiapan persalinan masih kurang meskipun telah rutin mengikuti pemeriksaan kehamilan di fasilitas kesehatan dikarenakan metode edukasi yang kurang efektif, terutama penggunaan format ceramah satu arah oleh petugas kesehatan yang terasa monoton dan pasif, informasi yang disampaikan secara lisan tanpa alat bantu visual atau praktik membuat materi persiapan persalinan seperti teknik bernapas dan meneran sulit dicerna serta diingat, informasi penting tentang rencana persalinan (P4K) atau tanda bahaya tidak terserap maksimal. Penelitian ini bertujuan untuk mengetahui pengaruh Edukasi Media booklet terhadap pengetahuan ibu hamil tentang persiapan persalinan di Desa Semoi II Kabupaten Penajam Paser Utara.

Metode Penelitian ini merupakan desain penelitian *pra eksperimental* dengan pendekatan *one group pretest-posttest*. Populasi penelitian adalah seluruh ibu hamil trimester III di Puskesmas Semoi II. Teknik pengambilan sampel menggunakan *total sampling* sebanyak 42 orang. Pengumpulan data menggunakan kuesioner. Analisis menggunakan uji wilcoxon.

Hasil: Gambaran pengetahuan ibu hamil tentang persiapan persalinan sebelum diberikan edukasi menggunakan media booklet didapatkan nilai *Mean* sebesar 11,21 dan sesudah edukasi nilai *Mean* sebesar 18,21. Hasil uji statistik *wilcoxon* diperoleh $p \text{ value } (0,000) < \alpha (0,05)$ menunjukkan bahwa H_a diterima.

Simpulan: Terdapat terdapat efektifitas edukasi media booklet terhadap pengetahuan ibu hamil tentang persiapan persalinan di Puskesmas Semoi II Kabupaten Penajam Paser Utara. Hendaknya tenaga kesehatan dapat meningkatkan promosi kesehatan dengan menggunakan media yang atraktif seperti booklet untuk meningkatkan pengetahuan dan pemahaman ibu hamil tentang persiapan persalinan guna meningkatkan keselamatan ibu dan bayi.

Kata Kunci: Edukasi, Booklet, Persiapan Persalinan

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**THE EFFECTIVENESS OF BOOKLET MEDIA EDUCATION ON
PREGNANT WOMEN'S KNOWLEDGE ABOUT CHILD PREPARATION AT
SEMOI II PUBLIC HEALTH CENTER, PENAJAM PASER UTARA**

ABSTRACT

Background: One factor influencing childbirth readiness is maternal knowledge. Based on a preliminary study at Semoi II Community Health Center, 4 out of 10 pregnant women interviewed in their third trimester stated that their knowledge of childbirth preparation was still lacking despite regularly attending prenatal checkups at the health facility. This was due to ineffective educational methods, particularly the use of a one-way lecture format by health workers, which felt monotonous and passive. Information delivered verbally without visual aids or practice made childbirth preparation materials, such as breathing and pushing techniques, difficult to digest and remember. Important information about the birth plan (P4K) or danger signs was not optimally absorbed. This study aimed to determine the effect of booklets on pregnant women's knowledge of childbirth preparation in Semoi II Village, North Penajam Paser Regency.

This study used : a pre-experimental design with a one-group pretest-posttest approach. The study population was all pregnant women in their third trimester at Semoi II Community Health Center, North Penajam Paser Regency. The sampling technique used a total sampling of 42 participants. Data collection used a questionnaire. Analysis using the Wilcoxon test.

Results: The overview of pregnant women's knowledge about childbirth preparation before being given education using booklets obtained a mean value of 11.21 and after education a mean value of 18.21. The results of the Wilcoxon statistical test obtained a p value (0.000) $< \alpha$ (0.05), indicating that H_a was accepted.

Conclusion: There is effectiveness of booklet media education on pregnant women's knowledge about childbirth preparation at Semoi II Community Health Center, North Penajam Paser Regency. Health workers should be able to improve health promotion by using attractive media such as booklets to increase pregnant women's knowledge and understanding of childbirth preparation in order to improve the safety of mothers and babies.

Keywords: Education, Booklets, Childbirth Preparation