

INTISARI

Latar Belakang: Teori Mercer menjelaskan peran menjadi ibu dimulai sejak kehamilan dan dipengaruhi oleh *Maternal Fetal Attachment* (MFA), yang penting bagi perkembangan janin. Namun, perilaku kelekatan masih rendah dikarenakan kurangnya pengetahuan ibu. Untuk meningkatkan kelekatan tersebut, dibutuhkan pendidikan kesehatan dengan media video tentang *prenatal attachment*.

Tujuan: Mengetahui pengaruh pendidikan kesehatan tentang *prenatal attachment* menggunakan media video terhadap perilaku kelekatan ibu dan janin di Puskesmas Depok I dan II, Kabupaten Sleman.

Metode: Penelitian pre eksperimental dengan pendekatan *one group pretest posttest* pada 39 ibu hamil yang dipilih melalui *consecutive sampling*. Intervensi menggunakan pendidikan kesehatan tentang *prenatal attachment* dengan media video. Pengumpulan data menggunakan kuesioner *Prenatal Attachment Inventory*. Analisis data menggunakan uji *Paired T-test* untuk mengukur pengaruh intervensi, serta *Independent T-Test*, *One Way Anova*, dan *pearson* untuk menguji hubungan variabel luar dengan perubahan skor kelekatan.

Hasil: Rata-rata usia 39 responden adalah 26,89 tahun, mayoritas multigravida, trimester II, tanpa riwayat keguguran, dan kehamilan tidak direncanakan. Sebagian besar berpendidikan tinggi, tidak bekerja, dan memiliki penghasilan keluarga \geq Rp2.315.976,39, dengan 69,2% belum mendapatkan informasi tentang MFA. Skor rata-rata PAI sebelum intervensi adalah 64,92 dan setelah intervensi 69,79. Terdapat perbedaan signifikan dalam perilaku kelekatan ibu hamil sebelum dan sesudah intervensi ($p=0,000$). Namun, tidak terdapat hubungan yang signifikan antara variabel luar dengan perubahan skor kelekatan ($p > 0,05$).

Kesimpulan: Perilaku kelekatan ibu hamil meningkat signifikan setelah diberikan pendidikan kesehatan, namun tidak berhubungan signifikan dengan variabel luar.

Kata Kunci: Kehamilan, Kelekatan ibu dan Janin, Pendidikan Kesehatan, *Prenatal attachment*, Video edukasi

ABSTRACT

Background: Mercer's theory explains that the maternal role begins during pregnancy and is influenced by Maternal Fetal Attachment (MFA), which is essential for fetal development. However, attachment behavior remains low due to a lack of maternal knowledge. To improve this attachment, health education using video media about prenatal attachment is needed.

Objective: To determine the effect of health education about prenatal attachment using video media on maternal and fetal attachment behavior at Depok I and II Public Health Center, Sleman Regency

Methods: Pre-experimental research using a one group pretest posttest design involving 39 pregnant women selected through consecutive sampling. The intervention consisted of health education about prenatal attachment using video media. Data collection used the Prenatal Attachment Inventory questionnaire. Data analysis used the Paired T-test to measure the effect of the intervention, while independent T-test, One-Way ANOVA, and Pearson correlation were used to examine the relationship between external variables and changes in attachment scores.

Results: The average age of the 39 respondents was 26,89 years with the majority being multigravida, in the second trimester, without a history of miscarriage, and having an unplanned pregnancy. Most had higher education, were unemployed, and had a family income of \geq Rp2.315.976,39, with 69,2% not receiving information about MFA. The average PAI score before the intervention was 64,92 and after the intervention was 69,79. There was a significant difference in maternal fetal attachment behavior before and after intervention ($p=0,000$). However, No. significant relationship was found between external variables and the change in attachment scores ($p > 0,05$).

Conclusion: Maternal fetal attachment behavior increased significantly after receiving health education. However, there was no significant association with external variables.

Keywords: Educational Videos, Health Education, Maternal Fetal Attachment, Pregnancy, Prenatal Attachment