

ABSTRAK

Latar Belakang: Pengetahuan gizi pada ibu hamil di Indonesia menjadi perhatian penting, mengingat masih banyaknya kasus pengetahuan gizi yang rendah di kalangan ibu hamil. Menurut peneliti di kecamatan sememi kota Surabaya menemukan 40% ibu hamil dengan pengetahuannya yang kurang mengenai gizi. Faktor yang mempengaruhi asupan makanan salah satunya berasal dari pengetahuan ibu. Dengan memprioritaskan peningkatan pemahaman gizi, diharapkan penurunan kasus pengetahuan gizi rendah, Untuk mengatasi hal tersebut, diperlukan pencegahan melalui upaya peningkatan pengetahuan. Penelitian dilaksanakan dengan tujuan agar pengetahuan gizi pada ibu hamil akibat dampak dari media booklet mampu diketahui.

Metode: Kuantitatif digunakan peneliti selaku pendekatan penelitian. *Pre-experiment* dimanfaatkan selaku metode penelitiannya. Desain penelitiannya yakni *One Groups Pretest-Posttest Design*. *Non probability sampling* dimanfaatkan guna mengambil sampel penelitian melalui teknik *Purposive Sampling*. Terdapat 45 ibu hamil digunakan selaku sampel penelitian. Selama penelitian berlangsung, variabel *Independent* adalah Media Booklet, sementara itu variabel *dependent* yakni pengetahuan. Kuisioner dijadikan sebagai data primer yang diisi oleh ibu hamil, serta dimanfaatkan selaku instrumen penelitian. Teknik analisis ini memakai *Wilcoxon Sign Rank Test*

Hasil Penelitian: Penelitian yang dilaksanakan memberikan hasil bahwa adanya kenaikan pengetahuan yang baik pada ibu hamil selepas diintervensikannya media booklet dari 4,4 % menjadi 93,3%. Hasil nilai signifikansi yaitu 0,000 hasilnya < 0,05 yaitu berarti peningkatan pengetahuan gizi pada ibu hamil mampu diakibatkan dari adanya penggunaan media *booklet*.

Simpulan: Setelah diberikannya intervensi media *Booklet*, pada tingkat pengetahuan gizi pada ibu hamil mengalami peningkatan pengetahuan gizi. Kondisi tersebut membuktikan bahwasannya pemberian media *Booklet* ini mampu mempengaruhi tingkat pengetahuan gizi pada ibu hamil. Media booklet ini mampu mempengaruhi pengetahuan ibu hamil dikarenakan memuat informasi yang jelas dan menarik. Diharapkan bagi ibu hamil untuk lebih banyak membaca mengenai pengetahuan gizi yang berguna agar kesehatan ibu hamil tetap terjaga.

Kata Kunci : Kehamilan, Pengetahuan, Gizi, Booklet

ABSTRACT

Background: Nutritional knowledge in pregnant women in Indonesia is an important concern, considering the many cases of low nutritional knowledge among pregnant women. According to researchers in Sememi District, Surabaya City found 40% of pregnant women with poor knowledge of nutrition. One of the factors that influences food intake comes from maternal knowledge. By prioritizing increasing nutritional understanding, it is hoped that cases of low nutritional knowledge will decrease. To overcome this, prevention is needed through efforts to increase knowledge. The study was conducted with the aim of knowing the nutritional knowledge of pregnant women due to the impact of booklet media.

Method: Quantitative was used by researchers as a research approach. Pre-experiment was used as a research method. The research design is One Groups Pretest-Posttest Design. Non-probability sampling was used to take research samples through the Purposive Sampling technique. There were 45 pregnant women used as research samples. During the study, the independent variable was the Booklet Media, while the dependent variable was knowledge. The questionnaire was used as primary data filled in by pregnant women, and was used as a research instrument. This analysis technique uses the Wilcoxon Sign Rank Test

Research Results: The research conducted showed that there was an increase in good knowledge in pregnant women after the intervention of booklet media from 4.4% to 93.3%. The significance value of 0.000 was <0.05 , which means that an increase in nutritional knowledge in pregnant women can be caused by the use of booklet media.

Conclusion: After the intervention of Booklet media, the level of nutritional knowledge in pregnant women increased. This condition proves that the provision of this Booklet media can influence the level of nutritional knowledge in pregnant women. This booklet media can influence the knowledge of pregnant women because it contains clear and interesting information. It is hoped that pregnant women will read more about useful nutritional knowledge so that the health of pregnant women is maintained.

Keywords: Pregnancy, Knowledge, Nutrition, Booklet