

ABSTRAK

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PENGARUH *E-BOOK* INTERAKTIF TERHADAP PERILAKU PENCEGAHAN
KEKURANGAN ENERGI KRONIS PADA IBU HAMIL

1x + 137 halaman + 15 tabel + 12 lampiran

Kondisi malnutrisi berujung Kurang Energi Kronis (KEK) yang dipicu ketidakseimbangan antara pemenuhan dan kebutuhan energi serta gizi harian secara menahun menjadi ancaman nyata bagi ibu hamil trimester 1, dengan kriteria Lingkar Lengan Atas (LiLA) $< 23,5$ cm. Pemanfaatan sarana edukasi modern layaknya *e-book* interaktif berpotensi mendongkrak tindakan preventif demi membendung masalah tersebut. Pengaruh penerapan *e-book* interaktif terhadap tindakan pencegahan KEK pada kalangan ibu hamil dianalisis secara mendalam melalui penelitian ini.

Penelitian kuantitatif berdesain *pre-experimental* dengan rancangan *one group pretest-posttest design* dipilih sebagai pendekatan metodologi. Penarikan sampel secara *purposive sampling* menghasilkan 44 responden di lingkungan Puskesmas Gading Kota Surabaya. Pengumpulan data mengandalkan perangkat kuesioner yang mengukur aspek pengetahuan, sikap, beserta tindakan. Olah data statistik selanjutnya diproses menggunakan uji *Shapiro-Wilk* serta uji *Wilcoxon Signed Rank Test* pada batas signifikansi $\alpha = 0,05$.

Temuan penelitian mengonfirmasi bahwasanya tahap pra-intervensi mencatatkan porsi dominan responden berpengetahuan sedang (54,5%), bersikap positif (63,6%), dan bermodal tindakan sedang (50,0%). Seusai pemaparan *e-book* interaktif, terjadi lonjakan ke tingkat pengetahuan baik pada porsi terbesar responden (56,8%), disusul peningkatan sikap positif (95,5%) serta tindakan baik (95,5%) pada hampir seluruh responden. Perolehan nilai *p-value* = 0,000 ($p < 0,05$) membuktikan adanya efektivitas nyata dari media *e-book* interaktif dalam mengondisikan perilaku pencegahan KEK ibu hamil.

Penyaluran informasi melalui media *e-book* interaktif menjadi salah satu pendorong utama dalam membentuk perilaku preventif KEK pada ibu hamil. Pemanfaatan instrumen ini sangat direkomendasikan sebagai opsi edukasi kesehatan yang aplikatif demi mengoptimalkan tindakan pencegahan KEK di kalangan ibu hamil.

Kata kunci: *E-Book*, KEK, Ibu Hamil, Perilaku Pencegahan

Daftar Bacaan : 44 buku (2018-2025)

ABSTRACT

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*THE EFFECT OF INTERACTIVE E-BOOK ON CHRONIC ENERGY DEFICIENCY
PREVENTION BEHAVIOR AMONG PREGNANT WOMEN*

1x + 137 pages + 15 tables + 12 appendices

In first-trimester pregnancy, prolonged mismatch between nutritional requirements and daily consumption frequently leads to Chronic Energy Deficiency (CED), typically identified by an Upper Arm Circumference (UAC) under 23.5 cm. Promoting preventive practices via modern learning channels like interactive e-books serves as a practical solution to address this issue. Consequently, this investigation evaluates how interactive e-books alter preventive practices regarding CED among pregnant individuals.

Adopting a quantitative pre-experimental framework, this study employed a one-group pretest-posttest design. Sampling via purposive criteria gathered 44 participants based at the Gading Health Center, Surabaya City. Data collection relied on structured questionnaires evaluating knowledge, attitude, alongside action parameters. Analytical procedures involved the Shapiro-Wilk test and the Wilcoxon Signed Rank Test set at a significance threshold of $\alpha = 0.05$.

Prior to exposure, baseline assessments revealed moderate knowledge levels in the majority of subjects (54.5%), favorable attitudes in most (63.6%), and moderate action practices in half the cohort (50.0%). Post-intervention outcomes following interactive e-book usage demonstrated a shift toward strong knowledge among most participants (56.8%), alongside positive attitudes (95.5%) and sound practices (95.5%) across nearly the entire sample actions (95.5%). The p-value was 0.000 ($p < 0.05$), indicating that the interactive e-book has a significant effect on preventive behavior of anemia in pregnant women.

The improvement of pregnant women's behavior in preventing maternal malnutrition is influenced by many factors, one of which is providing information through interactive e-book media. So, it is hoped that this media can be recommended as an alternative health education tool to improve pregnant women's behavior related to preventing maternal malnutrition.

Keywords: E-Book, Chronic Energy Deficiency, Pregnant Women, Preventive Behavior

References: 44 book (2018-2025)