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FAKULTAS ILMU-ILMU KESEHATAN
PROGRAM STUDI GIZI**

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**PENGARUH PEMBERIAN GELAS EDUKASI TERHADAP PENGETAHUAN DAN SIKAP
HIDRASI IBU HAMIL POSYANDU DESA TUNJUNG KECAMATAN KUBUTAMBAHAN
PROVINSI BALI.**

VI BAB, 67 Halaman, 4 Tabel

Latar Belakang: Pada setiap tahap kehamilan seorang ibu hamil membutuhkan makanan dan cairan, dengan kandungan gizi berbeda dan disesuaikan dengan kondisi tubuh dan perkembangan janin. Ibu hamil harus makan dan minum, makanan yang mengandung gizi bermutu tinggi, gizi bagi ibu hamil juga sangatlah penting bagi kesehatan janin dalam kandungan, ibu hamil yang kekurangan gizi dapat mengakibatkan perkembangan janin tidak normal, gizi ibu hamil mempengaruhi janin. **Tujuan:** Mengetahui pengaruh pemberian gelas edukasi terhadap pengetahuan dan sikap hidrasi ibu hamil posyandu desa Tunjung kecamatan Kubutambahan provinsi Bali. **Metode:** Penelitian dilakukan di Posyandu Desa Tunjung kecamatan Kubutambahan provinsi Bali. Penelitian ini akan dilaksanakan pada bulan November-Desember 2021. Dengan menganalisis pemberian gelas edukasi terhadap pengetahuan dan sikap hidrasi ibu hamil. Jenis penelitian adalah Quasi Experimental dengan rancangan peneliti dan jumlah responden sebanyak 35 orang ibu hamil. Analisis data yang digunakan di peroleh menggunakan program statistic dengan dua macam analisis yaitu analisis univariat dan bivariat. **Hasil:** Berdasarkan pengumpulan data menggunakan angket penelitianm diketahui Jumlah responden tertinggi berada pada usia 26-30 tahun. rerata usia ibu termasuk usia ideal secara reproduktif berdasarkan BKKBN yaitu 20-35 tahun. Responden tertinggi berada pada yang memiliki usia kehamilan 21-30 minggu dan keseluruhan responden memiliki tingkat gravida di 1 sampai 6. Hasil uji statistik dengan menggunakan uji Paired Sample T-Test menunjukkan nilai $p=0.037$ yang berarti terdapat perbedaan pengetahuan ibu hamil sebelum dengan setelah diberikan intervensi berupa media Gelas edukasi pada intervensi. Peningkatan skor pengetahuan pada intervensi bermakna secara statistik. Hasil uji statistik dengan menggunakan uji Paired Sample T-Test menunjukkan nilai $p=0.049$ yang berarti terdapat perbedaan sikap ibu hamil sebelum dengan setelah diberikan intervensi berupa media Gelas edukasi pada kelompok intervensi. Peningkatan skor sikap pada intervensi bermakna secara statistik. **Kesimpulan:** Pemberian media gelas edukasi efektif meningkatkan skor pengetahuan dan sikap pada Hidrasi Ibu Hamil Pada Posyandu Desa Tunjung Kecamatan Kubutambahan Provinsi Bali. Serta Diharapkan pemberian penyuluhan terhadap hidrasi pada ibu hamil dapat menambahkan metode dengan media gelas edukasi di Posyandu Desa Tunjung Kecamatan Kubutambahan agar pengetahuan dan sikap ibu hamil dapat lebih ditingkatkan

Kata Kunci : Gelas Edukasi, Pengetahuan Hidrasi, Sikap Hidrasi



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THE EFFECT OF GIVING EDUCATIONAL GLASSES ON KNOWLEDGE AND HYDRATION ATTITUDES OF PREGNANT WOMEN AT POSYANDU, TUNJUNG VILLAGE, KUBUTAMBAHAN SUB-DISTRICT, BALI PROVINCE.

VI CHAPTER, 67 Pages, 4 Tables

Introduction: At every stage of pregnancy, a pregnant woman needs food and fluids, with different nutritional content and adapted to body conditions and fetal development. Pregnant women must eat and drink, foods that contain high-quality nutrients, nutrition for pregnant women is also very important for the health of the fetus in the womb, pregnant women who lack nutrition can cause abnormal fetal development, nutrition of pregnant women affects the fetus. **Objective:** To determine the effect of providing educational glasses on knowledge and hydration attitudes of pregnant women at the posyandu in Tunjung village, Kubuaddan sub-district, Bali province. **Methods:** The research was conducted at the Posyandu, Tunjung village, Kubutambahan sub-district, Bali province. This research will be conducted in November-December 2021. By analyzing the provision of educational glasses on knowledge and hydration attitudes of pregnant women. This type of research is a Quasi Experimental research design with and the number of respondents is 35 pregnant women. Analysis of the data used was obtained using a statistical program with two kinds of analysis, namely univariate and bivariate analysis. **Results:** Based on data collection using research questionnaires, it is known that the highest number of respondents is in the age of 26-30 years. The average maternal age, including the reproductive ideal age based on the BKKBN, is 20-35 years. The highest respondents are those who have a gestational age of 21-30 weeks and all respondents have a gravida level of 1 to 6. The results of statistical tests using the Paired Sample T-Test test show p value = 0.037 which means there is a difference in knowledge of pregnant women before and after being given intervention in the form of educational glass media in the intervention group. The increase in knowledge scores in the intervention group was statistically significant. The results of statistical tests using the Paired Sample T-Test test showed a p value = 0.049 which means that there are differences in the attitudes of pregnant women before and after being given the intervention in the form of educational glass media in the intervention group. The increase in attitude scores in the intervention group was statistically significant. **Conclusion:** The provision of educational glass media is effective in increasing knowledge and attitude scores on hydration for pregnant women at the Posyandu, Tunjung Village, Kubuaddan District, Bali Province. It is also hoped that the provision of counseling on hydration to pregnant women can add methods with educational glass media at the Posyandu, Tunjung Village, Kubutambahan Subdistrict so that the knowledge and attitudes of pregnant women can be further improved.

Keywords: Educational Glass, Hydration Knowledge, Hydration Attitude

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