

PENGARUH PROMOSI KESEHATAN 1000 HARI PERTAMA KEHIDUPAN (HPK) TERHADAP PENGETAHUAN CALON PENGANTIN DALAM MEMPERSIAPKAN PRIMIGRAVIDA SEHAT DI KUA KECAMATAN PANCORAN TAHUN 2022

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Abstrak

1000 HPK dimulai dari periode kehamilan hingga anak dua tahun. Pengetahuan 1000 HPK penting diberikan kepada calon pengantin agar dapat mempersiapkan primigravida sehat. KEK pada ibu hamil dapat menyebabkan pendarahan pasca melahirkan yang merupakan penyebab langsung kematian ibu. Terjadi peningkatan angka kematian ibu di Indonesia pada tahun 2020 menjadi 44%. Tujuan penelitian untuk mengetahui pengaruh promosi kesehatan 1000 HPK terhadap pengetahuan calon pengantin di KUA Kecamatan Pancoran. Penelitian dilakukan pada bulan Maret-Juni 2022 dengan populasi calon pengantin yang mendaftar di KUA Kecamatan Pancoran. Metode penelitian kuantitatif dengan desain pre-experimental, teknik pengambilan sampel accidental sampling, dan jumlah sampel 84 responden. Instrumen penelitian berupa kuesioner. Hasil analisis data karakteristik responden didapatkan 98,8% berusia 21-35 tahun, 60,7% perempuan, 64,3% berpendidikan terakhir S1/S2/S3, 83,3% bekerja, 60,7% berpenghasilan diatas UMR, dan 58,3% berstatus gizi normal. Hasil analisis bivariat dengan uji Wilcoxon didapatkan adanya pengaruh promosi kesehatan 1000 HPK ($p=0,000$), periode kehamilan ($p=0,000$), periode anak 0-6 bulan ($p=0,000$), dan periode anak 6-24 bulan ($p=0,000$). Jadi dapat disimpulkan bahwa adanya pengaruh promosi kesehatan 1000 HPK terhadap pengetahuan calon pengantin. Agar dapat meningkatkan pengetahuan calon pengantin, diharapkan KUA Kecamatan Pancoran menambahkan materi mengenai 1000 HPK pada saat kelas catin sehingga dapat mencegah terjadinya masalah saat kehamilan dan stunting.

Kata Kunci: Calon Pengantin, Pengetahuan 1000 HPK, Primigravida, Promosi Kesehatan

THE EFFECT OF HEALTH PROMOTION IN THE FIRST 1000 DAYS OF LIFE ON KNOWLEDGE OF THE PROSPECTIVE BRIDE IN PREPARING HEALTHY PRIMIGRAVIDS IN KUA, PANCORAN DISTRICT IN 2022

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Abstract

1000 HPK starting from the period of pregnancy until the child is two years old. Knowledge of 1000 HPK is important to be given to prospective brides so that they can prepare healthy primigravida. SEZ in pregnant women can cause postpartum bleeding which is a direct cause of maternal death. There was an increase in the maternal mortality rate in Indonesia in 2020 to 44%. The purpose of the study was to determine the effect of health promotion of 1000 HPK on the knowledge of the prospective bride and groom in KUA, Pancoran District. The study was conducted in March-June 2022 with a population of prospective brides who registered at the KUA, Pancoran District. Quantitative research method with pre-experimental design, sampling technique accidental sampling, and the number of samples is 84 respondents. The research instrument was a questionnaire. The results of the analysis of the respondent's characteristics data obtained 98.8% aged 21-35 years, 60.7% female, 64.3% last educated S1/S2/S3, 83.3% working, 60.7% earning above the minimum wage, and 58, 3% of normal nutritional status. The results of bivariate analysis using the Wilcoxon test showed that there was an effect of health promotion on 1000 HPK ($p=0.000$), gestation period ($p=0.000$), child period 0-6 months ($p=0.000$), and child period 6-24 months ($p=0.000$). So it can be concluded that there was an effect of health promotion of 1000 HPK on the knowledge of the prospective bride and groom. In order to increase the knowledge of the prospective bride and groom, it is hoped that the KUA of Pancoran District will add material regarding 1000 HPK during catin class so that it can prevent problems during pregnancy and stunting.

Keywords: Bride and Groom, Health Promotion, Knowledge of 1000 HPK, Primigravida