

ABSTRAK

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PERBEDAAN EDUKASI BERBASIS WEBSITE DENGAN LEAFLET
TERHADAP PERILAKU IBU HAMIL DALAM PENCEGAHAN
PERSALINAN PREMATUR

xvii + 89 Halaman + 10 Tabel + 14 Lampiran

Persalinan prematur merupakan penyebab utama pada kematian neonatal. Promosi kesehatan yang efektif dengan media yang tepat dapat meningkatkan perilaku ibu hamil dalam mencegah persalinan prematur. Penelitian ini bertujuan untuk menganalisis perbedaan edukasi berbasis *website* dengan *leaflet* terhadap perilaku ibu hamil dalam pencegahan persalinan prematur.

Penelitian ini menggunakan desain kuasi eksperimental dengan *pre-post test with control group design*. Sampel penelitian adalah 44 ibu hamil di wilayah Puskesmas Benowo, Surabaya yang dibagi menjadi dua kelompok, yaitu kelompok intervensi yang diberikan edukasi melalui *website* dan kelompok kontrol yang diberikan edukasi melalui *leaflet*. Perilaku ibu hamil diukur menggunakan kuesioner sebelum dan sesudah intervensi. Data dianalisis menggunakan uji *U Mann-Whitney*.

Hasil penelitian menunjukkan terdapat perbedaan signifikan pada pengetahuan (*Asymp. Sig* 0,001) dan sikap (*Asymp. Sig* 0,001) ibu hamil antara kelompok *website* dan *leaflet* setelah intervensi, dengan kelompok *website* menunjukkan peningkatan yang lebih baik. Namun, tidak terdapat perbedaan signifikan pada tindakan (*Asymp. Sig* 0,250) ibu hamil antara kedua kelompok.

Edukasi berbasis *website* lebih efektif dibandingkan *leaflet* dalam meningkatkan pengetahuan dan sikap ibu hamil tentang pencegahan persalinan prematur. *Website* dapat menjadi alternatif media edukasi yang efektif untuk promosi kesehatan ibu hamil.

Kata kunci : Edukasi Kesehatan, Perilaku Ibu Hamil, Pencegahan Persalinan Prematur

Daftar bacaan : 21 buku (2016 – 2023)

ABSTRACT

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DIFFERENCES BETWEEN WEBSITE AND LEAFLETS BASED EDUCATION ON PREGNANT WOMEN'S BEHAVIOR IN PREVENTING PREMATURE LABOR

xvii + 89 Pages + 10 Tables + 14 Appendices

Preterm birth is a leading cause of neonatal mortality. Effective health promotion using appropriate media can improve pregnant women's behavior in preventing preterm birth. This study aimed to analyze the difference between website-based education and leaflet education on pregnant women's behavior in preventing preterm birth.

This study used a quasi-experimental design with a pre-post test control group design. The study sample consisted of 44 pregnant women in the Benowo Primary Health Center (Puskesmas) area, Surabaya, divided into two groups: the intervention group, which received education via a website, and the control group, which received education via leaflets. Pregnant women's behavior was measured using questionnaires before and after the intervention. Data were analyzed using the Mann-Whitney U test.

The results showed a significant difference in pregnant women's knowledge (Asymp. Sig. 0.001) and attitude (Asymp. Sig. 0.001) between the website and leaflet groups after the intervention, with the website group demonstrating a greater improvement. However, there was no significant difference in pregnant women's actions (Asymp. Sig. 0.250) between the two groups.

Website-based education is more effective than leaflet education in improving pregnant women's knowledge and attitude about preterm birth prevention. Websites can be an effective alternative educational medium for promoting pregnant women's health.

Keywords: Health Education, Maternal Behavior, Preterm Birth Prevention

References : 21 books (2016 – 2023)