

ABSTRAK
PERBEDAAN MEDIA EDUKASI VIDEO DAN LEAFLET MOBILISASI
DINI TERHADAP PERILAKU MOBILISASI DINI IBU POST SC DI RSU
MUHAMMADIYAH PONOROGO

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Keterlambatan mobilisasi ini akan menjadikan kondisi ibu semakin memburuk dan menjadikan pemulihan pasca sectio caesarea menjadi terlambat. Berdasarkan hasil studi pendahuluan Selama ini di RSU Muhammadiyah Ponorogo pemberian KIE mobilisasi dini pada ibu post SC dengan metode ceramah saat pemberian analgesic. Tujuan penelitian ini untuk mengetahui perbedaan media edukasi video dan leaflet mobilisasi dini terhadap perilaku mobilisasi dini ibu post SC di RSU Muhammadiyah Ponorogo.

Penelitian ini adalah *Quasi Eksperiment* menggunakan rancangan *non equivalent control group pretest-posttest design*. Penelitian ini dilaksanakan pada 4 Desember 2024 – 15 Januari 2025. Populasi penelitian ini adalah semua ibu post SC di RSU Muhammadiyah Ponorogo dengan menggunakan Teknik *purposive sampling* menggunakan kriteria inklusi dan esklsi. Jumlah sampel sebanyak 60 ibu post SC yang diberikan Edukasi mobilisasi dini dengan media video dan media leaflet. Analisis data menggunakan *mann whitney U-Test*. Hasil uji statistik didapatkan *p value* sebesar $0,000 < 0,05$ menunjukkan bahwa setelah perlakuan terdapat perbedaan yang signifikan perilaku mobilisasi dini ibu post SC antara yang diberi edukasi dengan media video dan leaflet.

Diharapkan penelitian ini sebagai bahan pertimbangan bagi RSU Muhammadiyah Ponorogo untuk membuat media edukasi berupa video mobilisasi dini yang lebih menarik, sehingga meningkatkan kualitas pelayanan pada pasien.

Kata kunci: Edukasi Kesehatan, Leaflet, Mobilisasi Dini, Video

ABSTRACT
**DIFFERENCES BETWEEN VIDEO AND LEAFLET EDUCATION MEDIA
(EARLY MOBILIZATION) ON EARLY MOBILIZATION BEHAVIOR OF
POST SC MOTHERS AT MUHAMMADIYAH PONOROGO HOSPITAL**

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This delay in mobilization will make the mother's condition worse and cause post-cesarean section recovery to be delayed. Based on the results of preliminary studies, so far at the Muhammadiyah Ponorogo Hospital, the provision of early mobilization IEC for post-CS mothers has been carried out using the lecture method when administering analgesics. The purpose of this study was to determine the differences between video education media and early mobilization leaflets on the early mobilization behavior of post-CS mothers at the Muhammadiyah Ponorogo Hospital.

This research is a Quasi Experiment using a Non Equivalent control Group pretest-posttest design. This research was conducted in December 2024 - January 2025. The population of this study was all post-SC mothers at Muhammadiyah Ponorogo Hospital using purposive sampling techniques using inclusion and exclusion criteria. The number of samples was 60 post-SC mothers who were given early mobilization education with video media and leaflet media. Data analysis was Mann Whitney U-Test. The results of the statistical test obtained a p value of $0.000 < 0.05$ indicating that after treatment there was a significant difference between the early mobilization behavior of post-CS mothers who were given education using video media and leaflets

It is hoped that this research will be a consideration for RSU Muhammadiyah Ponorogo to create educational media in the form of more interesting early mobilization videos, thereby improving the quality of service to patients.

Keywords: *Health Education, Leaflet, Early Mobilization, Video*