


The Influence of Education with Booklet Media on the Level of Knowledge of Pregnant Women in Preparing for Childbirth in Pregnant Women's Classes Hj. Erlianawati Clinic in 2024

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Article Info	ABSTRACT
<p>Keywords: Booklets, Normal delivery, Education</p>	<p>Education is a learning process for each individual or group with the aim of improving the quality of thought patterns, knowledge and developing the potential of each individual. Booklet media can attract many people in a short time because the presentation of booklets is more flexible so that it can be used as a communication medium in various groups of society. Booklets contain several sheets of paper that can be combined, folded, and formed / bound to make a book. This book is often used to promote brands, products, and business services. The type of research is cross-sectional, the population and sample of the research were 29 pregnant women at the Hj. Erlianawati Clinic in 2024. The data used were primary and secondary data. Based on the results of the chi square test of the Effect of Education with Booklet Media on the Level of Knowledge in Preparing for Childbirth in the Pregnant Women's Class at the Hj. Erlianawati Clinic in 2024 with a degree of significance (α) = 0.05 and $df = 1$, the calculation results were obtained, namely Sig (2-tailed) $0.003 < (\alpha) = 0.05$, then H_0 is rejected and H_a is accepted. It is hoped that this study can be one of the techniques in an effort to increase the level of knowledge of pregnant women in preparing for childbirth using booklet media. The conclusion of this study is that there is a significant influence between education about preparing for childbirth using booklet media and pregnant women's knowledge about preparing for childbirth.</p>
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INTRODUCTION

According to Heri Gunawan (2021) Education is any state of change in attitude and behavior of a person or group in an effort to mature themselves through a learning and training system. Based on the opinion above, it can be concluded that Education is a process for someone to provide understanding to a person or group so that they are able to think maturely and freely related to an object.

Education is a process of learning activities for each individual or group whose purpose is to improve the quality of mindset, knowledge and develop the potential of each individual. Education is a learning process from not knowing to knowing (Parwiyati, 2020).

Booklet is a printed media in the form of a small book containing images and writing. Booklet media can attract many people in a short time because the presentation of the booklet is more flexible so that it can be used as a communication medium in various groups of society. Booklet media can attract many people in a short time because the presentation of the booklet is more flexible so that it can be used as a media communication in various groups of society. Booklets consist of several sheets of paper that can be combined, folded, and formed / bound to make a book. This book is often used to promote brands, products, and business services (According to Krisdianto 2023).

Booklet media is a counseling tool that has the advantage of being able to increase a person's understanding because it contains detailed information/material, besides its small size makes it easy to carry and read repeatedly. In addition, booklet media can also be a guide/reference for mothers because it contains summarized material that is practical and easy to read at any time by mothers (Ersila, 2021).

Efforts made to support mothers' knowledge about pregnancy classes are by providing education using health promotion media. Health promotion will be successful if supported by good promotion media. Through good health promotion media, the community can increase control and change behavior in an effort to develop their health. In general, health promotion media is divided into three types of health promotion media, namely: print media, electronic media, and outdoor media. Types of print media include booklets, leaflets, flyers, flipcharts (flip sheets), and posters (Melati Puspita Arum, 2022).

Knowledge is the result of "Knowing" and this occurs after a person senses a particular object. Sensing an object occurs through the five human senses, namely sight, hearing, smell, touch and taste itself. At the time of sensing to produce knowledge, it is greatly influenced by the intensity of attention to perception of the object. Some human knowledge is obtained through the eyes and ears. The knowledge possessed by a mother will influence the mother's behavior including in decision making (Notoatmodjo, 2018).

Based on the initial survey conducted by the research at the Hj. Erlianawati clinic, 20 pregnant women were found. After being given health education about media booklets regarding the level of knowledge of pregnant women in preparing for childbirth, 15 people were willing to prepare for childbirth using media booklets regarding the level of knowledge in carrying out classes for pregnant women. Based on the data above, the researcher is interested in conducting research with the title "the effect of education with booklet media on the level of knowledge of pregnant women in preparing for childbirth in the pregnant women's class at the Hj. Erlianawati Clinic in 2024."

METHOD

This study is an analytical survey with a "cross sectional" research design, namely the study was conducted by means of observation or measurement of momentary variables, meaning that the subject of observation is only once and then the measurement of variables is carried out which are divided into two independent variables and dependent variables. The

population is the entire object of research or object of research or object being studied. The population in the study was 29 pregnant women who were at the Hj. Erlianawati Clinic.

Research Sample

A sample is a part or number and characteristics possessed by the population. If the population is large and the researcher cannot study everything in the population, for example due to limited funds, manpower, then the researcher can use a sample that has been taken from the population (Sugiyono, 2018). So the size of the sample used in this study is the size of the population, namely 29 people. The technique used in sampling is the total sampling technique.

Measurement Aspects

Knowledge measurement can be done through interviews or questionnaires that ask about the content of the material to be measured from research subjects and respondents.

Education Media Booklet

To measure the booklet media, the researcher used a questionnaire with 10 questions, with the optional answer yes given a value of 1 and no given a value of 0, so the highest score is 10 and the lowest score is 0, to find out the education of the booklet media, the author uses statistics according to Sudjanah:

Formula:

$$p = \frac{\text{Class Length}}{\text{Many classes}}$$

Media Education Category Booklet :

$$P : 10 - 02$$

$$Q : 102$$

$$Q : 5$$

Follow : 6 - 10

Do not follow : 0 - 5

Knowledge

To measure knowledge, researchers use a questionnaire with 10 questions. If the respondent answers correctly, they are given a score of 1 and if the respondent answers incorrectly, they are given a score of 0. The highest score is 10 and the lowest score is 0. To determine knowledge, the author uses statistics according to Sudjanah:

Formula:

$$p = \frac{\text{Class Length}}{\text{Many Classes}}$$

Information :

$$p = \text{Class Length}$$

$$P : 10 - 03$$

$$Q : 103$$

$$Q : 4$$

Information :

Good : 7 - 10

Enough : 3 - 6

Less : 0 - 2

RESULTS AND DISCUSSION

Univariate analysis

Univariate analysis aims to explain and describe the characteristics of each variable studied. With univariate analysis, the distribution of childbirth preparation with booklet media can be seen before and after using booklet media.

Table 4.1 Distribution of Frequency of Educational Media Booklets at Hj. Erlianawati Clinic in 2024.

No.	Media Booklet	Amount	
		f	%
1.	Follow	17	58.6
2.	Do not follow	12	41.4
Total		29	100

Based on Table 4.1 above, it can be concluded that the majority who followed the booklet media were 17 people (58.6%) and the minority who did not follow the booklet media were 12 people (41.4%).

Table 4.2 Frequency Distribution of Pregnant Women's Knowledge Level in Preparing for Childbirth in Pregnant Women's Classes at Hj. Erlianawati Clinic in 2024

No.	Level of Knowledge	Amount	
		f	%
1.	Good	7	24.2
2.	Enough	17	58.6
3.	Not enough	5	17.2
Total		29	100

Based on Table 4.2 above, it can be concluded that the majority of the level of knowledge is sufficient, as many as 17 pregnant women (58.6%), the level of knowledge is good, as many as 7 pregnant women (24.2%), and the minority of the level of knowledge is poor, as many as 5 pregnant women (17.2%).

Bivariate Analysis

Bivariate analysis is conducted to determine the relationship between independent variables and dependent variables. The analysis is conducted using chi square. So if the statistical analysis results are determined $p < 0.05$ then the variables are stated to be significantly related.

Table 4.3 Distribution of the Influence of Education with Booklet Media on the Level of Knowledge of Pregnant Women in Preparing for Childbirth in the Pregnant Women's Class

No	Media Booklet	Level of Knowledge						Amount	df	Sig 2. Sided	
		Good		Enough		Not enough					
		f	%	F	%	f	%				f
1.	Follow	4	33.4	3	25	5	41.6	12	100	2	0.03
2.	Do not follow	3	17.6	14	82.4	0	0	17	100		
Total		7	24.2	17	58.6	5	17.2	29	100		

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Based on Table 4.3, it can be concluded that the majority of those who followed the booklet media with a low level of knowledge were 5 respondents (41.6%), those who followed the booklet media with a good level of knowledge were 4 respondents (33.4%) and the minority of those who followed the booklet media with a sufficient level of knowledge were 3 respondents (25%). The majority did not follow the booklet media with a sufficient level of knowledge of 14 respondents (82.4%) and the minority followed the booklet media with a good level of knowledge of 3 respondents (17.6%).

Based on the results of the chi-square test of the Effect of Education with Booklet Media on the Level of Knowledge of Pregnant Women in Preparing for Childbirth in the Pregnant Women's Class at the Hj. Erlianawati Clinic in 2024 with a degree of significance (α) of 0.05 and $df = 1$, the calculation results were obtained, namely $\text{sig (2-sided)} 0.003 < (\alpha) = 0.05$, then H_0 is rejected and H_a is accepted. The conclusion is that there is an Effect of Education with Booklet Media on the Level of Knowledge of Pregnant Women in Preparing for Childbirth in the Pregnant Women's Class at the Hj. Erlianawati Clinic in 2024.

Discussion

Univariate Analysis

Media Booklet

Based on Table 4.1 above, it can be concluded that those who received booklet media at the Hj. Erlianawati Clinic in 2024. The majority of booklet media were carried out as much as 58.6%, and the minority of booklet media were not carried out as much as 41.4%. Meanwhile, research conducted by Nita Aprillya in Grogol Village, Weru District in 2018 stated that the respondents' knowledge score before being given health promotion with booklet media was 54.8%, including the good category, then after being given health promotion with booklet media there was an increase of 85.7% so it can be concluded that booklet media can increase knowledge.

According to research by Ernawati (2018), the level of knowledge of pregnant women before being given health education on pregnancy exercises using booklet media showed that 21 respondents (70%) had sufficient knowledge about pregnancy exercise counseling and 4 respondents (30%) had insufficient knowledge.

Level of Knowledge

Based on Table 4.1 above, it can be concluded that those who received the booklet media at the Hj. Erlianawati Clinic in 2024. The majority of the level of knowledge was good as many as 7 respondents (24.1%), sufficient as many as 17 respondents (58.6) and the minority was lacking as many as 5 respondents (17.2%).

Meanwhile, research conducted by Nuryita (2023) with the title Level of knowledge of pregnant women in preparing for childbirth, respondents had sufficient knowledge about pregnancy exercise knowledge as many as 21 people (70.0%) and respondents who had insufficient knowledge as many as 4 people (13.3%).

Based on the results of the study, it is known that there is a significant difference between the knowledge scores before and after being given the pregnancy class, namely 68.90 to 77.25. The pregnancy class is a group learning activity for pregnant women in the

form of face-to-face meetings which aims to increase the knowledge and skills of mothers regarding pregnancy, pregnancy care, childbirth, postpartum, newborns, myths, diseases and birth certificates (Parwiyati, 2023).

Bivariate Analysis

Based on the results of the chi-square test of the effect of education with booklet media on the level of knowledge of pregnant women in preparing for childbirth in the pregnancy class at the Hj. Erlianawati Clinic in 2024 with a degree (α) = 0.005 and $df = 1$, the calculation results were obtained, namely sig (2-tailed) 0.003, then H_0 was rejected and H_a was accepted. The conclusion is that there is an effect of education with booklet media on the level of knowledge of pregnant women in preparing for childbirth in the pregnancy class at the Hj. Erlianawati Clinic in 2024.

The booklet is one of the educational media containing important points in the form of modified writing and images as an effort to stimulate in increasing knowledge skills and changing the cognitive of its readers. Booklets are preferred as educational media because they can contain more and more detailed information than other visual educational media, are easy to carry anywhere, and are easy to learn without being limited by space and time (Nuriyanti, et al, 2022).

According to that knowledge is the basis of human thinking when looking for answers to existing questions, for example child nutrition, understanding based on the five senses and experiences that have been processed by a person's mind and arise spontaneously, knowledge is true because it is in accordance with existing reality. This is in accordance with research findings that the content of nutrition education presented through booklets can instill the right concept, increase the appeal and attention of the audience (Rosminan, 2021).

Supported by research (Utamingtyas et al., 2020) that one of the most important factors in increasing knowledge is the method of delivering information that is tailored to the needs of the target by using appropriate health promotion media such as print, electronic and outdoor media, so that it can increase knowledge and change behavior.

CONCLUSION

Based on the results of research on the influence of education with booklet media on the level of knowledge of pregnant women in preparing for childbirth in the pregnant women's class at the Hj. Erlianawati Clinic in 2024, the following conclusions are drawn: From the research results, it was found that based on the frequency distribution of booklet media, the majority used 58.63% and the minority did not use 41.4%. From the research, it can be seen based on the frequency distribution of the level of knowledge of pregnant women, with the majority being sufficient at 58.6%, good at 24.1% and the minority being lacking at 17.2%. From the results of the study, it can be concluded that the results of the chi-square test of the effect of education with booklet media on the level of knowledge of pregnant women in preparing for childbirth in the pregnant women's class at the Hj. Erlianawati Clinic in 2024 with a degree (α) = 0.005 and $df = 1$, the calculation results were obtained, namely (2-

tailed) 0.003, so H_0 was rejected and H_a was accepted. In conclusion, there is an effect of education with booklet media on the level of knowledge of pregnant women in preparing for childbirth in the pregnant women's class at the Hj. Erlianawati Clinic in 2024

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