

ABSTRAK

EFEKTIFITAS PEMBERIAN INFORMASI MEDIA EDUKASI GIZI BERBASIS INOVASI KEARIFAN LOKAL TERHADAP PENCEGAHAN ANEMIA PADA IBU HAMIL DI WILAYAH KERJA PUSKESMAS PRAGAAN KABUPATEN SUMENEP

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Anemia merupakan masalah utama pada ibu hamil di Indonesia, salah satunya di Kecamatan Pragaan Kabupaten Sumenep yang angka anemia pada ibu hamil masih terbilang cukup tinggi. Tujuan penelitian untuk mengetahui bagaimana efektifitas pemberian informasi media edukasi gizi berbasis inovasi kearifan lokal terhadap pencegahan anemia pada ibu hamil di wilayah kerja Puskesmas Pragaan Kabupaten Sumenep.

Desain Penelitian ini adalah kuantitatif dengan jenis penelitian *quasi eksperimen*. Responden penelitian adalah ibu hamil di wilayah kerja Puskesmas Pragaan Kabupaten Sumenep yang berjumlah 192 orang. Teknik pengambilan sampel menggunakan teknik *Random Sampling* dengan sampel 65 ibu hamil. Pengumpulan data menggunakan kuisioner. Uji statistic menggunakan uji *Paired Sample T-test*.

Hasil penelitian menunjukkan sebelum diberikan edukasi terdapat 44 ibu yang sebagian besar memiliki informasi kurang sedangkan setelah diberikan edukasi terdapat 52 ibu yang sebagian besar memiliki informasi yang baik. Hasil uji *Paired Sample T-test* pada sebelum dan sesudah diberikan edukasi didapatkan nilai *p-value* 0.000 yang menunjukkan bahwa nilai $p < 0.05$.

Dapat disimpulkan bahwa ada efektifitas pemberian informasi media edukasi gizi berbasis inovasi kearifan lokal terhadap pencegahan anemia pada ibu hamil di wilayah kerja Puskesmas Pragaan Kabupaten Sumenep. Oleh karena itu perlu adanya edukasi tentang pencegahan anemia pada ibu hamil untuk meminimalisir dan mengurangi angka anemia pada ibu hamil.

Kata Kunci : Informasi Media Edukasi, Anemia, Pragaan

ABSTRACT

THE EFFECTIVENESS OF PROVIDING NUTRITION EDUCATION MEDIA INFORMATION BASED ON LOCAL WISDOM INNOVATION ON THE PREVENTION OF ANEMIA IN PREGNANT WOMEN IN THE PRAGAAN HEALTH CENTER, SUMENEP REGENCY

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Anemia is the main problem in pregnant women in Indonesia, one of which is in Pragaan District, Sumenep Regency, where the rate of anemia in pregnant women is still quite high. The study aimed to determine the effectiveness of providing nutrition education media information based on local wisdom innovations on the prevention of anemia in pregnant women in the working area of the Pragaan Health Center, Sumenep Regency.

Design This research was quantitative and quasi-experimental. The study's respondents were pregnant women in the Pragaan Health Center, Sumenep Regency which amounts to one hundred ninety two people. The sampling technique was the Random Sampling technique, with a sample of 65 pregnant women. Data collection uses questionnaires. The statistical test used the Paired Sample T-test.

The results showed that before being given education, 44 mothers mostly had less information, while after being given education, 52 mothers mostly had good information. The results of the Paired Sample T-test before and after education were given a p-value of 0.000, which showed the $p < 0.05$ value.

It can be concluded that there is effectiveness in providing nutrition education media information based on local wisdom innovations on the prevention of anemia in pregnant women in the working area of the Pragaan Health Center, Sumenep Regency. Therefore, there is a need for education about the prevention of anemia in pregnant women to minimize and reduce the number of anemia in pregnant women.

Keywords: Educational Media Information, Anemia, Pragaan