

INTISARI

Latar Belakang: Laki-laki berisiko mengalami infertilitas, dimana salah satu penyebabnya adalah gaya hidup yang tidak sehat. Sebagian besar laki-laki masih mempunyai sikap negatif terhadap fertilitas. Sehingga dibutuhkan pendidikan kesehatan yang akan membentuk sikap dan perilaku positif dalam merawat fertilitas. Male-FertiASST merupakan salah satu media pendidikan kesehatan tentang perawatan fertilitas laki-laki.

Tujuan Penelitian: Mengetahui pengaruh *mobile male fertility risk assessment tool* (Male-FertiASST) terhadap sikap laki-laki usia reproduktif terhadap fertilitas di Sleman, Yogyakarta.

Metode: Penelitian merupakan kuasi eksperimental dengan rancangan *nonequivalent pretest-posttest without control group design* yang dilaksanakan pada bulan September 2019 - April 2020 dengan sampel 42 laki-laki usia reproduktif di Sleman, Yogyakarta. Instrument penelitian adalah aplikasi Male-FertiASST dan kuesioner sikap terhadap fertilitas yang terdiri atas 7 item valid dengan skor reliabilitas *Alpha Cronbach* 0,440. Intervensi berupa pendidikan kesehatan dengan Male-FertiASST selama 3 minggu. Analisis data univariat dan bivariat.

Hasil: Rata-rata skor sikap tentang fertilitas sebelum pendidikan kesehatan sebesar $15,83 \pm SD=2,640$ dan sesudah sebesar $16,21 \pm SD=2,901$. Tidak terdapat perbedaan signifikan sikap laki-laki tentang fertilitas pada *pretest* dibanding *posttest* ($p=0,382$) namun terdapat peningkatan skor sikap sebanyak 0,38.

Kesimpulan: Tidak terdapat pengaruh pendidikan kesehatan dengan *mobile male fertility risk assessment tool* (Male-FertiASST) terhadap sikap laki-laki tentang fertilitas (*pretest-posttest*).

Kata kunci: Fertilitas, *mobile* aplikasi Male-FertiASST, sikap

ABSTRACT

Background: Men are at risk of experiencing infertility. One of the causes is an unhealthy lifestyle. Most men still have negative attitudes towards fertility. Therefore, health education is needed, which will form positive attitudes and behaviors in fertility treatment. Male-FertiASST is one of health education media on male fertility treatment.

Objective: Identifying the effect of Mobile Male Fertility Risk Assessment Tool (Male-Ferti ASST) on the attitude of reproductive-age men toward fertility in Sleman, Yogyakarta.

Method: The study quasi-experimental research employed a nonequivalent pretest-posttest without control group design, conducted from September 2019 to April 2020 involving 42 men of reproductive age in Sleman, Yogyakarta. The research instrument was the Male-FertiASST application and a questionnaire on attitudes toward fertility consisting of 7 valid items with an Alpha Cronbach reliability score of 0.440. Intervention was in the form of health education using Male-Ferti ASST for 3 weeks. Univariate and bivariate data analyses were performed..

Results: The average score of attitudes toward fertility prior to health education was $15.83 \pm SD = 2.640$ and $16.21 \pm SD = 2.901$ after health education. There was no significant difference in male attitudes toward fertility in the pretest compared to that in the posttest ($p = 0.382$). However, there was an increase in attitude score of 0.38.

Conclusions: The health education using Mobile Male Fertility Risk Assessment Tool (Male-Ferti ASST) has no effect on the men's attitudes toward fertility (pretest-posttest).

Keywords: attitude, fertility, mobile application Male-FertiASST