

ABSTRAK

PENGARUH EDUKASI MENGGUNAKAN LEAFLET TERHADAP PENGETAHUAN DAN SIKAP IBU TENTANG PELAKSANAAN MOBILISASI DINI POST SECTIO CAESARIA METODE ERACS DI RSU MUHAMMADIYAH PONOROGO

Elen Puspita Aroma Ningsih, Stevani Basuki Putri

Universitas Strada Indonesia

elenpuspitaan@gmail.com, stevaniputri@strada.ac.id

Mobilisasi dini pasien *post SC* penting untuk mempercepat proses penyembuhan luka, mengurangi risiko komplikasi dan meningkatkan kualitas perawatan bayi. Permasalahannya ibu sering takut melakukan mobilisasi karena khawatir nyeri yang dirasakan meningkat dan jahitannya terlepas. Tujuan penelitian ini untuk mengetahui pengaruh pengetahuan dan sikap ibu terhadap pelaksanaan mobilisasi dini pasien *post SC metode ERACS*.

Metode penelitian menggunakan *Quasi Eksperimental- One Group Pretest Posttest Design* dengan populasi 54 ibu *post SC metode ERACS*. Sebanyak 35 responden dipilih menggunakan teknik *incidental sampling*.

Hasil penelitian dari 35 responden saat *pretest* terdapat 17 responden (48.6%) berpengetahuan baik dan 9 (25.7 %) berpengetahuan cukup dan kurang. 21 (60.0%) bersikap positif dan 14 (40.0%) bersikap negatif. Setelah dilakukan *posttest* 28 (80%) berpengetahuan baik dan 7 (20.0%) berpengetahuan cukup, 32 (91.4%) bersikap positif dan 3 (8.6%) bersikap negatif. Hasil uji *wilcoxon* diperoleh hasil $p\text{ value}=0,000$ yang artinya $p\text{ value} < \alpha=0,05$ sehingga disimpulkan ada pengaruh edukasi menggunakan leaflet terhadap pengetahuan dan sikap ibu tentang pelaksanaan mobilisasi dini pasien *post SC metode ERACS* di RSU Muhammadiyah Ponorogo.

Edukasi menggunakan leaflet dapat digunakan sebagai metode untuk meningkatkan pengetahuan dan sikap ibu tentang pelaksanaan mobilisasi dini pasien *post SC*. Namun penelitian ini memiliki beberapa keterbatasan, seperti sampel yang relatif kecil dan dilakukan di satu rumah sakit. Sehingga perlu dilakukan penelitian lanjutan dengan sampel yang lebih besar dan lebih beragam untuk memvalidasi hasil penelitian ini.

Kata kunci: Mobilisasi dini, pengetahuan, *post SC*, sikap

ABSTRACT

THE EFFECT OF EDUCATION USING LEAFLETS ON MOTHER'S KNOWLEDGE AND ATTITUDES REGARDING THE IMPLEMENTATION OF EARLY MOBILIZATION POST-CESARIAL SECTIONS BY THE ERACS METHOD AT MUHAMMADIYAH PONOROGO HOSPITAL

Elen Puspita Aroma Ningsih, Stevani Basuki Putri

Universitas Strada Indonesia

elenpuspitaan@gmail.com, stevaniputri@strada.ac.id

Early mobilization for post-C-section patients is important to accelerate wound healing, reduce the risk of complications, and improve the quality of infant care. The issue is that mothers are often afraid to mobilize because they worry the pain will increase and the stitches may come apart. This study aims to determine the influence of mothers' knowledge and attitudes on the implementation of early mobilization in post-C-section patients using the ERACS method.

The research used a quasi-experimental one-group pretest-posttest design with a population of 54 post-C-section mothers undergoing the ERACS method. A total of 35 respondents were selected using incidental sampling.

The results showed that during the pretest, 17 respondents (48.6%) had good knowledge and 9(25.7%) had moderate or poor knowledge. 21(60.0%) had a positive attitude, while 14(40.0%) had a negative attitude. After the posttest, 28 (80%) had good knowledge and 7(20.0%) had moderate knowledge; 32(91.4%) had a positive attitude and 3(8.6%) had a negative attitude. The Wilcoxon test produced a p-value of 0.000, meaning $p < \alpha=0.05$, indicating that education using leaflets influenced mothers' knowledge and attitudes regarding early mobilization for post-C-section patients using the ERACS method at Muhammadiyah Ponorogo General Hospital.

Leaflet-based education can be used to improve mothers' knowledge and attitudes about early mobilization after C-section. However, this study has limitations, such as a relatively small sample and being conducted at a single hospital. Therefore, further research with larger and more diverse samples is needed to validate these findings.

Keywords: *Attitude, early mobilization, knowledge, post-C-section*