

ABSTRAK

PENGARUH PENDIDIKAN KESEHATAN TERHADAP PERILAKU MINUM JAMU IBU HAMIL TRIMESTER I DI DESA SANA TENGAH KECAMATAN PASEAN

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Kebiasaan mengkonsumsi jamu saat hamil dapat menyebabkan kesulitan pada saat persalinan seperti ketuban keruh, menghambat kontraksi, dan keguguran. Penelitian ini bertujuan untuk mengetahui pengaruh pendidikan kesehatan terhadap perilaku minum jamu ibu hamil trimester 1. Desain penelitian ini yaitu *pra eksperimental*, jumlah populasi sebanyak 73 orang dengan teknik *simple random sampling* dengan jumlah sampel 46 orang, alat ukur menggunakan lembar observasi, uji *paired sampel t test*. Hasil penelitian ini didapatkan sebelum diberikan pendidikan kesehatan menunjukkan sebagian besar ibu hamil trimester 1 sering minum jamu sebanyak 26 orang (56,5%), sesudah diberikan pendidikan kesehatan menunjukkan sebagian besar ibu hamil trimester 1 tidak pernah minum jamu sebanyak 33 orang (71,7%). Berdasarkan uji analisis menggunakan *paired sampel t test* didapatkan p value 0,000 ($<0,05$), maknanya ada pengaruh pendidikan kesehatan terhadap perilaku minum jamu pada ibu hamil trimester 1 di Desa Sana Tengah Kecamatan Pasean Kabupaten Pamekasan. Kesimpulan pendidikan kesehatan penting bagi ibu hamil trimester 1, dengan itu ibu hamil trimester 1 dapat mengetahui hal-hal yang baik bagi kesehatan dan kehamilannya.

Kata kunci: pendidikan kesehatan, jamu, ibu hamil

ABSTRACT

THE INFLUENCE OF HEALTH EDUCATION ON THE DRINKING BEHAVIOR OF JAMU IN THE 1st TRIMESTER PREGNANT WOMEN IN SANA VILLAGE CENTER OF PASEAN DISTRICT

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The habit of consuming herbal medicine during pregnancy can cause difficulties during labor such as cloudy membranes, inhibited contractions, and miscarriages. This study aims to determine the effect of health education on drinking behavior of pregnant women in the first trimester. The research design is pre-experimental, the population is 73 people using simple random sampling technique with a total sample of 46 people, measuring instruments using observation sheets, paired sample t test. The results of this study were obtained before being given health education showing that most of the first trimester pregnant women often drank herbal medicine as many as 26 people (56.5%), after being given health education it showed most of the first trimester pregnant women never drank herbal medicine as many as 33 people (71.7 %). Based on the analysis test using the paired sample t test, it was obtained a p value of 0.000 (<0.05), meaning that there was an effect of health education on the behavior of drinking herbal medicine in first trimester pregnant women in Sana Tengah Village, Pasean District, Pamekasan Regency. The conclusion is that health education is important for pregnant women in the first trimester, with that in the first trimester pregnant women can know things that are good for their health and pregnancy.

Keywords: health education, herbal medicine, pregnant women