

Analysis of Health Education Using Video Media on Pregnant Women's Knowledge of Chronic Energy Deficiency in the Kenarilang Health Center Work Area, Alor Regency

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ABSTRACT

Based on Riskesdas data in 2018, the prevalence of chronic energy deficiency cases in Indonesia in pregnant women was 17.3%. Then in the province of East Nusa Tenggara, the prevalence was 36.8%. While in Alor district, the prevalence was 41.15%. Data from the Kenaril Health Center in September 2023 showed that 23 pregnant women experienced chronic energy deficiency. Meanwhile, a preliminary study in the Kenaril Health Center Work Area also showed a lack of knowledge of pregnant women about Chronic Energy Deficiency. The purpose of the study was to analyze Influence Education Health Using Video Media Against Knowledge Mother Pregnant About Lack Energy Chronicle. This research design is one group pre test post test . The sample is some pregnant women in the Kenarilang Health Center Working Area, Alor Regency, as many as 30 people. Respondents were taken with technique *accidental sampling* . Analysis using the Wilcoxon Test. Most of the mothers' knowledge before health education was in the poor category as much as 56.7%. Most of the mothers' knowledge after education was in the good category as much as 70%. The Effect of Health Education Using Video Media on Pregnant Women's Knowledge About Chronic Energy Deficiency in the Kenarilang Health Center Work Area, Alor Regency in 2024 with a p-value of 0.000. Health education has been shown to increase mothers' knowledge about Chronic Energy Deficiency, so it is hoped that the risk of chronic energy deficiency in the Kenarilang Health Center Work area, Alor Regency can be reduced.

Keywords : Chronic Energy Deficiency, Health Education , Video

INTRODUCTION

Nutritional status is aspect important For determine whether a mother who is pregnant can pass time her pregnancy with Good And without There is disturbance whatever . One of problem nutrition Mother pregnant is lack energy chronic (KEK) (Ministry of Health of the Republic of Indonesia, 2019). Lack of intake energy that comes from from substance nutrition macro (carbohydrates , protein and fat) and substance nutrition micro especially vitamin A, vitamin D, acid folate , substance iron , zinc , calcium And iodine as well as substance nutrition another micro on woman age sustainable fertility (teenagers) until time pregnancy), resulting in the occurrence not enough energy chronic (KEK) on time pregnancy , which begins with KEK ' risk ' events and marked by low backup energy in term time long enough to be measured with circumference arm above (LILA) (Ministry of Health of the Republic of Indonesia, 2019).

Lack Energy Chronic (KEK) during pregnancy is Wrong One very serious problem influential towards the growth process And development during period gold those . The shortcomings Energy Chronic marked with circumference arm above (LILA) mother pregnant not enough from 23.5 cm or in the red ribbon LILA, meaning woman the have risk Lack Energy

Chronic , The most typical consequence from the KEK incident is Heavy Baby Born Low (LBW) below 2500 grams (Dharmasta Silalahi , 2018). Based on Riskesdas data 2018 Prevalence case lack energy chronicle in Indonesia on woman age fertile by (14.5%) while on Mother pregnant by (17.3%). According to the 2018 Riskesdas data in the province Southeast East own prevalence lack energy chronicle on woman No pregnant as much as (32.5%) while on woman pregnant by (36.8%).

In the district Alor prevalence lack energy chronicle on woman No pregnant of (35.34 %) while on woman pregnant amounted to (41.15%) (Balitbangkes , 2019). Meanwhile , based on data from health center walnut on on month September 2023 is known there are 23 mothers pregnant women who experience KEK. While based on studies preliminary work done on September 2023 in the Working Area Health Center Canary Regency Alor known that from 10 mothers pregnant with 6 of them own knowledge not enough about lack energy chronicle . Related factors with incident lack energy chronicle on Mother pregnant among other factors distance pregnancy , economic status , support family , intake substance nutrition , and PHBS (Novitasari , 2019). Meanwhile in study Retni (2021) shows that There is influence knowledge Mother pregnant to incident lack energy chronicles in the Work Area Health Center Batudaa Beach . Efforts that can be made done For prevention the occurrence of KEK on Mother pregnant Wrong the only one is with increase knowledge Mother pregnant with method education or education health . Knowledge is the result of “ knowing ” and This happen after people hold sensing to a object certain . Sensing to object happen through five senses man namely sight , hearing , smell , taste and raba . Some big knowledge man obtained through eye And ears (Wawan & Dewi , 2018). With existence education expected knowledge Mother about KEK will increase so that KEK incident on Mother pregnant can prevented .

This is in line with study Oklaini (2023) stated that that There is Influence Education With Knowledge Mother Pregnant About Lack Energy Chronic In Health Center The Sun Central Bengkulu Regency . Counseling is activity education that is carried out with method spread message , implant belief , so that public No just aware , know And understand , but Also Want to And Can do a existing recommendations the relationship with health . Based on description And phenomenon above above , then researcher interested For do study about Analysis Education Health Using Video Media Against Knowledge Mother Pregnant About Lack Energy Chronicle In The Work Area Health Center Canary Regency Alor .

METHODS

The design of this study is one group pre test post test. The sample is some pregnant women in the Kenarilang Health Center Working Area, Alor Regency, as many as 30 people. Respondents were taken using accidental sampling technique. Analysis using the Wilcoxon Test.

RESULTS

Knowledge of Pregnant Women Before Health Education

Table 4.1 Distribution Frequency Knowledge Mother Pregnant Before Education Health In the Region Work Health Center Canary Regency Alor Year 2024

| Knowledge | Frequency | Percentage (%) |
|--------------|-----------|----------------|
| Not enough | 17 | 56.7 |
| Enough | 9 | 30.0 |
| Good | 4 | 13.3 |
| Total | 30 | 100.0 |

Based on table 4.1 known that part big knowledge Mother pregnant About Lack Energy Chronicle before education Health in the Work Area Health Center Canary Regency Alor The year 2024 in category not enough as many as 17 people (56.7%)

Knowledge of Pregnant Women After Health Education

Table 4.2 Frequency Distribution of Pregnant Women's Knowledge After Health Education in the Kenarilang Health Center Work Area, Alor Regency in 2024

| Knowledge | Frequency | Percentage (%) |
|--------------|-----------|----------------|
| Not enough | 2 | 6.7 |
| Enough | 7 | 23.3 |
| Good | 21 | 70.0 |
| Total | 30 | 100.0 |

Based on table 4.2, it is known that the majority of pregnant women's knowledge about Chronic Energy Deficiency after health education in the Kenarilang Health Center Work Area, Alor Regency in 2024 was in the good category, as many as 21 people (70%).

The Influence of Health Education Using Video Media on Pregnant Women's Knowledge of Chronic Energy Deficiency in the Kenarilang Health Center Work Area, Alor Regency

Table. 4.3 Results of the Analysis of the Influence of Health Education Using Video Media on Pregnant Women's Knowledge of Chronic Energy Deficiency in the Kenarilang Health Center Work Area, Alor Regency in 2024 using the Wilcoxon Test

| Knowledge | N | Mean | Std. Deviation | Minimum | Maximum | P-Value |
|-----------|----|---------|----------------|---------|---------|--------------|
| Before | 30 | 8,8333 | 1.87696 | 6.00 | 13.00 | 0,000 |
| After | 30 | 12,3333 | 1.80676 | 8.00 | 15.00 | |

Based on the results of the analysis of the influence of Health Education Using Video Media on the knowledge of pregnant women about chronic energy deficiency in the Kenarilang Health Center Work Area, Alor Regency in 2024 using the Wilcoxon Test, it is known that the average value (mean) for the knowledge variable before Health Education is 8.8333 and for the knowledge variable after Health Education is 12.3333. So it can be said that there is a difference in the average knowledge before and after health education. Negative ranks of 0 or in other words there is no knowledge variable after Health Education that is smaller than the knowledge variable before Health Education. So it can be said that all knowledge variable values after education have a positive value of 30. The minimum value of knowledge before health education is 6 and the maximum value is 13. While the maximum value of knowledge after health education is 8 and the maximum value is 15.

While the p-value is $0.000 < 0.05$. So it can be concluded that there is an influence of Health Education Using Video Media on Pregnant Women's Knowledge of Chronic Energy Deficiency in the Kenarilang Health Center Work Area, Alor Regency in 2024.

DISCUSSION

Pregnant Women's Knowledge Before Health Education

Based on the results of the study, it is known that most of the knowledge of pregnant women about Chronic Energy Deficiency before health education using Video Media in the Kenarilang Health Center Work Area, Alor Regency in 2024 was in the category of lacking as many as 17 people (56.7%). The results of this study are in line with the research of Sopiani (2023) which stated that most of the respondents had insufficient knowledge amounting to 57 (51.4%). The results of this study are also in accordance with the research conducted by Avrilia Permatasari Usman (2021) entitled "Overview of Nutritional Knowledge, Macro Nutrient Intake and the Risk of Chronic Energy Deficiency in Adolescent Girls at SMA Pasundan 1 Bandung" The results of the study obtained that most of the samples had insufficient knowledge and were at risk of KEK as many as 8 people (20.5%), and a small sample of good knowledge as many as 4 people (17.5%), According to the researcher's opinion, the results of the study above can be explained that before being given health education through videos, the knowledge of pregnant women was in the lacking category. Lack of maternal knowledge regarding chronic energy deficiency or maternal nutrition can be caused by lack of information about KEK, in addition, lack of maternal knowledge can also be caused by lack of pregnancy experience that has been undergone. Lack of knowledge of pregnant women can affect maternal behavior in consuming nutritious food intake during pregnancy. So that pregnant women are at greater risk of chronic energy deficiency. KEK has a serious impact on maternal health. According to Pane et al. (2020), the condition of mothers who suffer from chronic food deficiency results in health problems in mothers relatively, absolutely one or more nutrients.

Knowledge of Pregnant Women After Health Education

The results of the study showed that most of the knowledge of pregnant women about Chronic Energy Deficiency after health education using Video Media in the Kenarilang Health Center Work Area, Alor Regency in 2024 was in the good category, as many as 21 people (70%). These results indicate that mothers' knowledge about preventing KEK changed during the pre-test and post-test. The results of the study showed that after health education using Video Media, respondents' KEK knowledge experienced a positive increase.

The results of this study are in line with the research of Bohari and Gaffar (2021) that education or counseling on nutrition for pregnant women has a positive impact on pregnant women. Another opinion that is in line with this study is that knowledge can be increased through the use of media, both visual and audiovisual (Fadhilah, Simanjuntak, & Haya, 2022). Health counseling using interesting and innovative media can increase nutritional knowledge (Az-zahra & Kurniasari, 2022). According to the researcher's opinion, pregnant women's knowledge about KEK has increased after health education using videos. Providing health counseling using videos can increase the knowledge and information of pregnant women about KEK. Health counseling is a form of non-formal education that is carried out directly to individuals, where in the counseling process direct interaction can be established so that the information obtained can increase knowledge. In addition, the existence of media, time, and other means used in counseling can also be supporting factors so that the information conveyed is more absorbed by the counseling subjects.

The Influence of Health Education Using Video Media on Pregnant Women's Knowledge of Chronic Energy Deficiency in the Kenarilang Health Center Work Area, Alor Regency

Based on the analysis of the influence of Health Education Using Video Media on Pregnant Women's Knowledge of Chronic Energy Deficiency in the Kenarilang Health Center Work Area, Alor Regency in 2024 using the Wilcoxon Test, it is known that the p-value is

0.000 < 0.05. So it can be concluded that there is an influence of Health Education Using Video Media on Pregnant Women's Knowledge of Chronic Energy Deficiency in the Kenarilang Health Center Work Area, Alor Regency in 2024. The results of the analysis show that the average knowledge of mothers about the prevention of KEK shows an increase in knowledge scores after being given health education through video media. This study also shows that mothers' knowledge about the prevention of KEK changed during the pre-test and post-test. This is because mothers can understand health information about KEK contained in the video display clearly. This study is in line with Elsanti's research (2023) which states that there is a significant influence of providing audio-visual video education on pregnant women's knowledge about nutritional intake in Sokaraja Lor village. This study is in accordance with Waryana's study (2019) that there is an effect of providing video media on changes in knowledge of preventing chronic energy deficiency in Tridadi Village, Sleman Regency. Then this study is also in line with Hikmiah's research (2021), the use of videos and e-booklets simultaneously in online assistance has an effect on increasing the average knowledge of mothers about KEK.

According to the researcher's opinion, health education or counseling using videos has an effect on a person's knowledge. Health education using video media is more effective in increasing mothers' knowledge about preventing KEK. This is because video media provides interesting material that can be seen and heard with explanations of the information and can be repeated as desired, thus supporting mothers to be able to understand the information properly and correctly. This is in accordance with the research that has been conducted, because respondents were able to increase their knowledge about Chronic Energy Deficiency (KEK) after being given health education. Health education using videos makes participants more responsive to understanding compared to other media, because videos are considered more interesting and can influence a person's thoughts and emotions. Video media also makes it easier for respondents to understand the information conveyed.

CONCLUSION

Based on results study about Analysis Education Health Using Video Media Against Knowledge Mother Pregnant About Lack Energy Chronicle In The Work Area Health Center Canary Regency Alor can conclude that Some big knowledge Mother pregnant About Lack Energy Chronicle before education Health in the Work Area Health Center Canary Regency Alor The year 2024 in category not enough as much as 56.7% , some big knowledge Mother pregnant About Lack Energy Chronicle after education Health in the Work Area Health Center Canary Regency Alor The year 2024 in category Good as much as 70% and there is an influence Education Health Using Video Media Against knowledge Mother Pregnant About Lack Energy Chronicle In The Work Area Health Center Canary Regency Alor In 2024 with p- value is 0.000 .

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