

ABSTRAK

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PENGARUH PENGGUNAAN VIDEO ANIMASI PENDIDIKAN KESEHATAN PADA IBU HAMIL TERHADAP PERILAKU PENCEGAHAN HIPERTENSI DALAM KEHAMILAN

vi + 112 Halaman + 17 Tabel + 12 Lampiran

Hipertensi dalam kehamilan menduduki peringkat kedua angka kesakitan dan mortalitas ibu di Indonesia dengan prevalensi sebesar 12,7%. Salah satu faktor penyebabnya adalah perilaku ibu hamil yang tidak baik dalam menjaga kehamilannya. Pendidikan kesehatan tentang hipertensi dalam kehamilan dibutuhkan untuk merubah perilaku ibu hamil agar terhindar dari hipertensi dalam kehamilan. Video animasi tergolong sebagai media yang diaplikasikan pada pendidikan kesehatan. Peneliti ingin mendapatkan pengetahuan mengenai pengaruh penggunaan video animasi pendidikan kesehatan terhadap pengetahuan, sikap, dan tindakan ibu hamil tentang upaya mencegah hipertensi dalam kehamilan.

Jenis penelitian berupa kuantitatif dengan desain *pre experiment* dengan penggunaan metode *one group pre-post test*. Populasi 102 ibu hamil yang ANC di RSUD dr. Wahidin Sudiro Husodo Kota Mojokerto. Sampel penelitian 82 ibu hamil melalui teknik *purposive sampling*. Analisis data menggunakan uji Wilcoxon Signed Rank Test.

Dihasilkan bahwa terdapat pengaruh penggunaan video animasi pendidikan kesehatan pada ibu hamil terhadap pengetahuan, sikap, dan tindakan mencegah hipertensi dalam kehamilan dengan nilai p pada masing-masing variabel $p = 0,000$ ($p \text{ value} < 0,05$).

Peningkatan pengetahuan ibu hamil setelah diberikan video animasi menandakan bahwa media tersebut efektif dalam menyampaikan informasi penting secara menarik dan mudah dipahami. Sikap ibu hamil terhadap pencegahan hipertensi juga mengalami perubahan positif. Sikap yang baik merupakan landasan untuk perubahan perilaku. Perubahan aspek tindakan menunjukkan bahwa pengetahuan dan sikap yang terbentuk mampu mendorong ibu hamil untuk menerapkan upaya pencegahan hipertensi dalam kehamilan secara nyata.

Kata kunci : Pendidikan Kesehatan, Video Animasi, Perilaku, Hipertensi Dalam Kehamilan

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ABSTRACT

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THE EFFECT OF THE USE OF ANIMATED VIDEO OF HEALTH EDUCATION IN PREGNANT WOMEN ON HYPERTENSION PREVENTION BEHAVIOR IN PREGNANCY

vii + 112 Pages + 17 Tables + 12 Appendices

Hypertension in pregnancy ranks as the second leading cause of maternal morbidity and mortality in Indonesia, with a prevalence of 12.7%. One of the contributing factors is poor maternal behavior in maintaining a healthy pregnancy. Health education about hypertension during pregnancy is needed to change pregnant women's behavior in order to prevent this condition. Animated videos are one of the media that can be used to provide health education. This study aims to determine the effect of using animated health education videos on the knowledge, attitudes, and practices of pregnant women regarding the prevention of hypertension in pregnancy.

This study use a quantitative research with a pre-experimental design using a one-group pretest-posttest method. The population consisted of 102 pregnant women undergoing antenatal care (ANC) at Dr. Wahidin Sudiro Husodo Regional Hospital in Mojokerto City. The sample included 82 pregnant women selected through purposive sampling. Data were analyzed using the Wilcoxon Signed Rank Test.

There is a significant effect of using animated health education videos for pregnant women on their knowledge, attitudes, and practices regarding the prevention of hypertension during pregnancy, with a p-value of 0.000 for each variable ($p < 0.05$).

The increase in pregnant women's knowledge after being given the animated video indicates that this medium is effective in delivering important information in an engaging and easily understandable way. The attitudes of pregnant women toward hypertension prevention also showed positive changes. A good attitude serves as a foundation for behavioral change. The improvement in the action aspect indicates that the knowledge and attitudes formed are able to encourage pregnant women to implement real preventive measures against hypertension during pregnancy.

Keywords : Health Education, Animated Video, Behavior, Hypertension in Pregnancy

References : 37 books, journals, etc. (2018-2024)