

ABSTRAK

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Pengaruh Media Booklet Terhadap Pengetahuan Ibu Hamil Tentang Aktivitas Fisik Di Wilayah Kerja Puskesmas Tirto 1

Pendahuluan: Kehamilan seiring dengan perkembangan janin dapat menimbulkan keluhan seperti nyeri punggung, kram otot, kelelahan. Hal tersebut bisa dikurangi dengan melakukan aktivitas fisik yang bermanfaat bagi masa kehamilan dan proses persalinan. Namun seiring berkembangnya zaman informasi kesehatan mudah diperoleh melalui gadget apabila tidak digunakan dengan semestinya maka akan berdampak buruk pada ibu hamil salah satunya menurunkan minat baca oleh karena itu pengetahuan bisa didapatkan juga melalui media baca berupa booklet. Penelitian ini bertujuan mengetahui pengaruh media booklet terhadap ibu hamil tentang aktivitas fisik di Wilayah Kerja Puskesmas Tirto 1.

Metode: Metode Pre Eksperimen dengan desain One group Pretest and Posttest Design Teknik pengambilan sample menggunakan purposive sampling dengan 58 responden. Analisis data menggunakan analisis univariate dan bivariate dengan alat Pengukuran pengetahuan menggunakan kuesioner yang disajikan 22 pertanyaan dengan nilai reliabilitas 0,796 yang dilakukan 2 kali pengisian yaitu pre-test dan post-test. Penelitian ini menggunakan uji nonparametric Wilcoxon Sign Ranks Test.

Hasil: Hasil distribusi frekuensi dan persentase sebelum diberikan intervensi media booklet sebanyak 33 orang (56,9%) berpengetahuan baik dan sesudah diberikan intervensi pemberian booklet meningkat menjadi 54 orang (93,3%) dengan kategori baik. Hasil uji pengaruh menggunakan uji Wilcoxon Sign Ranks Test didapatkan p value 0,000(<0,005), yang berarti ada pengaruh dari pemberian media booklet terhadap pengetahuan ibu hamil

Diskusi: Terdapat adanya pengaruh yang signifikan adanya pemberian media booklet terhadap pengetahuan ibu hamil tentang aktivitas fisik. Ibu Hamil diharapkan mampu menerapkan pengetahuan yang positif sesuai dengan media booklet yang diberikan.

Kata Kunci: *Fisioterapi, Pengetahuan ibu hamil, aktivitas fisik pada ibu hamil, Media Booklet*

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ABSTRACT

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The Effect of Media Booklets on Pregnant Women's Knowledge of Physical Activity in the Tirto 1 Community Health Center Area

Introduction: Pregnancy, along with fetal development, can cause complaints such as back pain, muscle cramps, and fatigue. This can be reduced by doing physical activities that are beneficial for the pregnancy and delivery process. However, as the times change, health information is easily obtained through gadgets. If not used properly, it will have a bad impact on pregnant women, one of which is reducing interest in reading. Therefore, knowledge can also be obtained through reading media in the form of booklets. This study aims to determine the effect of booklet media on pregnant women's physical activity in the Tirto 1 Community Health Center Working Area.

Method: A pre-experimental method with a one-group pretest and posttest design. The sampling technique used was purposive sampling, with 58 respondents. Data analysis used univariate and bivariate analysis with a knowledge measurement tool using a questionnaire consisting of 22 questions with a reliability value of 0.796 which was filled out twice, namely pre-test and post-test. This study used the Wilcoxon signed-rank test.

Results: The results of the frequency distribution and percentage before being given the booklet media intervention showed that 33 people (56.9%) had good knowledge and after being given the booklet intervention, this increased to 54 people (93.3%) with a good category. The results of the influence test using the Wilcoxon Sign Ranks Test obtained a p-value of 0.000 (<0.005), which means that there is an influence of the booklet media on the knowledge of pregnant women.

Discussion: There is a significant influence of the provision of media booklets on pregnant women's knowledge of physical activity. Pregnant women are expected to be able to apply positive knowledge according to the media booklet provided.

Keywords: *physiotherapy, knowledge of pregnant women, physical activity in pregnant women, media booklet*