

ABSTRAK

INDRI BAS ROMAWATI

EFEKTIVITAS APLIKASI KESCATIN TERHADAP IMT, LiLA, Hb DI WILAYAH KERJA PUSKESMAS GORANGGARENG TAJI

IMT, LiLA, Hb rendah pada Catin apabila tidak segera diatasi maka akan berdampak pada kesehatan ibu dan anak dimasa kehamilan dan sesudahnya. Adapun tujuan penelitian adalah untuk mengetahui efektivitas Aplikasi Kescatin terhadap IMT, LiLA dan Hb.

Jenis penelitian adalah penelitian analitik komparatif dengan rancangan penelitian *quasy experimental* dan pendekatan *one-group pretest-posttest design*. Populasi penelitian adalah seluruh calon pengantin wanita di wilayah kerja Puskesmas Goranggareng Taji tahun 2024 sejumlah 51 catin, dengan teknik *simple random sampling* sehingga diperoleh besar sampel 46 catin wanita. Variabel independen adalah efektivitas Aplikasi Kescatin dan variabel dependen adalah IMT, LiLA, Hb. Instrumen penelitian berupa *checklist* yang diadaptasi dari Aplikasi Kescatin. Efektivitas Aplikasi Kescatin dilihat berdasarkan perbedaan IMT, LiLA, dan Hb antara sebelum dengan sesudah penggunaan Aplikasi Kescatin, selanjutnya data IMT dan Hb dianalisis dengan uji *Wilcoxon*, sedangkan data LiLA dianalisis dengan uji *Mc Nemar*, dengan nilai $p < 0,05$ maka H_0 ditolak, artinya ada beda IMT, LiLA dan Hb catin wanita yang sudah dengan yang belum menggunakan Aplikasi Kescatin.

Hasil menunjukkan sebelum menggunakan Aplikasi Kescatin responden yang memiliki IMT kategori kurus 23.9%, Sesudah menggunakan Aplikasi Kescatin menjadi 15.2%. LiLA sebelum menggunakan Aplikasi Kescatin dalam kategori KEK 52.2% dan sesudah menggunakan Aplikasi Kescatin LiLA dengan kategori KEK 26.1%. Sedangkan Hb sebelum menggunakan Aplikasi Kescatin memiliki Hb kategori anemia sedang 37% dan sesudah menggunakan Aplikasi Kescatin 26.1%. Hasil uji *Wilcoxon* terhadap IMT dan Hb berturut-turut adalah 0.020 dan 0.002, sedangkan uji *Mc Nemar* terhadap LiLA diperoleh hasil 0.000, artinya terdapat perbedaan sebelum dan sesudah penggunaan Aplikasi Kescatin.

Aplikasi kescatin terbukti efektif untuk mempengaruhi IMT, LiLA, dan Hb catin wanita untuk mempersiapkan kehamilan yang sehat. Diperlukannya program bersama multi sektor untuk meningkatkan derajat kesehatan calon pengantin dalam mempercepat persiapan menghadapi kehamilan dan proses setelahnya.

Kata kunci: aplikasi kescatin, IMT, LiLA, Hb

ABSTRACT

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THE EFFECTIVENESS OF THE KESCATIN APPLICATION ON BMI, MUAC, AND HEMOGLOBIN LEVELS IN THE WORKING AREA OF GORANGGARENG TAJI PUBLIC HEALTH CENTER

Low BMI, MUAC, and Hemoglobin (Hb) levels in prospective brides, if not addressed promptly, can negatively impact maternal and child health during and after pregnancy. To monitor the readiness of prospective brides for pregnancy, a technological innovation called the Kescatin application is used. This application can be accessed anytime and anywhere and aims to provide health education to prospective brides.

This study is an analytical comparative research with a quasi-experimental design and a one-group pretest-posttest approach. The population of this study consisted of all prospective brides in the working area of Goranggareng Taji Public Health Center, Nguntoronadi Subdistrict, Magetan Regency, in 2024, totaling 51 participants. A simple random sampling technique was used to obtain a sample of 46 prospective brides as research respondents. The independent variable is the effectiveness of the Kescatin application, while the dependent variables are BMI, MUAC, and Hb. The research instrument was a checklist adapted from the Kescatin Android application. The effectiveness of the Kescatin application was assessed based on the differences in BMI, MUAC, and Hb before and after its use. BMI and Hb data were analyzed using the Wilcoxon test, while MUAC data were analyzed using the McNemar test.

The results showed that before using the Kescatin application, 23.9% of respondents had a BMI categorized as underweight, which decreased to 15.2% after using the application. Regarding MUAC, 52.2% of respondents were categorized as having Chronic Energy Deficiency (CED) before using the application, which decreased to 26.1% afterward. For Hb levels, 37% of respondents were categorized as having moderate anemia before using the application, which decreased to 26.1% after its use. The Wilcoxon test results for BMI and Hb were 0.020 and 0.002, respectively, while the McNemar test for MUAC yielded a result of 0.000. This indicates a significant difference before and after using the Kescatin application.

The Kescatin application has proven to be effective in influencing BMI, MUAC, and Hb levels of prospective brides in preparing for a healthy pregnancy. A collaborative multi-sectoral program is necessary to improve the health status of prospective brides and accelerate their readiness for pregnancy and postpartum processes.

Keywords: *kescatin application, BMI, MUAC, haemoglobin*