

THE EFFECT OF THE SEHATI POCKET BOOK MEDIA ON THE KNOWLEDGE OF PREGNANT WOMEN ABOUT GINGIVITIS

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ABSTRACT

Background: The Indonesia Health Survey (2023) reported 56,9% prevalence of oral health problems, including swollen gums at 7,3% and easy gum bleeding at 6,8%. Physiological and psychological changes during pregnancy affect oral health, especially the gingiva. A pocketbook as a practical, easily accessible non-electronic educational medium has the potential to improve pregnant women's knowledge about gingivitis.

Objective: To determine the effect of health promotion using the pocketbook on pregnant women's knowledge about gingivitis.

Methods: The study used a quasi-experimental method with a pre-test and post-test non-equivalent control group design. The sample comprised 72 respondents divided into two groups, namely 36 in the experimental group and 36 in the control group, selected by purposive sampling. The research was conducted in February 2026 in the working area of Puskesmas Karanganyar. Data were collected using a questionnaire. Data analysis included normality test, Wilcoxon test, and Mann Whitney test.

Results: In the experimental group, the proportion of pregnant women with good knowledge increased from 13,9% (good) to 94,4% (good) after education with the pocketbook. The Wilcoxon signed-rank test yielded Sig. (p) = 0,000 < 0,05, indicating a significant difference between pre- and post-promotion scores. The Mann–Whitney U test showed Sig. (p) = 0,015 < 0,05, indicating a significant effect on knowledge after the intervention.

Conclusion: Health education using the pocketbook significantly improved pregnant women's knowledge about gingivitis.

Keywords: pocketbook, knowledge, pregnan women, *gingivitis*.

PENGARUH MEDIA BUKU SAKU SEHATI TERHADAP PENGETAHUAN IBU HAMIL TENTANG *GINGIVITIS*

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ABSTRAK

Latar Belakang: Survei Kesehatan Indonesia (2023) menunjukkan 56,9% masalah kesehatan gigi dan mulut, dengan gusi bengkak 7,3% dan gusi mudah berdarah 6,8%. Perubahan fisiologis dan psikologis selama kehamilan memengaruhi kesehatan gigi dan mulut, terutama gingiva. Buku saku sebagai media edukasi praktis dan mudah diakses tanpa elektronik berpotensi meningkatkan pengetahuan ibu hamil tentang gingivitis.

Tujuan: Diketuinya pengaruh promosi kesehatan menggunakan media buku saku terhadap pengetahuan ibu hamil tentang *gingivitis*.

Metode: Metode penelitian *quasi eksperiment* dengan rancangan *pre-test and post-test with non-equivalent control-group design*. Jumlah sampel 72 responden, dibagi menjadi dua kelompok, yaitu kelompok perlakuan 36 dan kontrol 36 responden dengan *purposive sampling*. Penelitian ini dilakukan pada bulan Februari 2026 di wilayah kerja Puskesmas Karanganyar. Instrumen data menggunakan kuesioner. Analisis data menggunakan uji normalitas, uji *Wilcoxon* dan uji *Mann-Whitney*.

Hasil: Pada kelompok perlakuan, pengetahuan ibu hamil meningkat dari 13,9% (baik) menjadi 94,4% (baik) setelah edukasi dengan media buku saku. Uji *Wilcoxon Signed Ranks Test* diperoleh nilai *Sig.(p)*=0,000<0,05, menandakan terdapat perbedaan nilai sebelum dan sesudah promosi. Uji *Mann-Whitney* menunjukkan hasil *Sig.(p)*=0,015<0,05, menandakan adanya pengaruh pada pengetahuan sesudah diberikan promosi.

Kesimpulan: Edukasi menggunakan media buku saku berpengaruh terhadap pengetahuan ibu hamil tentang *gingivitis*.

Kata Kunci: buku saku, pengetahuan, ibu hamil, *gingivitis*.