

PENGARUH PEMBERIAN VIDEO EDUKASI ANIMASI TERHADAP KESIAPAN DAN KETAKUTAN MENGHADAPI PERSALINAN PADA IBU HAMIL TRIMESTER III

Shafira Pramadista

Abstrak

Ketakutan yang berlebihan dapat menghambat kesiapan ibu dalam menghadapi persalinan, sehingga diperlukan upaya pemberian edukasi kesehatan yang efektif. Namun, edukasi kesehatan melalui video animasi dalam menghadapi persalinan masih minim. Studi ini ditujukan untuk menganalisis pengaruh pemberian video edukasi animasi terhadap kesiapan dan ketakutan ibu hamil trimester III dalam menghadapi persalinan. Penelitian ini menggunakan desain quasi eksperimen dengan One-Group Pretest-Posttest Design. Sampel penelitian berjumlah 32 ibu hamil trimester III di wilayah kerja Puskesmas Pengasinan Depok, yang dipilih menggunakan teknik purposive sampling. Intervensi berupa pemberian dua video edukasi animasi mengenai persiapan persalinan. Data dikumpulkan menggunakan kuesioner Kesiapan dalam Menghadapi Persalinan dan W-DEQ versi A (Bahasa Indonesia). Hasil analisis data menggunakan uji paired sample t-test menunjukkan adanya pengaruh yang signifikan antara pemberian video edukasi animasi terhadap peningkatan kesiapan (nilai rata-rata sebelum intervensi 50,97; setelah intervensi 55,16) dan penurunan ketakutan (nilai rata-rata sebelum intervensi 61,38; setelah intervensi 57,78) ibu hamil trimester III dalam menghadapi persalinan (p value $<0,001$). Dengan demikian, video edukasi animasi dapat dimanfaatkan sebagai media edukasi kesehatan untuk membantu mempersiapkan ibu hamil dalam proses persalinan.

Kata Kunci: animasi; ibu hamil; kesiapan persalinan; ketakutan persalinan; video edukasi

THE EFFECT OF ANIMATED EDUCATIONAL VIDEOS ON CHILDBIRTH READINESS AND FEAR OF CHILDBIRTH AMONG THIRD-TRIMESTER PREGNANT WOMEN

Shafiira Pramadista

Abstract

Excessive fear can hinder mothers' readiness to face childbirth, so effective health education efforts are needed. However, health education through animated videos in dealing with childbirth is still minimal. This study is aimed at analyzing the effect of providing animated educational videos on the readiness and fears of pregnant women in the third trimester in facing childbirth. This study uses a quasi experimental design with One-Group Pretest-Posttest Design. The research sample amounted to 32 pregnant women in the third trimester in the working area of the Puskesmas Pengasinan Depok, which was selected using purposive sampling techniques. The intervention was in the form of providing two animated educational videos on childbirth preparation. Data were collected using the questionnaire Readiness in Facing Childbirth and W-DEQ version A (Indonesian). The results of data analysis using the paired sample t-test showed a significant influence between the provision of animated educational videos on increased readiness (mean value before intervention 50.97; after intervention 55.16) and decreased fear (mean value before intervention 61.38; after intervention 57.78) of pregnant women in the third trimester in facing childbirth (p value <0.001). Thus, animated educational videos can be used as a health education medium to help prepare pregnant women for the delivery process.

Keyword : *animation; childbirth fear; educational videos; maternity readiness; educational videos; pregnant women*