

PROGRAM EDUKASI GIZI MELALUI BOOKLET “IBU PINTAR CEGAH ANEMIA” TERHADAP PENGETAHUAN DAN SIKAP CALON PENGANTIN WANITA DALAM PENCEGAHAN ANEMIA DI KECAMATAN GAMPING

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ABSTRAK

Latar Belakang: Anemia pada wanita usia subur, khususnya calon pengantin, merupakan masalah kesehatan yang berdampak signifikan terhadap kualitas kehamilan dan generasi mendatang. Prevalensi anemia pada ibu hamil di Indonesia masih tercatat sebesar 27,7% (SKI, 2023), sementara di Kecamatan Gamping angka anemia ibu hamil mencapai 33% pada tahun 2022. Edukasi gizi pada masa pra-konsepsi menjadi langkah strategis dalam pencegahan anemia sebelum kehamilan terjadi.

Tujuan: Penelitian ini bertujuan mengetahui pengaruh program edukasi gizi melalui booklet “Ibu Pintar Cegah Anemia” terhadap pengetahuan dan sikap calon pengantin wanita dalam pencegahan anemia di Kecamatan Gamping.

Metode: Penelitian ini merupakan penelitian *quasi experimental* dengan desain *Pre-post Test with Control Group Design*. Sampel terdiri dari 48 calon pengantin wanita yang dibagi menjadi kelompok intervensi booklet (n=24) di KUA Gamping dan kelompok kontrol leaflet (n=24) di KUA Godean, dipilih dengan purposive sampling. Data dianalisis menggunakan Paired Sample T-Test, Wilcoxon Signed Rank Test, dan Mann-Whitney U Test.

Hasil: Hasil menunjukkan terdapat peningkatan pengetahuan signifikan pada kelompok booklet dari 60,58 menjadi 86,38 dan sikap dari 73,83 menjadi 83,29 (keduanya p=0,001). Kelompok leaflet juga mengalami peningkatan pengetahuan dari 66,29 menjadi 79,91 dan sikap dari 77,04 menjadi 84,08 (keduanya p=0,001). Media booklet terbukti lebih efektif dalam meningkatkan pengetahuan dibandingkan leaflet (p=0,003), namun tidak terdapat perbedaan signifikan pada variabel sikap antara kedua media (p=0,208).

Kesimpulan: Program edukasi gizi melalui booklet “Ibu Pintar Cegah Anemia” terbukti efektif meningkatkan pengetahuan dan sikap calon pengantin wanita dalam pencegahan anemia. Media booklet lebih unggul dibandingkan leaflet dalam peningkatan pengetahuan, sedangkan keduanya memiliki efektivitas yang setara dalam perubahan sikap.

Kata Kunci: Anemia, Booklet, Calon Pengantin Wanita, Edukasi Gizi, Leaflet, Pengetahuan, Sikap

NUTRITION EDUCATION PROGRAM THROUGH THE BOOKLET “SMART
MOTHER PREVENTS ANEMIA” ON KNOWLEDGE AND ATTITUDES OF
PROSPECTIVE BRIDES IN ANEMIA PREVENTION IN GAMPING DISTRICT

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ABSTRACT

Background: Anemia among women of reproductive age, particularly prospective brides, is a significant public health problem that directly impacts the quality of pregnancy outcomes and future generations. The prevalence of anemia among pregnant women in Indonesia remains at 27.7% (SKI, 2023), while in Gamping District the figure reached 33% in 2022. Nutrition education during the pre-conception period is a strategic step in preventing anemia before pregnancy occurs.

Objective: This study aimed to determine the effect of a nutrition education program through the booklet “Ibu Pintar Cegah Anemia” on the knowledge and attitudes of prospective brides regarding anemia prevention in Gamping District.

Methods: This study employed A quasi-experimental design with a Pre-post Test with Control Group Design was employed. Samples consisted of 48 prospective brides divided into an intervention group receiving booklet-based education (n=24) at KUA Gamping and a control group receiving leaflet-based education (n=24) at KUA Godean, selected through purposive sampling. Data were analyzed using the Paired Sample T-Test, Wilcoxon Signed Rank Test, and Mann-Whitney U Test

Results: Results showed a significant improvement in knowledge in the booklet group from 60.58 to 86.38 and attitudes from 73.83 to 83.29 (both $p=0.001$). The leaflet group also demonstrated improvements in knowledge from 66.29 to 79.91 and attitudes from 77.04 to 84.08 (both $p=0.001$). The booklet was significantly more effective in improving knowledge than the leaflet ($p=0.003$), while no significant difference was found in attitude change between the two media ($p=0.208$).

Conclusion: The nutrition education program through the booklet “Ibu Pintar Cegah Anemia” effectively improved knowledge and attitudes of prospective brides. The booklet outperformed the leaflet in increasing knowledge, while both media demonstrated equivalent effectiveness in changing attitudes.

Keywords: Anemia, Attitudes, Booklet, Knowledge, Leaflet, Nutrition Education, Prospective Brides