

## INTISARI

**Latar Belakang:** Kehamilan membutuhkan adaptasi fisik dan psikologis yang memicu kecemasan. Jika tidak dikelola, kecemasan dapat berdampak negatif pada ibu dan janin. Salah satu faktor protektif yang penting adalah *Maternal Fetal Attachment* (MFA), yaitu ikatan emosional antara ibu dan janin. MFA berkontribusi pada penurunan kecemasan dan mendukung tumbuh kembang janin. Oleh karena itu, diperlukan pendidikan kesehatan yang menekankan pentingnya MFA.

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

**Metode:** Penelitian *quasi experiment* dengan desain *one group pretest posttest* dilaksanakan pada Februari – Maret 2025, melibatkan 44 ibu hamil diperoleh melalui *consecutive sampling*. Intervensi berupa tiga video edukasi *prenatal attachment* berdurasi 8 – 9 menit tentang pertumbuhan janin, perubahan ibu, dan perilaku kelekatan, yang ditayangkan sekali bersama peneliti melalui Zoom dan diulang mandiri selama 14 hari sebelum *posttest*. Instrumen yang digunakan adalah PRAQ-R2, analisis data menggunakan uji Wilcoxon. Kriteria inklusi meliputi usia kehamilan 20–35 minggu, didampingi suami, melakukan pemeriksaan di Puskesmas Depok I atau II, serta memiliki HP dan WhatsApp. Kriteria eksklusi adalah ibu hamil dengan gangguan mental, tunanetra, atau tunarungu.

**Hasil:** Tidak terdapat perbedaan signifikan pada skor kecemasan sebelum dan sesudah intervensi ( $p: 0,950$ ; median *pretest*: 17.50 dan *posttest*: 18.00) dengan domain ketakutan persalinan mengalami peningkatan median kecemasan.

**Kesimpulan:** Intervensi tidak berpengaruh terhadap kecemasan ibu hamil. Penelitian selanjutnya disarankan untuk menambah pendekatan edukasi proses persalinan dan teknik fisik pendukung pada video *serta* mengkategorikan frekuensi akses video lebih detail.

**Kata Kunci:** Kehamilan, kecemasan, *prenatal attachment*, pendidikan kesehatan

## ABSTRACT

**Introduction:** Pregnancy requires physical and psychological adjustments that trigger anxiety. If left unmanaged, anxiety can negatively impact both mother and fetus. One important protective factor is maternal-fetal attachment (MFA), the emotional bond between mother and fetus. MFA contributes to reduced anxiety and supports fetal growth and development. Therefore, health education that emphasizes the importance of MFA is essential.

**Objective:** To determine the effect of health education about prenatal attachment using video media on the anxiety of pregnant women at Depok I and II Health Centers, Sleman.

**Methods:** This quasi-experimental study with a one-group pretest-posttest design was conducted in February–March 2025, involving 44 pregnant women recruited through consecutive sampling. The intervention consisted of three 8–9-minute prenatal attachment educational videos about fetal growth, maternal changes, and attachment behavior, which were shown once with the researcher via Zoom and repeated independently for 14 days before the posttest. The instrument used was the PRAQ-R2, data analysis using the Wilcoxon test. Inclusion criteria included gestational age 20–35 weeks, being accompanied by a husband, undergoing examination at Depok I or II Community Health Center, and having a mobile phone and WhatsApp. Exclusion criteria were pregnant women with mental disorders, blindness, or deafness.

**Result:** There was no significant difference in anxiety scores before and after the intervention ( $p$ : 0.950; median pretest: 17.50 and posttest: 18.00), with the fear of childbirth domain experiencing an increase in median anxiety.

**Conclusion:** The intervention had no effect on maternal anxiety. Future research is recommended to add educational approaches to the childbirth process and incorporate the physical technique in the video and more thoroughly categorize the frequency of video access.

**Keywords:** Pregnancy, anxiety, prenatal attachment, health education