

EFEKTIVITAS PENDIDIKAN KESEHATAN TANDA BAHAYA KEHAMILAN TERHADAP PENGETAHUAN IBU HAMIL TENTANG TANDA BAHAYA KEHAMILAN DI DESA MAHATO SAKTI RIAU¹

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ABSTRAK

Latar Belakang : Tidak semua kehamilan akan menunjukkan tanda-tanda yang normal, ibu hamil dapat mengalami masalah serius tentang kehamilannya. Terdapat beberapa tanda bahaya kehamilan seperti perdarahan, nyeri perut yang berlebihan, mual muntah berlebihan dan sakit kepala yang hebat. Namun demikian, tingkat pengetahuan ibu tentang tanda bahaya kehamilan, umumnya masih dalam kategori kurang. Ibu yang tidak mengetahui tentang tanda bahaya kehamilan mengatakan jarang melakukan kunjungan *antenatal care* dan tidak pernah mengikuti penyuluhan tentang tanda bahaya kehamilan.

Tujuan : untuk mengetahui efektivitas pendidikan kesehatan tanda bahaya kehamilan terhadap pengetahuan ibu hamil tentang tanda bahaya kehamilan.

Metode : Desain penelitian *Pre eksperiment*, dengan rancangan *one group pre-test and post-test design*. Populasi pada penelitian ini yakni seluruh ibu hamil yang berada di Desa Mahato pada bulan juni 2023 yakni sejumlah 25 orang. Sampel 23 orang, diambil secara *purposive sampling*. Data dikumpulkan melalui pengisian kuesioner dan diolah secara komputerisasi. Analisis univariat diketahui bahwa 12 responden (52,2 %) memiliki pengetahuan kurang sebelum diberikan pendidikan kesehatan, dan setelah diberikan pendidikan kesehatan 17 responden (73,9%) memiliki pengetahuan baik.

Hasil : Bivariate diketahui bahwa pendidikan kesehatan tanda bahaya kehamilan efektif terhadap peningkatan pengetahuan ibu hamil tentang tanda bahaya kehamilan di Desa Mahato Sakti ($p = 0,000$). Disimpulkan bahwa pendidikan kesehatan efektif dalam peningkatan pengetahuan ibu hamil. Oleh sebab itu perlu adanya penyusunan program kesehatan khususnya kelas hamil terkait pendidikan kesehatan tentang tanda bahaya kehamilan dan masalah kehamilan lainnya.

Kata Kunci : Pengetahuan, Tanda Bahaya Kehamilan

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EFFECTIVENESS OF HEALTH EDUCATION ON PREGNANT WOMEN'S KNOWLEDGE ABOUT THE DANGER SIGNS OF PREGNANCY IN MAHATO SAKTI RIAU VILLAGE¹

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ABSTRACT

Background : Not all pregnancies will show normal signs, pregnant women can experience serious problems about their pregnancy. There are several danger signs of pregnancy such as bleeding, excessive abdominal pain, excessive nausea, vomiting and severe headaches. However, the level of knowledge of mothers about pregnancy danger signs is generally still in the low category. Mothers who did not know about the danger signs of pregnancy said they rarely made antenatal care visits and never attended counseling about danger signs of pregnancy. **Objective** : to determine the effectiveness of pregnancy danger signs health education on pregnant women's knowledge of pregnancy danger signs.

Methods : Pre-experimental research design, with one group pre-test and post-test design. The population in this study were all pregnant women in Mahato Village in June 2023, namely 25 people. A sample of 23 people, taken by purposive sampling. Data was collected through filling out questionnaires and processed computerized. Univariate analysis found that 12 respondents (52.2%) had poor knowledge before being given health education, and after being given health education 17 respondents (73.9%) had good knowledge.

Results : Bivariate found that pregnancy danger signs health education was effective in increasing pregnant women's knowledge about pregnancy danger signs in Mahato Sakti Village ($p = 0.000$). It was concluded that health education is effective in increasing pregnant women's knowledge. Therefore it is necessary to develop health programs, especially pregnant classes related to health education about danger signs of pregnancy and other pregnancy problems.

Keywords : Knowledge, Danger Signs of Pregnancy

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