

ABSTRAK

Verlingga Diah Oktiasa Putri

Efektivitas Edukasi Game-Based Learning Melalui Media Ular Tangga Gizi Terhadap Peningkatan Pengetahuan dan Sikap Ibu Hamil

xv + 85 Halaman + 9 Tabel + 20 Lampiran

Kehamilan merupakan sebuah fase yang paling dinantikan sekaligus menjadi masa berisiko bagi seorang Wanita. Terdapat berbagai komplikasi dan tanda bahaya kehamilan yang seringkali tidak disadari oleh Wanita, salah satunya adalah masalah gizi ibu hamil. Terdapat berbagai persoalan gizi yang belum terselesaikan hingga kini, diantaranya adalah Kekurangan Energi Kronis (KEK), BBLR, anemia, dan sebagainya. Penelitian ini bertujuan mengetahui efektivitas pembelajaran berbasis permainan Ular Tangga Gizi. Desain penelitian ini adalah kuantitatif quasi eksperimen dengan *non-equivalent pretest-posttest control group*. Lokasi penelitian di Puskesmas Banjarejo dengan besar sampel 40 ibu hamil secara *cluster random sampling*, kemudian dibagi menjadi kelompok intervensi media Ular Tangga Gizi ($n = 20$) dan kelompok kontrol media konvensional buku KIA ($n = 20$). Instrumen penelitian kuesioner yang telah dinyatakan valid dan reliabel. Lalu data dianalisis secara statistik *Wilcoxon Signed-Rank* serta Uji *Mann-Whitney U* dengan tingkat signifikansi 0,05. Pada kelompok intervensi, terjadi peningkatan ibu hamil berpengetahuan baik sebesar 95,0%, sedangkan sikap positif mencapai 100,0%. Hasil Uji menunjukkan perbedaan yang signifikan antara sebelum dan sesudah intervensi. Pembelajaran berbasis permainan menggunakan media Ular Tangga Gizi terbukti efektif dalam meningkatkan pengetahuan dan sikap ibu hamil mengenai gizi selama kehamilan. Metode tersebut sebagai alternatif edukasi kesehatan yang interaktif, mudah dipahami, serta berpotensi meningkatkan Kesehatan ibu dan janin.

Kata kunci: Pembelajaran Berbasis Permainan, Ular Tangga Gizi, Pengetahuan, Sikap, Ibu Hamil

Daftar bacaan: 14 buku (2016 – 2024)

ABSTRACT

Verlingga Diah Oktiasa Putri

The Effectiveness of Game-Based Learning Education Using a "Nutrition Snakes and Ladders" Game on Improving the Knowledge and Attitudes of Pregnant Women

xv+ 85 Pages + 9 Tables + 10 Appendices

Pregnancy is a highly anticipated yet high-risk phase for women. Various complications and danger signs often go unnoticed, including nutritional issues. Unresolved nutritional problems persist, such as Chronic Energy Deficiency (CED), Low Birth Weight (LBW), and anemia. This study aimed to determine the effectiveness of a game-based learning approach using the "Nutrition Snakes and Ladders" game. A quantitative quasi-experimental design with a non-equivalent pretest-posttest control group was employed. The study was conducted at the Banjarejo Community Health Center (Puskesmas) with a sample of 40 pregnant women selected via cluster random sampling; they were divided into an intervention group using the "Nutrition Snakes and Ladders" game ($n = 20$) and a control group using conventional Maternal and Child Health (MCH) handbooks ($n = 20$). A validated and reliable questionnaire served as the research instrument. Data were analyzed statistically using the Wilcoxon Signed-Rank test and the Mann-Whitney U test at a significance level of 0.05. In the intervention group, the proportion of pregnant women with good knowledge rose to 95.0%, while those with positive attitudes reached 100.0%. Test results indicated a significant difference between pre- and post-intervention measurements. Game-based learning using "Nutrition Snakes and Ladders" proved effective in improving pregnant women's knowledge and attitudes regarding nutrition during pregnancy. This method offers an interactive, easily understood alternative for health education with the potential to improve maternal and fetal health.

Keywords: Game-based learning, snakes and ladders nutrition, knowledge, attitudes, pregnant women.

References: 14 books (2016–2024)