

**EFEKTIVITAS MEDIA BOOKLET TERHADAP PENINGKATAN
PENGETAHUAN IBU HAMIL TRIMESTER I DAN II TENTANG
ANEMIA DI PUSKESMAS SIDAMULIH
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ABSTRAK

Anemia pada kehamilan merupakan masalah kesehatan yang dapat meningkatkan risiko komplikasi pada ibu dan janin. Kurangnya pengetahuan ibu hamil mengenai anemia menjadi salah satu faktor yang memengaruhi upaya pencegahan dan penanganannya. Media booklet merupakan salah satu media edukasi yang dapat digunakan untuk meningkatkan pengetahuan ibu hamil mengenai anemia. Penelitian ini bertujuan untuk menganalisis efektivitas media booklet terhadap peningkatan pengetahuan ibu hamil trimester I dan II tentang anemia di Puskesmas Sidamulih Tahun 2026. Metode penelitian kuantitatif dengan desain *pre-experimental one-group pretest-posttest*. Sampel penelitian berjumlah 30 ibu hamil trimester I dan II yang dipilih menggunakan teknik total sampling. Instrumen penelitian menggunakan kuesioner pengetahuan yang telah diuji validitas dan reliabilitas. Analisis data menggunakan analisis univariat dan bivariat. Uji normalitas menunjukkan data berdistribusi normal sehingga analisis bivariat menggunakan *Paired Sample t-test*. Hasil penelitian menunjukkan bahwa rata-rata skor pengetahuan sebelum edukasi sebesar 21,4 dengan standar deviasi 2,541, sedangkan sesudah edukasi skor pengetahuannya meningkat menjadi 28,3 dengan standar deviasi 1,512. Hasil *Paired Sample t-test* menunjukkan nilai t hitung = -17,158 dengan p -value = 0,000 ($p < 0,05$), yang menunjukkan adanya peningkatan pengetahuan yang signifikan. Nilai *effect size* (*Cohen's d*) sebesar 3,13 menunjukkan bahwa media booklet memiliki efektivitas yang sangat tinggi dalam meningkatkan pengetahuan ibu hamil trimester I dan II tentang anemia. Kesimpulan bahwa media booklet efektif meningkatkan pengetahuan ibu hamil trimester I dan II tentang anemia di Puskesmas Sidamulih Tahun 2026. Diharapkan media booklet dapat digunakan sebagai media edukasi dalam pelayanan antenatal untuk meningkatkan pengetahuan ibu hamil mengenai anemia.

Kata Kunci: anemia, booklet, efektivitas, ibu hamil, pengetahuan.

**THE EFFECTIVENESS OF BOOKLET MEDIA ON IMPROVING
THE KNOWLEDGE OF FIRST AND SECOND TRIMESTER
PREGNANT WOMEN ABOUT ANEMIA AT
SIDAMULIH COMMUNITY HEALTH CENTER
IN 2026**

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ABSTRACT

Anemia during pregnancy is a health problem that can increase the risk of complications for both the mother and the fetus. Insufficient knowledge among pregnant women regarding anemia is one of the factors affecting prevention and management efforts. Booklets are one of the educational media that can be used to improve pregnant women's knowledge about anemia. This study aimed to analyze the effectiveness of booklet media in improving the knowledge of first- and second-trimester pregnant women about anemia at Sidamulih Public Health Center in 2026. This study employed a quantitative research method with a pre-experimental one-group pretest-posttest design. The sample consisted of 30 first- and second-trimester pregnant women selected using the total sampling technique. The research instrument was a knowledge questionnaire that had been tested for validity and reliability. Data were analyzed using univariate and bivariate analyses. The normality test indicated that the data were normally distributed; therefore, the bivariate analysis was performed using the Paired Sample t-test. The results showed that the mean knowledge score before the educational intervention was 21.4 with a standard deviation of 2.541, while after the intervention the mean score increased to 28.3 with a standard deviation of 1.512. The Paired Sample t-test yielded a t-value of -17.158 and a p-value of 0.000 ($p < 0.05$), indicating a statistically significant improvement in knowledge. The effect size (Cohen's d) of 3.13 indicated that the booklet was highly effective in improving the knowledge of first- and second-trimester pregnant women regarding anemia. In conclusion, booklet media was effective in improving the knowledge of first- and second-trimester pregnant women about anemia at Sidamulih Public Health Center in 2026. It is expected that booklet media can be utilized as an educational tool in antenatal care services to improve pregnant women's knowledge about anemia.

Keywords: anemia, booklet, effectiveness, pregnant women, knowledge.