

## INTISARI

**Latar Belakang:** Kurangnya pengetahuan dan informasi tentang kehamilan dapat meningkatkan stres pada ibu hamil. Salah satu upaya untuk meningkatkan pengetahuan ibu hamil adalah pendidikan kesehatan. Pendidikan kesehatan melalui drama edukasi diharapkan dapat meningkatkan pengetahuan ibu hamil sehingga stres yang dialami ibu selama kehamilan dapat menurun.

**Tujuan:** Mengetahui pengaruh pendidikan kesehatan melalui drama edukasi terhadap stres ibu hamil.

**Metode:** Penelitian ini merupakan penelitian *quasi eksperiment pretest – posttest nonequivalent control group*, dilaksanakan pada November 2019 - Desember 2019 pada wanita hamil di Puskesmas Kabupaten Sleman. Sampel dalam penelitian ini diambil dengan teknik *consecutive sampling*. Responden penelitian ini adalah 29 ibu hamil pada kelompok kontrol dan 29 ibu hamil pada kelompok intervensi. Pengambilan data dilakukan 2 kali yaitu sebelum (*pretest*) dan 2 minggu setelah pendidikan kesehatan (*posttest*). Pengambilan data menggunakan Skala Stres Kehamilan yang terdiri dari 33 item pertanyaan dengan *Cronbach's Alpha* sebesar 0,901. Analisa data menggunakan analisis univariat dan bivariat.

**Hasil Penelitian:** Rata-rata perubahan skor stres pada kelompok intervensi  $0,517 \pm 13,663$  sedangkan kelompok kontrol  $0,620 \pm 8,487$ . Tidak terdapat perbedaan yang signifikan skor stres pada kelompok intervensi ( $p=0,84$ ) maupun kelompok kontrol ( $p=0,69$ ). Rata-rata perubahan skor stres kelompok intervensi dibanding kelompok kontrol  $0,103 \pm 2,986$  dan tidak terdapat perbedaan yang signifikan  $p=0,972$ .

**Kesimpulan:** Tidak ada pengaruh pendidikan kesehatan melalui drama edukasi terhadap stres ibu hamil.

**Kata kunci:** drama edukasi, ibu hamil, stres

## ABSTRACT

**Background:** The lack of knowledge and information about pregnancy can create stress in pregnant women. One of the efforts to increase pregnant women's knowledge is through health education. Health education through educational drama is expected to increase pregnant women's knowledge, so the stress that the mothers suffer during pregnancy may be decreased.

**Goal:** Knowing the impacts of health education through educational drama on pregnancy women's stress.

**Method:** This research is quasi-experiment pretest-posttest nonequivalent control group research, held in November 2019 – December 2019 on pregnant women in Sleman Regency Puskesmas (Health Center). The samples in this research were taken using a consecutive sampling technique. The respondents of this research were 29 pregnant women in a control group and 29 pregnant women in an intervention group. Data collection was conducted twice; before (pretest) and 2 weeks after health education (posttest). The pregnancy stress scale was applied as data collection that consists of 33 questions items with Cronbach's Alpha of 0,901. Data analysis employed univariate and bivariate analysis.

**The Result of The Research:** Stress scores conversion on average in the intervention group is  $0,517 \pm 13,663$ , while in the control group is  $0,620 \pm 8,487$ . There are no significant differences in stress scores in the intervention group ( $p=0,84$ ) or the control group ( $p=0,69$ ). Stress scores conversion on average in the intervention group compared to the control group is  $0,103 \pm 2,986$ , and there are no significant differences  $p=0,972$ .

**Conclusion:** There are no impacts of health education through educational drama on pregnant women's stress.

**Keywords:** Educational Drama, Pregnant Women, Stress.