

**PENGARUH PENDIDIKAN KESEHATAN TENTANG POLA  
MENSTRUASI DENGAN *MOBILE MENSTRUATION MONITORING*  
(MOMMI) TERHADAP PENGETAHUAN TENTANG METODE  
PENCEGAHAN KEHAMILAN ALAMI**

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**ABSTRAK**

**Latar Belakang:** Sebagian wanita usia subur belum mengetahui tentang pencegahan kehamilan dengan metode alami. Pengetahuan seorang wanita tentang pola menstruasi dan masa suburnya dapat membantu pencegahan kehamilan secara alami. Pengetahuan dapat ditingkatkan melalui pendidikan kesehatan, salah satu media pendidikan yang efektif untuk meningkatkan pengetahuan adalah *mobile phone application*. *Mobile Menstruation Monitoring* (MOMMI) adalah *mobile phone application* sebagai media edukasi yang berisi materi tentang pola menstruasi dan pencegahan kehamilan alami.

**Tujuan Penelitian:** Untuk mengetahui pengaruh pendidikan kesehatan tentang pola menstruasi dengan *Mobile Menstruation Monitoring* (MOMMI) terhadap pengetahuan tentang metode pencegahan kehamilan alami pada wanita usia subur di KUA wilayah Kabupaten Sleman.

**Metode:** Penelitian menggunakan metode *nonequivalent (pretest dan posttest) without control group design* dengan pendekatan kuantitatif serta dilakukan pada bulan November 2018- Maret 2019 yang melibatkan 41 responden. Peneliti menggunakan kuesioner data demografi dan kuesioner pengetahuan tentang metode pencegahan kehamilan alami yang telah dilakukan uji validitas isi, validitas muka, validitas konstruk biserial serta reliabilitas *spearman brown*. Didapatkan 16 item valid dengan skor reliabilitas 0,52. Analisis data menggunakan *wilcoxon* dan *paired sample t test*.

**Hasil:** Nilai signifikansi perbedaan skor dan peningkatan rata-rata pengetahuan tentang metode pencegahan kehamilan alami *pretest – posttest 1, posttest 1 – posttest 2, pretest – posttest 2* berturut-turut yaitu 0,004 (1,22); 0,221 (-0,76); 0,395 (0,46). Serta retensi (*posttest 1 – posttest 2*) didapatkan 93,15%.

**Kesimpulan:** Pendidikan kesehatan dengan *Mobile Menstruation Monitoring* (MOMMI) tidak berpengaruh terhadap pengetahuan tentang metode pencegahan kehamilan alami, namun terdapat peningkatan rata-rata skor sebesar 0,46.

**Kata kunci:** MOMMI, Pengetahuan, Pencegahan kehamilan alami.

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**THE EFFECT OF HEALTH EDUCATION ABOUT MENSTRUAL PATTERN WITH *MOBILE MENSTRUATION MONITORING (MOMMI)* TO THE KNOWLEDGE OF NATURAL PREGNANCY PREVENTION METHODS**

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***ABSTRACT***

**Background:** Some fertile women have not known about natural pregnancy prevention methods. Knowledge about menstrual patterns and their fertile period can help to prevent pregnancy naturally. Knowledge can be increased via proper health education, which mobile application is one of the effective educational media. Mobile Menstruation Monitoring (MOMMI) is a mobile application educational tool that contains material about menstrual patterns and natural pregnancy prevention methods.

**Objectives:** To determine the effect of health education on menstrual patterns using Mobile Menstruation Monitoring (MOMMI) on the knowledge about natural pregnancy prevention methods on fertile women in KUA Sleman Regency.

**Methods:** This study used nonequivalent (pretest and posttest) method without control group design using quantitative approach, started from November 2018 to March 2019 and involving 41 respondents. By using a demographic data questionnaire and questionnaire about knowledge of natural pregnancy prevention methods that have been tested for contain validity, face validity, biserial construct validity and Spearman Brown reliability, this research obtained 16 valid items with a reliability score of 0.52. Collected data were analyzed using wilcoxon test and paired sample t test.

**Results:** There were significance value differences and average increase in knowledge scores about natural pregnancy prevention methods pretest- posttest1, posttest1- posttest2, pretest - posttest2 were 0,004 (1,22); 0,221 (-0,76); 0,395 (0,46). Retention (posttest1- posttest2) obtained was 93,15%.

**Conclusion:** Health education with Mobile Menstruation Monitoring (MOMMI) did not have a significant effect on increasing the score of knowledge about natural pregnancy prevention methods. However, there was an increased average score of 0,46.

Keywords: MOMMI, Knowledge, Natural pregnancy prevention methods.

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