

**PENGARUH PENDIDIKAN KESEHATAN DENGAN MEDIA POSTER
TERHADAP PENGETAHUAN IBU HAMIL TENTANG ANEMIA
PADA IBU HAMIL DI WILAYAH KERJA PUSKESMAS
LINGGAR KABUPATEN BANDUNG**

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ABSTRAK

Anemia kehamilan menyebabkan ibu mempunyai risiko besar perdarahan dalam melahirkan. Selain hal itu anemia kehamilan dapat menyebabkan komplikasi pada bayi seperti *premature* dan BBLR. 95% kasus anemia kehamilan disebabkan kekurangan zat besi. Faktor yang mempengaruhi anemia salah satu pengetahuan ibu hamil. Pengetahuan yang rendah mempengaruhi ibu hamil dalam melakukan perawatan anemia. Salah satu upaya peningkatan pengetahuan adalah melakukan pendidikan kesehatan poster. Tujuan penelitian untuk mengetahui pengaruh pendidikan kesehatan dengan media poster terhadap pengetahuan ibu hamil tentang anemia pada ibu hamil di wilayah kerja Puskesmas Linggar Kabupaten Bandung. Metode penelitian menggunakan *design one grup pre test and post test*. Responden berjumlah 50 orang ibu hamil dari trimester I-III, menggunakan teknik *accidental sampling* dimana analisis menggunakan distribusi frekuensi dan *wilcoxon*. Hasil pengetahuan ibu hamil anemia sebelum diberikan pendidikan kesehatan dengan media poster mempunyai median 8, minimum 4, maximum 14. Hasil pengetahuan ibu hamil sesudah diberikan pendidikan kesehatan dengan media poster mempunyai median 13, minimum 10, maximum 19. Hasil penelitian menunjukkan nilai *p-value* ($0,000 < 0,005$) yang artinya ada pengaruh pendidikan kesehatan dengan media poster terhadap pengetahuan ibu hamil tentang anemia pada ibu hamil. Saran dari penelitian ini agar Puskesmas Linggar terus melakukan pendidikan kesehatan kepada ibu hamil untuk mencegah anemia.

Kata kunci : Anemia, Ibu Hamil, Pendidikan Kesehatan, Poster

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**THE INFLUENCE OF HEALTH EDUCATION USING POSTER MEDIA ON
PREGNANT WOMEN'S KNOWLEDGE ABOUT ANEMIA IN PREGNANT
WOMEN IN THE WORKING AREA OF THE LINGGAR PUSKESMAS
BANDUNG DISTRICT**

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ABSTRACT

Pregnancy anemia puts the mother at great risk of bleeding during childbirth. Apart from that, pregnancy anemia can cause complications in babies such as prematurity and LBW. 95% of cases of pregnancy anemia are caused by iron deficiency. Factors that influence anemia are one of the knowledge of pregnant women. Low knowledge influences pregnant women in treating anemia. One effort to increase knowledge is to conduct health education posters. The aim of the research was to determine the effect of health education using poster media on pregnant women's knowledge about anemia in pregnant women in the Linggar Community Health Center working area, Bandung Regency. The research method one group pre-test and post-test design. Respondents were 50 pregnant women from trimesters I-III, using an accidental sampling technique where the analysis uses frequency distribution and Wilcoxon. The knowledge results of pregnant women with anemia before being given health education using poster media had a median of 8, a minimum of 4, a maximum of 14. The knowledge results of pregnant women after being given health education using poster media had a median of 13, a minimum of 10, a maximum of 19. The results of the study showed the p-value ($0.000 < 0.005$) which means that there is an influence of health education using poster media on pregnant women's knowledge about anemia in pregnant women. The suggestion from this research is that the Linggar Community Health Center continues to provide health education to pregnant women to prevent anemia.

Keywords: Anemia, Health Education, Pregnant Women, Posters

Bibliography : - Books 3 (2018-2020)
- Journal 38 (2019-2023)