

USE OF THE EMO DEMO METHOD FOR KNOWLEDGE OF CHRONIC ENERGY DEFICIENCY (CED) IN PREGNANT WOMEN AT GODEAN 1 HEALTH CENTER

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ABSTRACT

Background of the Study : Overcoming Chronic Energy Deficiency (CED) problems in pregnant woman related to the knowledge of pregnant women, it was necessary to conduct interventions, one of which was through nutrition education that can helped each individual and community in the practice of healthy living behavior by providing information on how to deal with the influence of individual factors, environmental and policy food choices. One of the latest ways in nutrition education was emo demo (emotional demonstration).

Research Objective : To knew the effect of using the emo demo method on knowledge of Chronic Energy Deficiency (CED) in pregnant women at Godean 1 Health Center, Sleman District, D.I.Yogyakarta.

Research Method : This study was a type of analytical research that was "Quasi Experimental (Quasi-Experimental)". The research design used was a pre test - post test without control group design. The location of the study was at Godean 1 Health Center with a sample of 21 pregnant women. Data analysis using Chi-Square Test.

Research Findings : There was a difference in knowledge of pregnant women before and after being given counseling about CED using the emo demo method. Based on the results of statistical tests using the Chi-Square Test it was known that there was an increased in knowledge of 42.9%. Thus the intervention with the emo demo method effectively increases the knowledge of pregnant women about Chronic Energy Deficiency (CED).

Conclusion : There was a significant improve in knowledge of pregnant women after being given CED counseling with the emo demo method.

Keywords : Emo Demo Method, Knowledge, Chronic Energy Deficiency (CED), Pregnant Women

**PENGUNAAN METODE EMO DEMO TERHADAP PENGETAHUAN
KURANG ENERGI KRONIS (KEK) IBU HAMIL DI PUSKESMAS
GODEAN 1**

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ABSTRAK

Latar Belakang : Mengatasi masalah KEK pada ibu hamil berkaitan dengan pengetahuan ibu hamil maka perlu dilakukan adanya intervensi, salah satunya melalui pendidikan gizi yang dapat membantu setiap individu dan masyarakat dalam praktik perilaku hidup sehat dengan memberikan informasi bagaimana mengatasi pengaruh faktor individu, lingkungan dan kebijakan dalam pilihan makanan. Salah satu cara terbaru dalam pendidikan gizi ialah emo demo (*emotional demonstration*).

Tujuan Penelitian : Mengetahui pengaruh penggunaan metode emo demo terhadap pengetahuan Kurang Energi Kronis (KEK) ibu hamil di Puskesmas Godean 1, Kabupaten Sleman, D.I.Yogyakarta.

Metode Penelitian : Penelitian ini adalah jenis penelitian analitik yang bersifat “*Quasi Eksperimental* (Eksperimen Semu)”. Rancangan penelitian yang digunakan adalah *pre test - post test without control group design*. Lokasi penelitian di Puskesmas Godean 1 dengan jumlah sampel sebanyak 21 ibu hamil. Analisis data menggunakan uji *Chi-Square*.

Hasil Penelitian : Ada perbedaan pengetahuan ibu hamil sebelum dan sesudah diberikan penyuluhan tentang KEK dengan metode emo demo. Berdasarkan hasil uji statistik dengan menggunakan Uji *Chi-Square* diketahui bahwa terdapat peningkatan pengetahuan sebesar 42,9%. Dengan demikian intervensi metode emo demo efektif meningkatkan pengetahuan ibu hamil tentang KEK.

Kesimpulan : Ada peningkatan pengetahuan ibu hamil yang bermakna sesudah diberikan penyuluhan KEK dengan metode emo demo.

Kata Kunci : Metode Emo Demo, Pengetahuan, Kurang Energi Kronis (KEK), Ibu Hamil