

ABSTRAK

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**PENGARUH PENDIDIKAN KESEHATAN TERHADAP PENGETAHUAN
IBU HAMIL TENTANG PENCEGAHAN DIABETES MELITUS
GESTASIONAL DI PUSKESMAS KETAPANG**

xiv + 83 Halaman + 9 Tabel + 18 Lampiran

Diabetes melitus gestasional terjadi gangguan pengaturan gula darah pada ibu hamil, baik pada mereka yang sebelumnya tidak memiliki masalah gula darah maupun yang sudah memiliki gejala awal. Fokus dari penelitian untuk melihat efek dari program pendidikan kesehatan terhadap tingkat pengetahuan ibu hamil mengenai pencegahan Diabetes melitus gestasional, khususnya di Puskesmas Ketapang. Penelitian menerapkan desain Pre-experimental metode one group pretest-posttest design dengan jumlah sampel 18 Ibu Hamil. Penyuluhan dilakukan selama 1 kali dengan melakukan metode ceramah. Uji Wilcoxon digunakan dalam prosedur analisa data.

Tingkat pengetahuan ibu hamil sebelum dilakukan penyuluhan kurang mengetahui tentang pencegahan diabetes melitus gestasioal. Sedangkan setelah dilakukan penyuluhan didapatkan hasil bahwa ibu hamil memiliki tingkat pengetahuan hampir seluruhnya ibu hamil berpengetahuan baik. Terdapat pengaruh pendidikan kesehatan tentang pencegahan diabetes melitus gestasional dengan media leaflet di Puskesmas Ketapang sebagai tindakan pencegahan komplikasi Diabetes melitus.

Kata Kunci : Pendidikan kesehatan, Diabetes Melitus, Leaflet

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ABSTRACT

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THE INFLUENCE OF HEALTH EDUCATION ON PREGNANT WOMEN'S KNOWLEDGE ABOUT GESTATIONAL DIABETES MELLITUS PREVENTION AT KETAPANG HEALTH CENTER

xiv + 83 Pages + 9 Tables + 18 Appendices

Gestational diabetes mellitus is impaired blood glucose regulation during pregnancy, affecting women who previously had normal glucose levels as well as those with preexisting glucose intolerance. This study aims to examine the effect of health education on pregnant women's knowledge regarding the prevention of GDM, specifically at the Ketapang Public Health Center.

The study employed a pre-experimental design using a one-group pretest-posttest method, involving 18 pregnant women as participants. The health education intervention was conducted once using a lecture method. Data analysis was carried out using the Wilcoxon test.

Before the educational session, most of the participants had limited knowledge about GDM prevention. However, after the intervention, nearly all participants demonstrated a good level of understanding. The findings show that health education using leaflet media significantly improved pregnant women's knowledge about GDM prevention at the Ketapang Public Health Center. This education is considered an important measure to prevent complications related to gestational diabetes mellitus.

Keywords: Health education, Gestational Diabetes Mellitus, Leaflet

References : 16 Journals, 5 books (2009 – 2024)