

INTISARI

ZAHRO, D. C. N., 2025. PENGARUH EDUKASI PENGGUNAAN SUPLEMEN TERHADAP PENGETAHUAN IBU HAMIL DAN KESEHATAN JANIN DI PUSKESMAS TANGEN, USULAN SKRIPSI, FAKULTAS FARMASI, UNIVERSITAS SETIA BUDI, SURAKARTA, Dibimbing oleh Dr. Apt. Jason Merari Peranginangin, S. Si., MM. M. Si. Dan Lukito Mindi Cahyo, S.KG., M.PH.

Kehamilan merupakan fase penting yang memerlukan perhatian, terutama dalam penggunaan suplemen karena berdampak langsung pada kesehatan ibu dan janin. Ibu hamil sering mengalami keluhan yang berisiko memengaruhi pertumbuhan dan perkembangan janin. Tingginya angka kematian ibu, termasuk di Indonesia dan Jawa Tengah, masih dipengaruhi oleh rendahnya pengetahuan mengenai penggunaan suplemen selama kehamilan. Tujuan menganalisis pengaruh faktor internal, meliputi usia, usia kehamilan, tingkat pendidikan, dan pengalaman kehamilan, serta faktor eksternal kunjungan posyandu dan media informasi terhadap pengetahuan ibu hamil. Dan mengetahui pengaruh edukasi terhadap peningkatan pengetahuan ibu hamil mengenai penggunaan suplemen dan hubungannya dengan kesehatan janin.

Penelitian menggunakan desain pra-eksperimental dengan pendekatan one group pretest–posttest. Sampel berjumlah 60 ibu hamil berdasarkan kriteria inklusi. Pengumpulan data dilakukan menggunakan kuesioner pengetahuan dan wawancara, kemudian dianalisis secara univariat, bivariat, dan analisis faktor.

Hasil penelitian menunjukkan bahwa dari faktor internal, pengalaman kehamilan yang memiliki pengaruh signifikan ($\text{sig}=0,031$) dengan tingkat pengetahuan, sedangkan usia ($\text{sig}=0,722$), tingkat Pendidikan ($\text{sig}=0,611$), dan usia kehamilan ($\text{sig}=0,517$) tidak menunjukkan pengaruh signifikan. Seluruh faktor eksternal, yaitu kunjungan posyandu ($\text{sig}=0,036$) dan media informasi ($\text{sig}=0,029$) memiliki faktor pengaruh signifikan. Intervensi edukasi terbukti berpengaruh terhadap peningkatan pengetahuan (peningkatan = 38,26 %), dan tingkat pengetahuan ibu hamil mengenai penggunaan suplemen memiliki hubungan signifikan ($\text{sig}=0,029$) dengan kesehatan janin.

Kata kunci : Pengetahuan, Ibu Hamil, Penggunaan Suplemen, Kesehatan Janin.

ABSTRACT

ZAHRO, D. C. N ., 2025 . THE EFFECT OF SUPPLEMENT USE EDUCATION ON PREGNANT WOMEN'S KNOWLEDGE AND FETAL HEALTH AT THE TANGEN PUBLIC HEALTH CENTER , THESIS PROPOSAL, FACULTY OF PHARMACY, SETIA BUDI UNIVERSITY, SURAKARTA. Supervised by Dr. Apt. Jason Merari Peranginangin, S. Si., MM. M. Si. And Lukito Mindi Cahyo, S.KG., M.PH.

Pregnancy is an important phase that requires special attention, particularly in the use of supplements, as it has a direct impact on the health of both the mother and the fetus. Pregnant women often experience various complaints that may affect fetal growth and development. The high maternal mortality rate, including in Indonesia and Central Java, is still influenced by the low level of knowledge regarding proper supplement use during pregnancy. This study aims to analyze the influence of internal factors, including maternal age, gestational age, level of education, and pregnancy experience, as well as external factors such as posyandu visits and information media, on pregnant women's knowledge. It also aims to determine the effect of educational interventions on improving pregnant women's knowledge about supplement use and its relationship with fetal health.

The study used a pre-experimental design with a one-group pretest–posttest approach. The sample consisted of 60 pregnant women selected based on inclusion criteria. Data were collected using a knowledge questionnaire and interviews, and were analyzed using univariate, bivariate, and factor analysis.

The results showed that among the internal factors, pregnancy experience had a significant influence on the level of knowledge (sig = 0.031), while maternal age (sig = 0.722), level of education (sig = 0.611), and gestational age (sig = 0.517) did not show a significant effect. All external factors, namely posyandu visits (sig = 0.036) and information media (sig = 0.029), had a significant influence. The educational intervention was proven to significantly improve knowledge (increase = 38.26%), and pregnant women's level of knowledge regarding supplement use had a significant relationship (sig = 0.029) with fetal health.

Keywords: Knowledge, Pregnant Women, Supplement Use, Fetal Health.