

INTISARI

Latar belakang: Ibu hamil yang sering terpapar asap rokok akan berpotensi membahayakan kesehatan janin dalam kandungan, seperti prematuritas, bayi berat lahir rendah (BBLR) hingga kematian perinatal. Komunikasi dengan perilaku asertif perlu dilakukan oleh ibu hamil kepada perokok agar terhindar dari bahaya paparan asap rokok. Penelitian yang dilakukan ini bertujuan untuk mengetahui intensi perilaku asertif ibu hamil terhadap perilaku merokok di rumah.

Metode: Penelitian ini merupakan survei analitik dengan pendekatan *cross-sectional*. Data yang dianalisis merupakan data sekunder (*baseline data*) dari studi intervensi *Peer Health SHS-LBW*. Populasi penelitian adalah semua ibu hamil dengan usia kehamilan ≤ 4 bulan. Teknik pengambilan sampel menggunakan *criterion sampling*. Sampel sebanyak 1.291 responden. Variabel dependen: intensi perilaku asertif; independen: pengetahuan, sikap, paparan informasi, paparan asap rokok, status serta ruangan merokok suami dan orang lain; *confounding*: usia, pendidikan, pekerjaan, penghasilan, jumlah kehamilan, kondisi kehamilan terakhir. Analisis bivariabel menggunakan uji *chi-square* dengan alternatif uji *fisher*. Uji regresi logistik digunakan untuk analisis multivariabel. Semua variabel dianalisis dengan taraf signifikansi nilai $p < 0,05$ dan tingkat kepercayaan 95%.

Hasil penelitian: Beberapa variabel yang dominan memiliki hubungan dengan intensi perilaku asertif adalah pengetahuan (nilai $p = 0,036$; OR = 1,286; CI 95% = 1,017-1,627), sikap (nilai $p = 0,000$; OR = 3,120; CI 95% = 2,444-3,982) dan paparan informasi (nilai $p = 0,000$; OR = 2,497; CI 95% = 1,582-3,942). Kemungkinan yang mempengaruhi beberapa variabel tersebut menjadi faktor yang dominan dikarenakan adanya aturan larangan merokok, dukungan dari non perokok lainnya yang berperilaku asertif terhadap perilaku merokok, serta keterpaparan informasi yang berdampak pada peningkatan pengetahuan dan sikap.

Kesimpulan: Terdapat hubungan antara pengetahuan, sikap dan paparan informasi dengan intensi perilaku asertif ibu hamil. Perlunya pemberian edukasi serta penerapan aturan larangan merokok untuk meningkatkan intensi perilaku asertif ibu hamil terhadap perilaku merokok di rumah.

Kata-kata kunci: intensi perilaku asertif, ibu hamil, rokok, *Peer Health SHS-LBW*

ABSTRACT

Background: Pregnant women who are often exposed to cigarette smoke will potentially harm the health of fetus in the womb, such as prematurity, low birth weight (LBW) to perinatal death. Assertive communication needs to be done by pregnant women to smokers to avoid the danger of exposure to cigarette smoke. The aim of this research was to determine the intention of pregnant women's to be assertive toward smoking behavior at home.

Method: This was an analytical survey with a cross-sectional approach. The data analyzed were secondary data (baseline data) from the Peer Health SHS-LBW intervention study. The study population was all pregnant women with gestational age \leq four months. The sampling technique used criterion sampling. The sample was 1291 respondents. Dependent variable was intention of assertive behavior; independent variables were knowledge, attitude, information exposure, smoking status, cigarette smoke exposure, and smoking place of husbands and other people; confounding variables were age, education level, occupation, income, number of pregnancy, condition of last pregnancy. Bivariate analysis used chi-square with fisher test as an alternative. Logistic regression test was used for multivariate analysis. All variables were analyzed with significance level p-value < 0.05 and 95% of confidence interval.

Results: Some of the dominant variables that have relationship with the intention of assertive behavior were knowledge (p value = 0.036; OR = 1.286; CI 95% = 1.017-1.627), attitude (p-value = 0.000; OR = 3.120; CI 95% = 2.444-3.982) and information exposure (p-value = 0.000; OR = 2.497; CI 95% = 1.582-3.942). The strong influence may be influenced by the rules of smoking ban, as well as support from other non smokers who had assertive behavior toward smoking behavior and the presence of information exposure has an impact to increase the knowledge and attitude.

Conclusion: There was a relationship between knowledge, attitude and information exposure affecting assertive intention. Educational interventions as well as the application of the smoking ban rules need to be done to improve the assertive intention of pregnant women toward smoking behavior at home.

Keywords: intention of assertive behavior, pregnant women, cigarette, Peer Health SHS-LBW