









<b>JUDUL PENELITIAN : Model KIE (komunikasi, informasi, edukasi) pada Pencegahan Hypohidrosis Kehamilan di Wilayah Puskesmas Kecamatan Kebon Jeruk, Jakarta Barat</b>	
 <b>Peneliti</b>	 <b>Ringkasan Eksekutif</b>
<p>Ketua : Dr. Erry Yudhya Mulyani, M.Sc</p> <p>Anggota :</p> <ol style="list-style-type: none"> <li>1. Idrus Jus'at, Ph.D</li> <li>2. Dudung Angkasa, S.Gz, M.Gizi</li> </ol>	<p>Kata Kunci : Dehidrasi; Gizi; Ibu hamil; Kehamilan; Keseimbangan cairan</p> <div style="background-color: #4F81BD; color: white; padding: 5px; margin-top: 10px;">  <b>HKI dan Publikasi</b> </div> <ol style="list-style-type: none"> <li>1. Leaflet hidrasi</li> <li>2. Gizi Indon 2019, 42(2):91-100. Doi: 10.36457/gizindo.v42i2.462</li> </ol>

 <b>Latar Belakang</b>	 <b>Hasil dan Manfaat</b>
<p>Gizi memegang peranan penting dalam siklus hidup manusia. Kekurangan gizi pada ibu hamil dapat menyebabkan Bayi Berat Lahir Rendah (BBLR) dan dapat pula menyebabkan penurunan tingkat kecerdasan. Penelitian dehidrasi kehamilan di Yunani didapatkan bahwa pada ibu hamil di trimester pertama mengalami ketidakseimbangan cairan (dehidrasi) sebesar (30.0%), trimester kedua (33.0%) dan trimester ketiga (39.0%), dan secara keseluruhan kejadian dehidrasi pada ibu hamil yaitu 34.0%. Dehidrasi merupakan ketidakseimbangan cairan tubuh dikarenakan pengeluaran cairan lebih besar daripada pemasukan.</p>	<p>Hasil dari penelitian ini didapat yaitu, Subjek pada tahap intervensi yaitu rata-rata umur kehamilan ibu hamil yaitu 21.3 minggu. Rata-rata berat badan pada trimester ke-2 adalah 62,7 kg, tinggi badan 158.1 cm, Lingkar Lengan Atas 32.4 cm serta kadar hemoglobin 12.2 g/dL. Rata-rata Lingkar lengan atas menunjukkan normal karena diatas 23.5 cm. Selain itu kadar hemoglobin subjek tergolong normal karena &gt; 11 g/dL. Prevalensi ibu hamil ditrimester kedua sebesar 44.0% mengalami dehidrasi. Terdapat perbedaan asupan air dan tingkat asupan air pada kedua kelompok ibu hamil yang normal dan dehidrasi. Sebagian besar subjek menyukai tipe media pendidikan gizi berubah audio-visual sebesar 40.0%, memiliki ketertarikan pada aplikasi hidrasi AR (Augmented Reality) yaitu 36.0%, sebagian besar subjek yang memilih aplikasi memiliki alasan media tersebut lebih menarik, mudah dilihat dan dipahami 58.0%,</p>

 <b>Metode</b>	
<p>Penelitian ini bertujuan untuk mengembangkan model KIE (komunikasi, informasi, edukasi) pada pencegahan hypohidrasi kehamilan di wilayah Puskesmas Kecamatan Kebon Jeruk, Jakarta Barat. Metode penelitian ini adalah bersifat <i>cross-sectional</i> dan <i>cohort longitudinal</i>. Penelitian ini akan dilakukan selama 3 tahun dengan tahapan penelitian. Beberapa data dan informasi diambil untuk mengetahui gambaran karakteristik dan permasalahan yang ada pada ibu hamil di wilayah tersebut. Data biomarker sebagai indikator dari intervensi media KIE yang dilakukan, yaitu untuk mengetahui efektifitas peranan media KIE baik secara visual ataupun media audiovisual. Subjek dalam penelitian ini adalah ibu hamil yang memeriksakan rutin pemeriksaan kehamilannya di wilayah Puskesmas Kebon Jeruk Jakarta Barat. Adapun luaran pada tahun pertama penelitian adalah tersedianya informasi tentang permasalahan gizi dan hidrasi di wilayah pkm serta informasi edukasi gizi dan hidrasi melalui beberapa model media KIE yang akan dikembangkan di tahun selanjutnya. Penelitian ini memiliki ukuran TKT (Tingkat Kesiapterapan Teknologi) nomor tiga (3) yaitu upaya pembuktian konsep (<i>proof-of-concept</i>) fungsi dan/atau karakteristik penting secara analitis dan eksperimental.</p>	<p>edukasi audio, lebih jelas dan menarik 26.0% dan suka dikarenakan gambar dan bentuk 16.0%.</p>

 <p><b>Skema LITABMAS</b></p> <p>PTUPT (Penelitian Terapan Unggulan Perguruan Tinggi)</p>	 <p><b>Ucapan terimakasih</b></p> <p>Penelitian ini merupakan kerjasama Universitas Esa Unggul dengan Puskesmas Kecamatan Kebon Jeruk Jakarta Barat yang mendapatkan pendanaan hibah Kementistek Dikti.</p>

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