

ABSTRAK

Mutiara Sari¹, Emi Nurlaela², Riah Damawanti³

Penerapan Media Ular Tangga Terhadap Tingkat Pengetahuan Anemia Pada Ibu *Post Sectio Caesarea* Di Ruang Ayyub 1 RS Roemani Muhammadiyah Semarang

Latar belakang : Anemia setelah melahirkan masih menjadi permasalahan kesehatan yang signifikan di tingkat global, dengan prevalensi mencapai 80% pada kalangan wanita di negara berkembang, dan sekitar 50% di negara maju. Pengetahuan serta sikap positif berperan penting dalam mendorong perilaku ibu dalam pencegahan terhadap anemia.

Tujuan : Mengetahui hasil penerapan pendidikan kesehatan melalui media ular tangga terhadap pengetahuan anemia pada ibu *post sectio caesarea*

Metode : Penerapan hasil penelitian Jumania Falindri *et al* (2024) yang berjudul “Media Ular Tangga, Tingkat Pengetahuan Anemia dan Asupan Sumber Zat Besi serta Kadar Hemoglobin Remaja Putri” dalam melakukan asuhan keperawatan pada Ny.E melalui metode studi kasus di Ruang Ayyub 1 RS Roemani Muhammadiyah Semarang. Media ular tangga berisi pertanyaan – pertanyaan sesuai dengan konsep anemia sebanyak 18 soal yang sama dengan metode *pre* dan *post test*. Penilaian pengetahuan dilakukan sebelum dan setelah permainan ular tangga dilakukan.

Hasil : Adanya peningkatan pengetahuan mengenai anemia pada ibu *post sectio caesarea* yang mengalami anemia. Pada saat *pre test* terdapat 14 jawaban benar (77,7%, kategori pengetahuan baik) dan pada saat *post test* menunjukkan 18 jawaban benar (100%, kategori pengetahuan baik), selisih yang didapatkan sebesar 22,3%

Simpulan : Terdapat pengaruh pemberian pendidikan kesehatan melalui media ular tangga terhadap pengetahuan ibu mengenai anemia. Diharapkan penggunaan media ular tangga dapat diterapkan di Rumah Sakit untuk meningkatkan kesejahteraan ibu *post sectio caesarea* atau *post partum* yang mengalami anemia

Kata kunci : Anemia, Ular tangga, Pengetahuan, *Sectio Caesarea*

ABSTRACT

Mutiara Sari¹, Emi Nurlaela², Riah Damawanti³

A case study: Application of Snakes and Ladders Game Media to Improve Knowledge of Anemia in Post-Caesarean Mothers in Ayyub Ward, Roemani Muhammadiyah Hospital, Semarang

Background: Postpartum anemia remains a significant global health problem, with prevalence rates reaching up to 80% among women in developing countries and around 50% in developed countries. Knowledge and positive attitudes play an important role in shaping maternal behavior for the prevention of anemia.

Purpose: This study aims to evaluate the effectiveness of health education using snakes and ladders media on anemia knowledge in post-cesarean mothers.

Method: This study applied the research findings of Jumania Falindri et al. (2024), titled 'Snakes and Ladders Media, Level of Knowledge of Anemia and Intake of Iron Sources and Hemoglobin Levels of Adolescent Girls,' in providing nursing care to Mrs. E through a case study method in the Ayyub Ward of Roemani Muhammadiyah Hospital, Semarang." The snakes and ladders media contains 18 questions based on the concept of anemia, which are also used in the pre-test and post-test methods. Knowledge was assessed before and after playing the snakes and ladders game.

Result: There was an increase in knowledge about anemia among post-cesarean mothers with anemia. In the pre-test, the patient answered 14 questions correctly (77.7%, good knowledge category), while in the post-test, all 18 questions were answered correctly (100%, good knowledge category), showing an improvement of 22.3%.

Conclusion: This study concluded that health education using snakes and ladders media had a positive effect on mothers' knowledge about anemia. It is hoped that the use of snakes and ladders media can be applied in hospitals to improve the well-being of post-cesarean and postpartum mothers with anemia.

Keywords: *Anemia, Snakes and Ladders, Knowledge, Caesarean Section*