

INTISARI

Latar Belakang: Angka kematian ibu dan bayi masih cukup tinggi. Beberapa penyebabnya dapat dicegah dengan perawatan prakonsepsi. Namun demikian, pengetahuan Wanita Usia Subur (WUS) terkait perawatan prakonsepsi masih rendah sehingga dibutuhkan media pendidikan kesehatan yang efektif dan efisien. Aplikasi *Game-based Preconception Health Education* merupakan media pendidikan kesehatan yang dapat meningkatkan pengetahuan WUS tentang perawatan prakonsepsi.

Tujuan Penelitian: Mengetahui pengaruh pendidikan kesehatan dengan aplikasi *Game-based Preconception Health Education* terhadap tingkat pengetahuan tentang perawatan prakonsepsi pada WUS di Daerah Istimewa Yogyakarta.

Metode: Penelitian pra eksperimen dengan rancangan *one group pre and posttest design*. *Consecutive sampling* dilakukan pada wanita usia subur yang telah mendaftarkan pernikahannya di KUA Bantul dan Piyungan pada bulan Juli 2020-Mei 2021 sebanyak 37 orang. Penelitian ini menggunakan instrumen aplikasi *Game-based Preconception Health Education* dan kuesioner pengetahuan tentang perawatan prakonsepsi dengan 18 item dan reliabilitas 0,731. Pendidikan kesehatan diberikan selama 2 minggu. Data dianalisis menggunakan analisis univariat dan bivariat. Analisis univariat menggunakan distribusi frekuensi dan analisis bivariat menggunakan *Wilcoxon-test*.

Hasil: Pada penelitian ini diperoleh skor median pengetahuan tentang perawatan prakonsepsi sebelum pendidikan kesehatan dengan aplikasi *Game-based Preconception Health Education* sebesar 14 (3-18) dan sesudah sebesar 16 (14-18). Terdapat peningkatan pengetahuan yang signifikan sebesar 2 ($p=0,000$).

Kesimpulan: Pendidikan kesehatan dengan media *Game-based Preconception Health Education* berpengaruh terhadap peningkatan pengetahuan tentang perawatan prakonsepsi pada wanita usia subur.

Kata Kunci: aplikasi *game*, pengetahuan, perawatan prakonsepsi, wanita usia subur

ABSTRACT

Background: Maternal and infant mortality rate remains high. Preconception care can prevent several causative factors. However, knowledge of women of childbearing age (WCA) regarding preconception were found low, thus an effective and efficient health education media is needed. Game-Based Preconception Health Education application is a health education media that is able to increase women's knowledge about preconception care.

Objectives: To determine the effect of health education using Game-Based Preconception Health Education application on the level of knowledge about preconception care in WCA in D.I. Yogyakarta.

Methods: Pre-experimental research with one group pre and posttest design. Consecutive sampling was carried out on 37 women of childbearing age who had registered their marriage at KUA Bantul and Piyungan in July 2020-May 2021. This study used Game-based Preconception Health Education application and a knowledge questionnaire about preconception care with 18 items and a reliability of 0.731. Health education was given for 2 weeks. Data were analyzed using univariate and bivariate analysis. Univariate analysis using frequency distribution and bivariate analysis using Wilcoxon-test.

Results: In this study, the median score of knowledge about preconception care before health education with Game-based Preconception Health Education application was 14 (3-18) and after was 16 (14-18). There was a significant increase in knowledge of 2 ($p=0.000$).

Conclusion: Health education using Game-based Preconception Health Education application has an effect on increasing knowledge about preconception care in women of childbearing age.

Keywords: game application, knowledge, preconception care, women of childbearing age