

INTISARI

Latar belakang: Selama kehamilan ibu hamil akan mengalami beberapa perubahan dalam tubuhnya, baik perubahan secara fisik maupun psikologis. Perubahan-perubahan tersebut normal terjadi pada masa kehamilan. Namun, selama masa kehamilan ibu hamil harus memperhatikan beberapa tanda yang dapat membahayakan keselamatan ibu dan janin. Ibu hamil harus mempunyai pengetahuan tentang tanda-tanda bahaya kehamilan agar ibu memiliki kewaspadaan dalam menghadapi permasalahan selama kehamilan dan dapat mengambil keputusan yang tepat. Salah satu upaya untuk meningkatkan pengetahuan yaitu dengan memberikan pendidikan kesehatan melalui video tentang tanda bahaya kehamilan.

Tujuan: Penelitian ini bertujuan untuk mengetahui pengaruh pendidikan kesehatan melalui video edukasi terhadap tingkat pengetahuan tentang tanda bahaya kehamilan pada ibu hamil.

Metode: Penelitian ini merupakan penelitian kuantitatif dengan metode *pre-experimental* menggunakan *one group pre-posttest*. Penelitian ini dilakukan pada bulan September-November 2021 di Puskesmas Jetis I. Penentuan sampel menggunakan teknik *consecutive sampling*. Responden adalah 32 ibu hamil yang diberikan pendidikan kesehatan melalui video edukasi tentang tanda bahaya kehamilan. Pengambilan data menggunakan kuesioner pengetahuan tanda bahaya kehamilan dilakukan dua kali, sebelum dan setelah pelaksanaan pendidikan kesehatan. Analisa data menggunakan *Uji Wilcoxon*.

Hasil: Terdapat peningkatan nilai median *pretest-posttest* pengetahuan tanda bahaya kehamilan yaitu nilai median 75 (55-90) pada *pretest* menjadi 85 (65-95) pada *posttest*. Perbedaan skor pengetahuan tanda bahaya kehamilan *pretest-posttest* yaitu 10. Terdapat perbedaan signifikan antara skor *pretest* dan *posttest* pengetahuan tanda bahaya kehamilan ($p=0,000$).

Kesimpulan: Pemberian pendidikan kesehatan melalui video edukasi tentang tanda bahaya kehamilan memiliki pengaruh terhadap peningkatan skor pengetahuan tanda bahaya kehamilan.

Kata kunci: tanda bahaya kehamilan, pengetahuan, video edukasi.

ABSTRACT

Background: During pregnancy, pregnant women will experience several changes in their bodies, both physical and psychological changes. These changes are normal during pregnancy. However, during pregnancy, pregnant women must pay attention to some signs that can endanger the safety of the mother and fetus. Pregnant women must have knowledge about the danger signs in pregnancy so that mothers have vigilance in dealing with problems during the pregnancy and can make the right decisions. One of the efforts to increase knowledge is by providing health education through videos about the danger signs in pregnancy

Research objective: This study aims to determine the effect of health education through educational videos on the level of knowledge about the dangerous signs of pregnancy in pregnant women.

Method: This research is quantitative research with a pre-experimental method using one group pre-posttest. This research was conducted in September-November 2021 at the Jetis I Public Health Center. Sample determination used a consecutive sampling technique. Respondents were 32 pregnant women who were given health education through educational videos about the dangerous signs of pregnancy. Data retrieval using a pregnancy danger sign knowledge questionnaire was carried out twice, before and after two weeks of health education's implementation. The analysis of the data use the Wilcoxon test.

Result: There was an increase in the average value of pretest-posttest knowledge of danger signs in pregnancy, 75.47 (55-90) on pretest to 84.06 (65-95) on posttest. The difference in the knowledge score of pregnancy danger signs has a p-value of 0.000 so that there is a significant difference between the pretest and posttest scores for knowledge of pregnancy danger signs. The difference score pretest-posttest knowledge of danger signs in pregnancy is 10. There is a significant difference between score pretest and posttest knowledge of danger signs in pregnancy ($p = 0.000$).

Conclusion: the provision of health education through educational videos about the danger signs of pregnancy affects increasing the knowledge score of the danger signs of pregnancy.

Keywords: Danger signs in pregnancy, knowledge, educational video