

**DAMPAK PENDIDIKAN GIZI DENGAN LEMBAR BALIK TERHADAP  
PENGETAHUAN, SIKAP DAN PRAKTIK CALON IBU TENTANG  
RISIKO DAN PENCEGAHAN ANEMIA PADA KEHAMILAN**

**Studi di Kecamatan Brebes Kabupaten Brebes**

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**ABSTRAK**

**Latar Belakang :** Prevalensi anemia pada ibu hamil di Kabupaten Brebes mencapai 50%. Peningkatan pengetahuan tentang risiko dan pencegahan anemia pada kehamilan calon ibu di Kabupaten Brebes perlu dilakukan untuk menurunkan AKI. Pendidikan gizi diharapkan mampu meningkatkan pengetahuan, sikap dan praktik konsumsi makan untuk mencegah anemia pada ibu hamil.

**Tujuan :** Menganalisis pengaruh pendidikan gizi menggunakan lembar balik dan pemberian leaflet terhadap peningkatan pengetahuan, sikap dan praktik calon ibu.

**Metode penelitian :** Metode quasi eksperimen dengan rancangan *non-randomized control group pre-post test design*. Subjek sebanyak 32 calon ibu pada kelompok perlakuan dan 32 calon ibu pada kelompok kontrol dipilih secara *purposive sampling*. Pendidikan gizi tentang anemia kehamilan diberikan selama dua hari berturut-turut. Analisis data dilakukan dengan *Independent T-test, Paired T-test, uji Mann Whitney, wilcoxon* dan regresi logistik berganda.

**Hasil penelitian :** Tidak ada perbedaan pengetahuan ( $p=0,485$ ), sikap ( $p= 0,773$ ), dan praktik ( $p=0,189$ ) sebelum perlakuan antara kedua kelompok. Ada peningkatan skor pengetahuan (dari  $8,09\pm 2,14$  menjadi  $11,56\pm 1,21$ ), sikap (dari  $20,43\pm 2,42$  menjadi  $23,96\pm 2,96$ ), dan praktik (dari  $42,09\pm 3,68$  menjadi  $47\pm 3,09$ ) setelah pendidikan gizi pada kelompok perlakuan. Pada kelompok kontrol hanya ada peningkatan skor praktik (dari  $40,65\pm 3,09$  menjadi  $43,28\pm 3,23$ ) sedangkan skor pengetahuan dan sikap mengalami penurunan. Ada peningkatan pada pengetahuan, sikap dan praktik satu bulan setelah intervensi pada kelompok perlakuan. Variabel terikat kelompok kontrol dan kelompok perlakuan meskipun sudah dikontrol dengan variabel perancu ( $p=0,000$ )

**Simpulan :** Pendidikan gizi menggunakan lembar balik tentang anemia kehamilan dapat meningkatkan pengetahuan, sikap dan praktik pencegahan anemia.

**Kata kunci :** pendidikan gizi, lembar balik, pengetahuan, sikap, praktik, pencegahan anemia kehamilan

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***THE IMPACT OF NUTRITION EDUCATION WITH A FLIPCHART  
TOWARDS KNOWLEDGE, ATTITUDE AND BEHAVIOR OF MOTHER  
ABOUT THE RISK AND PREVENTION OF ANEMIA IN PREGNANCY***

**Studies in the District of Brebes**

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**ABSTRACT**

**Background:** The prevalence of anemia among pregnant women in Brebes reached 50%. Increased knowledge about the risks and prevention of anemia in pregnancy prospective mother in Brebes needs to be done to reduce AKI. Nutrition education is expected to increase the knowledge, attitudes and practices of food intake to prevent anemia in pregnant women.

**Objective:** To analyze the effect of nutrition education using a flip chart and giving leaflets to increased knowledge, attitude and practice of mothers.

**Methods:** The method of quasi experimental design with non-randomized control group pre-post test design. Subjects were 32 mothers in the treatment group and 32 mothers in the control group selected by purposive sampling. Nutrition education about pregnancy anemia is given for two days in a row. Data were analyzed by Independent T-test, paired T-test, Mann Whitney, Wilcoxon and multiple logistic regression.

**Results:** No differences in knowledge ( $p = 0.485$ ), attitude ( $p = 0.773$ ), and practice ( $p = 0.189$ ) before treatment between the two groups. There is an increased knowledge score (from  $8.09 \pm 2.14$  be  $11.56 \pm 1.21$ ), attitude (from  $20.43 \pm 23.96 \pm 2.42$  becomes  $2.96$ ), and practice (from  $42.09 \pm 3.68$  to  $47 \pm 3.09$ ) after the nutrition education in the treatment group. In the control group there was an increase in the practice scores (from  $40.65 \pm 43.28 \pm 3.09$  becomes  $3.23$ ), while a score of knowledge and attitude has decreased. There is an increase in knowledge, attitudes and practices of one month after the intervention in the treatment group. The dependent variable control group and the treatment group although it is controlled by a confounding variable ( $p = 0.000$ )

**Conclusion:** nutrition education using a flip chart on pregnancy anemia can improve knowledge, attitude and practice prevention of anemia.

**Keywords:** nutrition education, flipchart, knowledge, attitudes, practices, prevention of anemia of pregnancy

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