

## INTISARI

Penelitian ini mengambil lokasi di wilayah kerja Puskesmas Gondomanan Yogyakarta. Ibu hamil yang berkunjung di puskesmas Gondomanan berdasarkan pengamatan penulis masih terdapat ibu hamil yang mengalami kurang energi kronis yaitu sekitar 37 % atau enam dari 16 ibu hamil. Juga didapatkan ibu hamil yang masih rendah pengetahuannya tentang pemenuhan kebutuhan nutrisi selama hamil.

Tujuan penelitian ini adalah diketahuinya pengaruh pendidikan kesehatan tentang kebutuhan nutrisi selama hamil terhadap kejadian kurang energi kronis di wilayah kerja Puskesmas Gondomanan Yogyakarta. Sampel penelitian terdiri dari sample kelompok kontrol 15 responden dan sample kelompok eksperimen 15 responden. Penelitian ini dilakukan pada bulan april- juni 2004. Desain penelitian menggunakan Non Equivalent Control Group yaitu penilaian dilakukan sebelum dan sesudah responden diberi perlakuan dengan menggunakan kelompok kontrol.

Pada penelitian ini data didapatkan dengan metode pengumpulan data angket dan wawancara yang kemudian dianalisis dengan uji Chi Square dengan bantuan program spss 11.0 for windows.

Berdasarkan hasil penyebaran wawancara, maka hasil pre test menunjukkan tingkat pemahaman responden untuk kelompok kontrol dan kelompok eksperimen rata-rata rendah, dan ukuran lingkaran lengan responden rata-rata kurang dari normal. Hasil post test setelah diberi pendidikan kesehatan pada kelompok eksperimen tingkat pengetahuan responden lebih baik dan ukuran lingkaran lengan atas rata-rata lebih dari normal dan pada kelompok kontrol juga terdapat penambahan ukuran lingkaran lengan.

Berdasarkan hasil analisis dapat disimpulkan terdapat perbedaan antara kelompok kontrol dan kelompok eksperimen yang ditunjukkan dengan angka signifikan untuk  $\chi^2$  hitung sebesar 3,968 lebih besar dari  $\chi^2$  tabel sebesar 3,841. Berdasarkan hasil pengujian perbedaan ukuran lingkaran lengan atas pada kelompok kontrol dan kelompok eksperimen disimpulkan terdapat perbedaan ukuran lingkaran lengan atas pada kelompok eksperimen (yang diberi pendidikan kesehatan) dan kelompok kontrol (yang tidak diberi pendidikan kesehatan)

**Kata kunci :** pendidikan kesehatan, kebutuhan nutrisi, kurang energi kronis

## “ABSTRACT”

*This research takes location in Gondomanan Puskesmas of Jogjakarta region works. The pregnant women who visiting Puskesmas Gondomanan still having a lack of critical energy around 37% or six from sixteen pregnant women's base on writer's. And the writer was founded the fact that the pregnant women's has a problem about knowledge to fulfill their nutrition needs as long as their being with child.*

*The purpose of this research is to notice that the influence of health education contains the necessary of nutrition for the pregnant women's against the lack of critical energy in Gondomanan Puskesmas of Jogjakarta's region work. The example of the research divided into a 15 respondent control group's, and 15 experimental group of respondent. This research held on April until June 2004. The research was designed by using Non Equivalent Control Group meant that the judgment were held on before and after the respondent were given an attitude by using group controls, on the contrary.*

*In this research, we got data's by gathering quiz, which contains several inquiry and personals interviewing which analyzed by Chi Square test with SPSS 11 for Window device.*

*Based on the result of extend interviewing, the pre- test result shows that viewer's considerations degree for control and experimental groups are low, besides that the measure of the viewer arm's are under the normal sizes. The result of post-test after being given health education's on the experimental group's was founded that the level of responder knowledge are better and there were a good development of circular size measure of arm's, same as the control group's was.*

*Based on the result of analyzing, it could divided that there were a different amongst the control group and experimental group's which shows by significantly to  $x$ -count as 3,968 >  $x$ - table as bigger as 3,841. Based on the result of certification of the circular size measure of arm's on the control group and experimental group's was concluded that there were a diverse of the circular sizes measure of arms on the experimental group ( which being given health education ) and control group's ( which not being given health education's ).*

*Keyword : health education, necessary of nutrition, lack of critical energy.*