

PENGARUH PEMBERIAN EDUKASI MENGGUNAKAN MEDIA VIDEO TERHADAP PENGETAHUAN TENTANG PENTINGNYA KONSUMSI TABLET TAMBAH DARAH PADA IBU HAMIL

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ABSTRAK

Latar Belakang : Masalah gizi yang ada di Indonesia salah satunya berkaitan dengan kekurangan zat besi yaitu Anemia Gizi Besi (AGB). Ibu hamil yang memiliki riwayat anemia akan berdampak buruk bagi calon janin maupun ibunya. Berdasarkan hasil Riskesdas 2018, sebanyak 61,9 % ibu hamil mengonsumsi tablet tambah darah <90 butir, artinya ibu hamil tidak mengonsumsi tablet tambah darah sesuai anjuran. Kesadaran mengonsumsi tablet tambah darah tidak lepas dari informasi dan pengetahuan. Penggunaan media video sebagai sarana penyuluhan kesehatan memiliki kelebihan dalam hal memberikan visualisasi yang baik sehingga memudahkan proses penyerapan pengetahuan.

Tujuan: Mengetahui pengaruh pemberian media edukasi video terhadap pengetahuan ibu hamil tentang pentingnya konsumsi tablet tambah darah.

Metode: Penelitian ini adalah penelitian *pre experiment* dengan desain penelitian *one group pre and post test design*. Sampel penelitian ini adalah ibu hamil trimester II yang sedang berkunjung di Puskesmas Gamping II. Teknik pengambilan sampel menggunakan *purposive sampling*. Sampel penelitian dipilih berdasarkan kriteria inklusi dan eksklusi. Jumlah sampel dalam penelitian ini adalah 35 ibu hamil. Analisis data menggunakan uji *Kolmogrov Smirnov* dan menggunakan metode *Paired Sample t-test*.

Hasil : Hasil penelitian menunjukkan bahwa nilai rata-rata *pretest* sebesar 80,11 dan sesudah diberikan intervensi menggunakan media edukasi video rata-rata hasil pengetahuan responden meningkat menjadi 94,34. Hasil analisis statistik menunjukkan bahwa ada pengaruh pemberian edukasi menggunakan media video terhadap pengetahuan ibu hamil tentang pentingnya konsumsi tablet tambah darah.

Kesimpulan : Adanya pengaruh pemberian edukasi menggunakan media video terhadap pengetahuan pada ibu hamil mengenai pentingnya tablet tambah darah antara sebelum dan sesudah diberikan intervensi.

Kata Kunci : Anemia, Tablet Tambah Darah, Video, Pengetahuan

THE EFFECT OF EDUCATION USING VIDEO MEDIA ON KNOWLEDGE ABOUT THE IMPORTANCE OF TABLET CONSUMPTION FOR PREGNANT

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Background: One of the nutritional problems in Indonesia is related to iron deficiency, namely Iron Nutritional Anemia (AGB). Pregnant who have a history of anemia will hurt the prospective fetus and mother. Based on Rikesdas 2018, as many as 61.9% of pregnant consume blood boost tablets <90 grains, meaning that pregnant do not take blood booster tablets as recommended. Awareness of consuming blood booster tablets cannot be separated from information and knowledge. The use of video media as a means of health education has advantages in providing good visualization to facilitate of absorbing knowledge.

Purpose: To determine the effect of providing video education media on the knowledge of pregnant about the importance of consuming blood booster tablets.

Method: This research is a pre-experimental research with a one-group pre- and post-test design. The sample of this study was the second trimester pregnant who were visiting in Puskesmas Gamping II. The sampling technique used was purposive sampling. The research sample was selected based on the inclusion and exclusion criteria. The number of samples in this study were 35 pregnant. Data analysis used the Kolmogrov Smirnov test and the Paired Sample t-test method.

Result: The results showed that the average value of the pretest was 80.11 and after being given an intervention using video education media the average knowledge of respondents increased to 94.34. The results of statistical analysis showed that there was an effect of providing education using video media on the knowledge of pregnant about the importance of consuming blood booster tablets .

Conclusion: There is an effect of providing education using video media on knowledge of pregnant about the importance of blood booster tablets between before and after being given the intervention.

Keyword: Anemia, Blood booster tablets, Videos, Knowledge