

ABSTRAK

EDUKASI MEDIA LEAFLET TERHADAP SIKAP PENCEGAHAN *BABY BLUES* PADA IBU HAMIL DI POSYANDU SAWO KELURAHAN NGRONGGO KECAMATAN KOTA KOTA KEDIRI

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Latar Belakang : Permasalahan yang sering kali terjadi pada ibu hamil salah satunya adalah sikap yang negatif dalam pencegahan *baby blues*. Ibu hamil sering mengabaikan dan membiarkan *baby blues syndrome* terjadi dalam jangka waktu lama sehingga menyebabkan ibu hamil merasa depresi, sulit tidur, nafsu makan berkurang. Tujuan penelitian ini adalah mengetahui pengaruh edukasi media leaflet terhadap sikap pencegahan *baby blues* pada ibu hamil di Posyandu Sawo Kelurahan Ngronggo Kecamatan Kota, Kota Kediri.

Metode : Desain penelitian ini adalah *one group pre-post test design* dengan pendekatan *pra eksperimental*. Responden diambil dengan teknik *simple random sampling*. Populasi sebanyak 44 orang dengan sampel sebanyak 40 orang. Variabel independen adalah edukasi media leaflet dan variabel dependen adalah sikap pencegahan *baby blues* pada ibu hamil. Hasil uji statistik menggunakan *paired sample t-test*.

Hasil : Hasil penelitian menunjukkan bahwa sebelum edukasi media leaflet diketahui hampir seluruh responden sebanyak 17 (85.0%) memiliki sikap negatif dalam pencegahan *baby blues*. Setelah edukasi media leaflet diketahui hampir seluruh responden sebanyak 18 (90.0%) memiliki sikap positif dalam pencegahan *baby blues*.

Analisis : Hasil analisa data menunjukkan bahwa tingkat signifikansi $0,000 < \alpha = 0,05$ sehingga H_0 ditolak dan H_1 diterima dengan demikian ada pengaruh edukasi media leaflet terhadap sikap pencegahan *baby blues* pada ibu hamil.

Kesimpulan : Berdasarkan hasil penelitian maka dapat disimpulkan bahwa ada pengaruh edukasi media leaflet terhadap sikap pencegahan *baby blues* pada ibu hamil oleh karena perpaduan teks dan gambar menjadi daya tarik tersendiri bagi ibu hamil untuk terus membaca leaflet yang telah dibagikan, bahkan ibu hamil dapat menyimpan dan membaca ulang ketika ingin memahami kembali materi tentang pencegahan *baby blues*.

Kata Kunci : *Baby Blues*, Edukasi, Ibu Hamil, Leaflet, Sikap

ABSTRACT

MEDIA EDUCATION LEAFLET ON ATTITUDES TO PREVENT BABY BLUES IN PREGNANT WOMEN AT POSYANDU SAWO NGRONGGO VILLAGE CITY DISTRICT KEDIRI CITY

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Introduction : One of the problems that often occurs in pregnant women is a negative attitude in preventing baby blues. Pregnant women often ignore and allow baby blues syndrome to occur for a long time, causing pregnant women to feel depressed, have difficulty sleeping, and have a reduced appetite. The purpose of this study was to determine the effect of leaflet media education on attitudes towards preventing baby blues in pregnant women at the Sawo Integrated Health Post, Ngronggo Village, Kota District, Kediri City.

Method : The design of this study was a one group pre-post test design with a pre-experimental approach. Respondents were taken using a simple random sampling technique. The population was 44 people with a sample of 40 people. The independent variable is leaflet media education and the dependent variable is the attitude towards preventing baby blues in pregnant women. The results of the statistical test used a paired sample t-test.

Results : The results of the study showed that before the leaflet media education was known, almost all respondents, 17 (85.0%) had a negative attitude in preventing baby blues. After the leaflet media education was known, almost all respondents, 18 (90.0%) had a positive attitude in preventing baby blues.

Analysis : The results of the data analysis show that the level of significance is $0.000 < \alpha = 0.05$ so that H_0 is rejected and H_1 is accepted, thus there is an influence of leaflet media education on the attitude of preventing baby blues in pregnant women.

Discussion : Based on the research results, it can be concluded that there is an influence of leaflet media education on attitudes towards preventing baby blues in pregnant women because the combination of text and images is a special attraction for pregnant women to continue reading the leaflets that have been distributed, even pregnant women can save and reread them when they want to re-understand the material about preventing baby blues.

Keywords : Baby Blues, Education, Pregnant Women, Leaflet, Attitude