ABSTRAK

Jumlah kematian ibu ditinjau dari pencatatan program kesehatan keluarga di Kementerian Indonesia terdapat 1077 kasus karena hipertensi dalam kehamilan. Hal itu karena kurangnya pengetahuan ibu hamil tentang hipertensi dalam kehamilan oleh faktor usia, pendidikan, pekerjaan, usia kehamilan dan keteterpaparan informasi. Dalam mengurangi hipertensi dalam kehamilan perlu diadakannya edukasi kesehatan dengan media *explainer video*. Penelitian ini bertujuan untuk mengetahui pengaruh edukasi hipertensi dalam kehamilan terhadap pengetahuan ibu hamil.

Jenis penelitian ini *quasi eksperiment* dengan *desain nonequivalent control group (pretest – posttest design with control group).* Populasi penelitian ini adalah seluruh ibu hamil di TPMB Faridah Hajri. Sampel berjumlah 25 kelompok perlakuan dan 25 kelompok kontrol yang diambil dengan teknik pengambilan *purposive sampling*. Variabel *independent* penelitian ini adalah edukasi hipertensi dalam kehamilan dan variabel *dependent* adalah pengetahuan hipertensi dalam kehamilan. Instrument yang digunakan berupa *kuisoner rating scale*. Uji statistik yang digunakan adalah *Wilcoxon Signed Rank Test* dengan $\alpha = 0,05$.

Hasil penelitian menunjukkan bahwa pada kelompok yang diberikan edukasi kesehatan berbasis *explainer video* terjadi peningkatan pengetahuan yang baik sebesar 76%. Sedangkan pada kelompok yang hanya diberikan *leaflet* peningkatan pengetahuan yang baik hanya sebesar 4%. Berdasarkan hasil uji statistik *Wilcoxon Signed Rank Test* hasil didapatkan nilai $p = 0,000$ ($p < 0,05$), yang artinya terdapat pengaruh edukasi hipertensi dalam kehamilan berbasis *explainer video* terhadap pengetahuan ibu hamil.

Hasil penelitian ini dapat disimpulkan bahwa dengan edukasi hipertensi dalam kehamilan berbasis *explainer video* dapat meningkatkan pengetahuan ibu hamil. Saran yang dapat diberikan sebaiknya dalam pemberian edukasi kesehatan dapat menggunakan berbagai media diantaranya *explainer video*.

Kata kunci : Hipertensi dalam kehamilan, edukasi kesehatan, *eksplainer video*

ABSTRACK

The number of maternal deaths in terms of the recording of the family health program at the Ministry of Indonesia, there were 1077 cases due to hypertension in pregnancy. This is due to the lack of knowledge of pregnant women about hypertension in pregnancy by factors of age, education, occupation, gestational age and information exposure. In reducing hypertension in pregnancy, it is necessary to hold health education with explainer video media. This study aims to determine the effect of hypertension education in pregnancy on the knowledge of pregnant women.

This type of research is quasi-experimental with a nonequivalent control group design (pretest – posttest design with control group). The population of this study were all pregnant women at TPMB Faridah Hajri. The samples consisted of 25 treatment groups and 25 control groups which were taken by purposive sampling technique. The independent variable of this study is education on hypertension in pregnancy and the dependent variable is knowledge of hypertension in pregnancy. The instrument used is a rating scale questionnaire. The statistical test used was the Wilcoxon Signed Rank Test with α = 0.05.

The results showed that in the group that was given health education based on explainer videos, there was an increase in good knowledge of 76%. Meanwhile, in the group that was only given leaflets, the increase in good knowledge was only 4%. Based on the results of the Wilcoxon Signed Rank Test statistical test, the results obtained were p = 0.000 (p <0.05), which means that there is an effect of explainer video-based education on hypertension in pregnancy on the knowledge of pregnant women.

The results of this study can be concluded that with explainer video-based education on hypertension in pregnancy can increase the knowledge of pregnant women. Suggestions that can be given preferably in providing health education can use various media including explainer videos.

Keywords: Hypertension in pregnancy, health education, video explanatory