



PENGARUH PENDIDIKAN KESEHATAN MELALUI DRAMA EDUKASI TERHADAP KECEMASAN PADA IBU HAMIL

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INTISARI

Latar Belakang : Kehamilan mengakibatkan perubahan fisiologis dan psikologis. Kegagalan dalam beradaptasi dapat menyebabkan kecemasan kehamilan. Upaya pencegahan dapat dilakukan salah satunya dengan pemberian pendidikan kesehatan melalui metode drama.

Tujuan Penelitian : Mengetahui pengaruh pendidikan kesehatan melalui drama edukasi terhadap kecemasan ibu hamil.

Metode : Penelitian ini merupakan *quasi experiment pre test-post test non equivalent control group*. Dilaksanakan pada bulan November-Desember 2019 terhadap ibu hamil di Puskesmas Kabupaten Sleman. Penentuan sampel menggunakan teknik *consecutive sampling*. Terdapat kelompok kontrol dan kelompok intervensi dengan masing-masing jumlah responden 29 orang. Kelompok kontrol diberikan pendidikan kesehatan berupa kelas ibu hamil dengan metode ceramah sedangkan kelompok intervensi diberikan pendidikan kesehatan berupa kelas ibu hamil dengan metode drama edukasi. Pengambilan data dilakukan dua kali, sebelum dan setelah dua minggu pelaksanaan pendidikan kesehatan. Menggunakan kuesioner HARS modifikasi dengan 27 pertanyaan valid dan nilai *Cronbachs' Alpha* 0,958. Menggunakan analisa *Paired T-test* dan *Unpaired T-test*.

Hasil : Rata-rata perubahan skor kecemasan kelompok kontrol $1,55 \pm 7,05$ sedangkan kelompok intervensi $-1,66 \pm 14,99$. Tidak terdapat perbedaan yang signifikan skor kecemasan pada kelompok kontrol ($p=0,557$) maupun kelompok intervensi ($p=0,246$). Perbandingan rata-rata perubahan skor kecemasan kelompok kontrol dibanding kelompok intervensi $3,21 \pm 3,08$ dan tidak menunjukkan hasil signifikan ($p=0,302$).

Kesimpulan : Tidak terdapat pengaruh pendidikan kesehatan melalui drama edukasi terhadap kecemasan ibu hamil. Namun terdapat peningkatan skor kecemasan pada kelompok kontrol dan penurunan skor kecemasan pada kelompok intervensi.

Kata Kunci : drama edukasi, ibu hamil, kecemasan

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THE IMPACTS OF HEALTH EDUCATION THROUGH EDUCATIONAL DRAMA ON PREGNANT WOMEN'S ANXIETY

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ABSTRACT

Background: Pregnancy can cause physiological and psychological changes. Failures in adaptation can induce anxiety during pregnancy. One of the preventions that can be applied is by health education through a drama method.

The Research Purpose: Knowing the impacts of health education through educational drama on pregnancy women's anxiety.

Method: This research is a quasi-experiment pre-test - post-test non-equivalent control group. It was held in November – December 2019 on pregnant women in Sleman Regency Puskesmas (Health Center). Sample determination used a consecutive sampling technique. There was a control group and an intervention group, with each of them consists of 29 respondents. The Control group was provided health education of pregnant women class with lecturing method, while the intervention group was offered health education of pregnant women class with educational drama. Data collection was conducted twice, before and after two weeks of health education's implementation. Modified HARS questionnaire with 27 valid questions and Cronbachs' Alpha 0,958 were employed in this research. It used Paired T-test and Unpaired T-test analysis.

Result: Anxiety scores conversion on average in the control group is $1,55 \pm 7,05$, while in the intervention group is $-1,66 \pm 14,99$. There are no significant differences in anxiety scores in the control group ($p=0,557$) or the intervention group ($p=0,246$). The comparison of anxiety scores conversion on average in the control group compared to the intervention group is $3,21 \pm 3,08$, and there is no significant result ($p=0,302$).

Conclusion: There are no impacts of health education through educational drama on pregnant women's anxiety. However, there is increasing anxiety scores in the control group and decreasing anxiety scores in the intervention group.

Keywords: educational drama, pregnant women, anxiety

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