

ABSTRAK

Kehamilan adalah perkembangan dan pertumbuhan janin mulai dari konsepsi hingga persalinan dan menjadi penyebab perubahan fisik yang dapat menimbulkan rasa tidak nyaman terutama nyeri punggung. Hal tersebut disebabkan kurangnya kesadaran ibu hamil dalam mencari informasi tentang *effleurage massage* sebagai manajemen nyeri punggung. Penelitian ini guna menganalisis pengaruh *health education* dengan media *digital e-book* tentang pengetahuan dan sikap ibu hamil dalam melakukan *effleurage massage*.

Jenis penelitian *Pre Eksperimental* dengan rancangan penelitian *one grup pre-test post-test*. Populasi 207 ibu hamil usia kehamilan ≥ 22 minggu di TPMB Afah Fahmi Surabaya. Sampel diambil menggunakan Teknik *purposive sampling* sejumlah 41 ibu hamil. Instrumen penelitian berupa kuesioner dengan 15 butir soal pengetahuan dan 11 butir soal sikap tentang *effleurage massage*.

Uji statistik memakai Uji *Wilcoxon* dengan $\alpha < 0,05$. Dari hasil uji statistik didapatkan adanya pengaruh *health education* dengan media *digital e-book* terhadap pengetahuan ibu hamil dalam melakukan *effleurage massage* dengan nilai *P-Value* $0,000 < 0,05$ dan adanya pengaruh *health education* dengan media *digital e-book* terhadap pengetahuan ibu hamil dalam melakukan *effleurage massage* dengan nilai *P-Value* $0,000 < 0,05$.

Adanya pengaruh *health education* dengan media *digital e-book* terhadap pengetahuan dan sikap ibu hamil dalam melakukan *effleurage massage*. Bagi ibu hamil diharapkan dapat menambah pengetahuan dan sikap tentang *effleurage massage* dalam mengatasi nyeri punggung, bagi tenaga kesehatan diharapkan dapat memberikan pendidikan kesehatan berkala, dan bagi peneliti selanjutnya dapat menjadi bahan informasi dalam mengidentifikasi khususnya pada pengetahuan ibu hamil tentang *effleurage massage* dalam mengatasi nyeri punggung pada kehamilan.

Kata Kunci: *Digital E-book*, Ibu hamil, Pengetahuan, Sikap

ABSTRACT

Pregnancy is the development and growth of the fetus from conception to birth and is the cause of physical changes that can cause discomfort, especially back pain. This is due to the lack of awareness of pregnant women in seeking information about effleurage massage as back pain management. This research aims to analyze the influence of health education using digital e-book media on the knowledge and attitudes of pregnant women in carrying out effleurage massage.

Pre-Experimental research type with a one group pre-test post-test research design. Population of 207 pregnant women with gestation age ≥ 22 weeks at TPMB Afah Fahmi Surabaya. Samples were taken using a purposive sampling technique of 41 pregnant women. The research instrument was a questionnaire with 15 knowledge items and 11 attitude items regarding effleurage massage.

Statistical tests use the Wilcoxon test with $\alpha < 0.05$. From the results of statistical tests, it was found that there was an influence of health education using e-book digital media on the knowledge of pregnant women in carrying out effleurage massage with a P-Value value of $0.000 < 0.05$ and there was an influence of health education using e-book digital media on pregnant women's knowledge in carrying out effleurage massage with a P-Value of $0.000 < 0.05$

There is an influence of health education with digital e-book media on the knowledge and attitudes of pregnant women in carrying out effleurage massage. For pregnant women, it is hoped that it can increase knowledge and attitudes about effleurage massage in treating back pain, for health workers it is hoped that they can provide regular health education, and for future researchers it can become information material in identifying especially pregnant women's knowledge about effleurage massage in treating back pain in pregnancy.

Keywords: Digital E-book, Pregnant Women, Knowledge, Attitude