

INTISARI

Latar belakang: Perilaku perawatan prakonsepsi seharusnya dilakukan oleh pasangan usia subur secara bersama. Namun demikian, belum banyak laki-laki yang mengetahui tentang perawatan prakonsepsi pada laki-laki dan masih berfokus pada persiapan oleh wanita usia subur. Belum banyak pendidikan kesehatan yang membahas tentang perawatan prakonsepsi laki-laki. Aplikasi *Game-Based Preconception Health Education* merupakan media edukasi yang dapat meningkatkan pengetahuan laki-laki usia reproduktif tentang perawatan prakonsepsi.

Tujuan Penelitian: Mengetahui pengaruh pendidikan kesehatan dengan *Game-Based Preconception Health Education* terhadap pengetahuan tentang perawatan prakonsepsi pada laki-laki usia reproduktif di Daerah Istimewa Yogyakarta.

Metode: Penelitian ini menggunakan pendekatan kuantitatif dengan jenis penelitian pra-eksperimental serta rancangan *one group (pretest dan posttest) design*. Penelitian ini dilaksanakan pada bulan Juli 2020 - Mei 2021 kepada 37 responden laki-laki usia reproduktif yang telah mendaftarkan diri di KUA Piyungan dan Bantul menggunakan instrumen *Game-Based Preconception Health Education* dan kuesioner pengetahuan perawatan prakonsepsi dengan 16 item valid (r hitung = 0,263 - 0,565 dan r tabel = 0,261) dan nilai reliabilitas 0,64. Analisis bivariat dilakukan dengan *Wilcoxon test*.

Hasil: Terjadi kenaikan pengetahuan responden sebelum dan sesudah dilakukannya intervensi pendidikan kesehatan dengan *Games-Based Preconception Health Education* ($p=0,001<0,05$).

Kesimpulan: Pendidikan kesehatan dengan *Game-Based Preconception Health Education* berpengaruh terhadap peningkatan pengetahuan tentang perawatan prakonsepsi pada laki-laki usia reproduktif.

Kata kunci: Pengetahuan, laki-laki usia reproduktif, perawatan prakonsepsi, aplikasi *game*

ABSTRACT

Background: *Preconception care behavior should be carried out by couples of childbearing age. However, not many men know about preconception care in men and still focus on women's preparation. Not much health education has discussed male preconception care. The Game-Based Preconception Health Education application is an educational media that can increase the knowledge of men of reproductive age about preconception care.*

Objective: *To determine the effect of health education with Game-Based Preconception Health Education on knowledge of preconception care on men at reproductive age in the Special Region of Yogyakarta.*

Methods: *This research is a quantitative research approach by pre-experimental with one group (pretest and posttest) design. This research was held in July 2020 - May 2021 to 37 men respondents on their reproductive age who have registered in KUA Piyungan and Bantul with Game-Based Preconception Health Education instrument and preconception care knowledge questionnaires consist of 16 items (r counted = 0,263 - 0,565 dan r table = 0,261) with a reliability value of 0.64. Bivariate analysis was carried out with Wilcoxon test.*

Results: *There has been increased knowledge of respondents before and after this health education intervention with Games-Based Preconception Health Education ($p=0,001 < 0,05$).*

Conclusion: *Health education with Game-Based Preconception Health Education has an effect on increasing knowledge about preconception care in men at reproductive age.*

Keywords: *Knowledge, men at reproductive age, preconception care, game application*