

**Program Studi Sarjana Keperawatan, Fakultas Ilmu Kesehatan
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ABSTRAK

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Gambaran Perilaku Ibu Hamil dalam Menjaga Kesehatan Setelah Mengikuti Kelas Ibu Hamil di Wilayah Kerja Puskesmas Wonopringgo Kabupaten Pekalongan

Latar belakang : Kelas ibu hamil merupakan sarana belajar kelompok tentang kesehatan ibu hamil, bertujuan meningkatkan pengetahuan dan keterampilan, serta mengubah sikap dan perilaku ibu mengenai kehamilan. Perilaku ibu yang kurang dapat berdampak pada kesehatan ibu dan janin sehingga perlunya menjaga kesehatan ibu hamil dengan mengikuti kelas ibu hamil.

Tujuan : mengetahui gambaran Perilaku Ibu Hamil Dalam Menjaga Kesehatan Setelah Mengikuti Kelas Ibu Hamil.

Metode : metode penelitian yang dilakukan ini yaitu Metode penelitian deskriptif dengan populasi ibu hamil yang mengikuti kelas ibu hamil di Wilayah Kerja Puskesmas Wonopringgo dan didapatkan sampel penelitian sebanyak 40 responden

Hasil : Hasil penelitian didapatkan hasil Karakteristik responden hasil kategori umur rata – rata usia 30 tahun. Kategori pendidikan menunjukkan bahwa hasil dari 23 responden (57,5%) mempunyai pendidikan SMA dan ketegori pekerjaan hasil sebagian besar 22 responden (55%) bekerja. Gambaran Perilaku Ibu Hamil Dalam Menjaga Kesehatan Setelah Mengikuti Kelas Ibu Hamil diperoleh data responden Perilaku ibu hamil baik sebanyak 23 responden (57, 5%). Sedangkan responden yang Perilaku ibu hamil koping religius kurang sebanyak 17 responden (42,5%).

Simpulan : Pada penelitian ini diharapkan dapat meningkatkan pelayanan terutama berkaitan dengan keselamatan pasien pada pasien dengan perilaku ibu hamil dalam menjaga kesehatan setelah mengikuti kelas ibu hamil

Kata kunci : Perilaku, Kelas ibu hamil , Kehamilan.

ABSTRACT

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Description of the Behavior of Pregnant Women in Maintaining Health After Participating in Maternity Classes in the Work Area of the Wonopringgo Health Center, Pekalongan Regency

Background : The class for pregnant women is a means of group learning about the health of pregnant women, aimed at increasing knowledge and skills, as well as changing attitudes and behavior of mothers regarding pregnancy. Poor maternal behavior can have an impact on the health of the mother and fetus, so it is necessary to maintain the health of pregnant women by attending classes for pregnant women.

Objective: to describe the behavior of pregnant women in maintaining health after attending classes for pregnant women.

Methods: The research method used is descriptive research method with a population of pregnant women who take classes for pregnant women in the Wonopringgo Health Center Work Area and the research sample is obtained as many as 40 respondents.

Results: The results of the study showed that the characteristics of the respondents were in the age category, the average age was 30 years. The education category shows that the results of 23 respondents (57.5%) have a high school education and the result of the work category is that most of the 22 respondents (55%) work. Description of Pregnant Women's Behavior in Maintaining Health After Taking Pregnant Women's Classes, the respondent data obtained good behavior of pregnant women as many as 23 respondents (57, 5%). While the respondents whose behavior of pregnant women with religious coping were less than 17 respondents (42.5%).

Conclusion: This study is expected to improve services, especially with regard to patient safety in patients with the behavior of pregnant women in maintaining health after attending classes for pregnant women.

Keywords: Behavior, Class of pregnant women, Pregnancy.