

**PENGARUH BIMBINGAN PRANIKAH TERHADAP PENINGKATAN
PENGETAHUAN DAN SIKAP KESEHATAN PRAKONSEPSI PADA
PASANGAN CALON PENGANTIN DI KOTA PADANG**

TESIS



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ABSTRAK

PENGARUH BIMBINGAN PRANIKAH TERHADAP PENINGKATAN PENGETAHUAN DAN SIKAP KESEHATAN PRAKONSEPSI PADA PASANGAN CALON PENGANTIN DI KOTA PADANG

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Peningkatkan hasil kesehatan ibu dan anak, serta terwujudnya generasi berkualitas dibutuhkan persiapan prakonsepsi. Pasangan calon pengantin subjek yang tepat diberikan intervensi dini melalui bimbingan pranikah, diharapkan terjadi perubahan pada domain perilaku kesehatan seperti pengetahuan dan sikap.

Tujuan penelitian membuktikan pengaruh bimbingan pranikah terhadap peningkatan pengetahuan dan sikap kesehatan prakonsepsi pada pasangan calon pengantin di Kota Padang. Desain penelitian *quasi experimental* dengan jenis *pretest and posttest control group design*. Waktu dan lokasi penelitian September - November 2022 di KUA Koto Tangah, KUA Kuranji dan KUA Padang Utara. Pemilihan sampel dengan teknik *purposive sampling*. Total sampel 197 CATIN wanita dan pria. Pengumpulan data dengan *questioner* telah diuji validitas dan reliabilitas.

Hasil bimbingan pranikah berpengaruh terhadap pengetahuan CATIN wanita dan CATIN pria pada kelompok intervensi dengan kontrol secara berurutan (*pretest p*=0,13; *posttest p*=0,00) dan (*pretest p*=0,79; *posttest p*=0,00). Peningkatan rerata pengetahuan CATIN wanita pada intervensi dan kontrol secara berurutan diperoleh (*gain*=16,12±15,75; *gain*= -0,77±8,12) ; CATIN pria intervensi dan kontrol (*gain*=12,10±15,34; *gain*=0,60±7,23). Hasil Bimbingan pranikah tidak ada pengaruh terhadap sikap pada CATIN wanita pada kelompok intervensi dengan kontrol, sama halnya hasil sikap pada CATIN pria, secara konsekutif diperoleh (*pretest p*=0,11; *posttest p*=0,59) dan (*pretest p*=0,93; *posttest p*=0,47).

Kesimpulan, bimbingan pranikah terbukti berpengaruh terhadap peningkatan pengetahuan kesehatan prakonsepsi pasangan calon pengantin, namun belum terbukti berpengaruh terhadap peningkatan sikap kesehatan prakonsepsi pasangan calon pengantin.

Kata Kunci : *Bimbingan Pranikah, Pengetahuan, Sikap, Kesehatan Prakonsepsi.*

ABSTRACT

THE INFLUENCE OF PREMARITAL EDUCATION ON KNOWLEDGE AND ATTITUDES PRECONCEPTIONS HEALTH IN PROSPECTIVE MARRIAGE IN PADANG CITY

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Health outcome improvement and quality of generation are satisfied by preconception preparation. The couple of brides are given early premarital education, which is expected that there will be changes in health behavior domains such as knowledge and attitude. The research's goal is to prove the effect of premarital education on increasing preconception health knowledge and attitudes in prospective couples in Padang City.

The research method was quasi-experimental with a pretest and posttest control group design, and technique sampling with purposive sampling. The totals sampling obtained 197 prospective brides and grooms. The time and location on September-November 2022 at KUA Koto Tengah, KUA Kuranji, KUA Padang Utara. Data was collected by questionnaires, which had validity and reliability tested.

The results of prospective bride's and groom's preconception health knowledge in the intervention group compared with the control group were influenced by premarital education sequentially (*pretest p = 0,13; posttest p = 0,00*) and (*pretest p = 0,79; posttest p = 0,00*). The mean knowledge gain score for both prospective interventions was higher than the control group sequentially (prospective brides, intervention = $16,12 \pm 15,75$ and control = $-0,77 \pm 8,12$; prospective grooms, intervention = $12,10 \pm 15,34$; control = $0,60 \pm 7,23$). Prospective brides and grooms' preconception health attitudes were not affected by premarital education in the intervention group with control group sequentially (*pretest p=0,11; posttest p=0,59*) and (*pretest p=0,93; posttest p=0,47*).

In conclusion, couples' preconception health knowledge has been proven to improve by premarital education, but has not been proven to increase the preconception health attitudes of prospective couples.

Keywords: Premarital education, Knowledge, Attitudes, Preconception health.