

PENGARUH PENYULUHAN KESEHATAN PERILAKU HIDUP BERSIH DAN SEHAT TERHADAP SIKAP MENJAGA KEBERSIHAN DIRI PADA IBU NIFAS DI RB AMANDA, GAMPING TAHUN 2011

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INTISARI

Latar belakang: Kasus kematian ibu akibat infeksi post partum dikarenakan pola hidup kurang bersih masih banyak dijumpai. Kebersihan diri saat masa nifas merupakan tindakan lanjutan bagi wanita sesudah melahirkan. Studi pendahuluan di RB Amanda 5 orang mengatakan saat nifas hari pertama mereka takut untuk mandi dan membersihkan genetalia, 3 orang menahan BAK dan BAB karena takut mengenai luka jahitan.

Tujuan: Mempelajari pengaruh penyuluhan Perilaku Hidup Bersih dan Sehat pada ibu nifas terhadap Sikap menjaga kebersihan diri pada ibu nifas di RB Amanda, Gamping tahun 2011.

Metode Penelitian: Metode penelitian ini *per-eksperimental design* dengan rancangan *One Group Pretest-Posttest*. Observasi dua kali yaitu *pre-test* dan *post-test*. Pengambilan sampel menggunakan teknik *Sampling Jenuh* dengan 30 responden. Teknik Analisa data menggunakan rumus *Paired Sampel t-test*.

Hasil: Dengan *Paired sampel t-test* didapatkan nilai t_{hitung} sebesar 13,087 dengan sig (p_{value}) sebesar 0,006. Dengan $df = 29$ dan taraf signifikansi (α) adalah 5% (0,05) dengan uji dua sisi, diperoleh $t_{tabel} = 2,045$ Karena $t_{hitung} = 13,087 > t_{tabel} = 2,045$ atau nilai $p < 0,05$.

Kesimpulan: Ada Pengaruh Penyuluhan Perilaku Hidup Bersih dan Sehat terhadap sikap menjaga kebersihan diri pada ibu nifas di RB Amanda Gamping Tahun 2011.

Kata Kunci : Penyuluhan, Perilaku Hidup Bersih dan Sehat, Sikap

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**INFLUENCE BEHAVIOR HEALTH AWARENESS ON CLEAN AND
HEALTHY ATTITUDE TO MAINTAIN CLEANLINESS OF SELF
THE MOTHER IN RB AMANDA childbed, lime YEAR 2011**

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ABSTRAC

Background: Personal hygiene during the puerperium is a follow-up for women after childbirth. With good personal hygiene during childbirth can detect the early presence of a complication resulting from the entry of germs into the tool content. Health education is an attempt to gain knowledge, experience learning or creating a condition for individuals, groups and communities to adopt healthy ways of living.

Purpose: The purpose of this study was to study the effects of counseling on Behavior Clean and Healthy on post-partum maternal attitude towards personal hygiene at childbirth in the RB's mother Amanda, Dalkeith in 2011.

Research Methods: This research method uses the experimental design with the design of One Group Pretest-posttest. Observations carried out twice ie once before treatment (pre-test) and once after the experiment (post-test). The difference between pre-test and post-test is assumed as the effect of treatment or experiment. Sampling technique in this study using sampling techniques Saturated (total sampling) with 30 respondents. Technical Analysis of the data using the formula Pariad sample t-test.

Results: Using Pariad sample t-test obtained t_{hitung} value of 13,087 with sig (Pi (($\square$) Alue)) of 0.006. With $df = 29$ and significance level (α) is 5% (0.05) with two-sided test, obtained $t_{tabel} = 2,045$. Because $t_{hitung} = 13,087 > t_{tabel} = 2,045$ or $p\text{-value} < 0,05$.

Conclusion: There's Influence behavior counseling clean and healthy attitudes to maintain personal hygiene in post partum mothers in the RB Amanda dalkeith in 2011

Keyword : Counseling, Clean and Healthy Behavior, Attitude

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