

PENGARUH PENDIDIKAN KESEHATAN DENGAN METODE *TAKE AND GIVE*
TERHADAP PENGETAHUAN IBU HAMIL TENTANG PENCEGAHAN *STUNTING* DI PMB
BEKTI ISTIRAHAYU PURWOREJO TAHUN 2022
Andika Candra Putri, Dwiana Estiwidani, Margono
Jurusan Kebidanan Poltekkes Kemenkes Yogyakarta
Jl. Mangkuyudan MJ III, Yogyakarta
Email: andikacandraputri06@gmail.com

ABSTRAK

Latar Belakang: Kasus *stunting* yang terjadi dapat disebabkan oleh tingkat pengetahuan ibu hamil mengenai *stunting* yang masih rendah. Berdasarkan studi pendahuluan, prevalensi angka *stunting* di wilayah PMB Bakti Istirahayu cukup tinggi. Salah satu metode pendidikan *cooperative learning* yang telah berhasil diteliti dan diadaptasi dalam pendidikan kesehatan adalah metode *take and give*.

Tujuan: Diketahui pengaruh pendidikan kesehatan dengan metode *take and give* terhadap pengetahuan ibu hamil tentang pencegahan *stunting* di PMB Bakti Istirahayu Purworejo Tahun 2022

Metode: Jenis penelitian yang digunakan adalah observasional kuantitatif. Dengan desain metode *pre-experiment* dengan desain *one group pre and post test*,. Populasi yang digunakan adalah semua ibu hamil di wilayah PMB Bakti Istirahayu. Jumlah sampel yang digunakan adalah 40 responden. Instrument penelitian menggunakan kuesioner. Analisis data menggunakan analisis univariat, *paired t-test* dan *independent t test* dengan derajat kepercayaan 95%.

Hasil: Pada kelompok eksperimen, rata-rata pengetahuan ibu hamil sebelum penelitian sebesar 66,38, sedangkan setelah intervensi meningkat menjadi 83,33. Berdasarkan uji *paired t test* didapatkan nilai *p value* sebesar <0,001. Pada kelompok kontrol selisih rata-rata pengetahuan ibu adalah 3,89. Hasil *paired t test* menunjukkan nilai *p value* sebesar 0,002. Berdasarkan hasil analisis *independent t test* menunjukkan metode *take and give* berpengaruh terhadap peningkatan pengetahuan, dinyatakan dengan nilai *p value* <0.001.

Kesimpulan: Edukasi dengan metode *take and give* lebih meningkatkan pengetahuan ibu hamil tentang pencegahan *stunting* dibanding dengan ceramah menggunakan *leaflet*

Kata Kunci: Ibu hamil, Pengetahuan, *take and give*

THE EFFECT OF HEALTH EDUCATION WITH THE TAKE AND GIVE ON KNOWLEDGE OF PREGNANT MOTHERS ABOUT STUNTING IN PMB BEKTI ISTIRAHAYU PURWOREJO IN 2022

*Andika Candra Putri, Dwiana Estiwidani, Margono
Department of Midwifery Poltekkes Kemenkes Yogyakarta
Jl. Mangkuyudan MJ III, Yogyakarta
Email: andikacandraputri06@gmail.com*

ABSTRACT

Background: *The high cases of stunting that occur can be caused by the low level of knowledge of pregnant women about stunting . Based on a preliminary study, the prevalence of stunting in the PMB Bakti Istirahayu area was quite high. One method of cooperative learning that has been successfully researched and adapted in health education was the take and give .*

Objective: *the effect of health education using the take and give on the knowledge of pregnant women about stunting prevention at PMB Bakti Istirahayu Purworejo in 2022*

Methods: *The type of research used was quantitative observational. With a pre-experimental with a one group pre and post test design,. The population used were all pregnant women in the PMB Bakti Istirahayu area. The number of samples used was 40 respondent. The research instrument used a questionnaire. Data analysis used univariate analysis, paired t-test and independent t-test with 95% confidence.*

Results: *In the experimental group, the average knowledge of pregnant women before the study was 66.38, while after the intervention increased to 83.33. Based on the paired t test obtained p value of <0.001 wasIn the control group, the average difference in mother's knowledge was 3.89. The results paired t test show a p value of 0.002. Based on the results of the independent t test shows that the take and give method has an effect on increasing knowledge, expressed by a p value of <0,001.*

Conclusion: *Education using the take and give increases the knowledge of pregnant women about stunting prevention compared to lectures using leaflets*

Keywords: *Pregnant women, Knowledge, take and give*