

# Pengaruh pendidikan kesehatan dan terapi kelompok terapeutik ibu hamil terhadap pencegahan faktor risiko terjadinya stunting = The effects of health education and therapeutic group therapy on mothers pregnancy prevention of risk factors for stunting

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## Abstrak

Kejadian stunting merupakan salah satu masalah gizi yang dialami oleh balita di dunia saat ini tidak terkecuali di Indonesia. Stunting dapat dicegah dari awal masa kehidupan yaitu pada kehamilan. Pencegahan stunting dilakukan dengan mengatasi faktor risiko stunting dari ibu hamil yaitu gizi selama kehamilan, infeksi selama kehamilan, dan depresi selama kehamilan. Desain penelitian yang digunakan yaitu quasi experimental pre-post test with control group. Sebanyak 157 ibu hamil dan suami dibagi menjadi 5 kelompok yaitu kelompok yang mendapatkan pendidikan kesehatan secara offline, kelompok yang mendapatkan pendidikan kesehatan dan terapi kelompok terapeutik (TKT) secara offline, kelompok yang mendapatkan pendidikan kesehatan secara online, kelompok yang mendapatkan pendidikan kesehatan dan TKT secara online dan kelompok kontrol. Teknik sampling yang digunakan adalah cluster sampling dan purposive sampling.

Hasil penelitian menunjukkan peningkatan secara bermakna lingkaran lengan atas pada kelompok pendidikan kesehatan dan TKT offline ( $p$  value  $< 0,05$ ); penurunan nilai depresi pada kelompok intervensi ( $p$  value  $< 0,05$ ), peningkatan kemampuan adaptasi ibu hamil dan dukungan suami ( $p$  value  $< 0,05$ ). Penurunan depresi selama kehamilan yang mendapatkan intervensi secara offline dan online lebih rendah dibandingkan kelompok kontrol ( $p$  value  $< 0,05$ ), peningkatan gizi selama kehamilan dan penurunan jumlah depresi terbanyak berada pada kelompok pendidikan kesehatan dan TKT secara offline dan online dibandingkan kelompok yang hanya mendapatkan pendidikan kesehatan secara offline dan online. Pendidikan kesehatan dan TKT secara offline dan online direkomendasikan sebagai tindakan pencegahan faktor risiko stunting pada ibu hamil.

.....Stunting is one of the nutritional problems experienced by toddlers in the world today is no exception in Indonesia. Stunting can be prevented from the beginning of life, namely in pregnancy. Prevention of stunting is done by overcoming risk factors for stunting from pregnant women, namely nutrition during pregnancy, infection during pregnancy, and depression during pregnancy. The study design used was a quasi experimental pre-post test with a control group. A total of 157 pregnant women and husbands were divided into 5 groups who received health education offline, groups who received health education and therapeutic group therapy (TKT) offline, groups who received health education online, groups who received health education and TKT in control and online group. The sampling technique used was cluster sampling and purposive sampling.

The results showed an increase in the health education group and the TKT offline ( $p$  value  $< 0.05$ ); Decreased depression in the intervention group ( $p$  value  $< 0.05$ ), increased adaptability of pregnant women and husband support ( $p$  value  $< 0.05$ ). The increase in depression during pregnancy who received offline and online interventions was lower than the control group ( $p$  value  $< 0.05$ ), the increase in nutrition during pregnancy and the decrease in the number of most depressions was dependent on the health education group

and TKT offline and online health education offline and online. Health education and TKT offline and online are recommended as actions against risk factors for stunting in pregnant women.