

ABSTRACT

Widariana, Rina. 2023. *The Effect of Health Education on the Fulfillment of Pregnancy Nutrition on the Knowledge of Pregnant Women in Preventing the Birth of Low Birth Weight (BBLR) Babies at the Kalibuntu Posyandu Working Area of the Kraksaan Health Center, Thesis, Poltekkes of the Ministry of Health Malang Applied Undergraduate Study Program in Health Promotion. Supervisor I: Dr. Ganif Djuwadi, SST, S.Pd, M.Kes, Supervisor II: Sri Winarni, S.Pd, M.Kes*

Low birth weight (LBW) is the leading cause of neonatal deaths in Indonesia in 2020 and ranks second highest at the Kraksaan Health Center in 2020, Chronic energy deficiency / Malnutrition is one of the factors causing the increase in the incidence of low birth weight babies, so it is necessary to provide health education about preventing low birth weight babies (LBW) through fulfilling pregnancy nutrition with animated videos to improve knowledge as a form of prevention and reducing the incidence of low birth weight in pregnant women. study aims to determine the effect of health education through animated videos on knowledge of fulfilling pregnancy nutrition in the Kraksaan Health Center Work Area. The population of this study was pregnant women in the Kalibuntu Posyandu, Kraksaan Health Center Working Area. This research design is in the form of Pre-experimental design with a type of quantitative research, using the One – Group Pretest Posttest approach, purposive sampling technique totaling 30 people. Data analysis using univariate and bivariate analysis (Wilcoxon test). The results of the study found that there was an increase in knowledge before and after health education was given using animated video media by 23%. The level of knowledge before being given health education, which is in the less category with an average score of 58% then after being given health education, which is in the good category with an average score of 81%. The results of the Wilcoxon test show a p value of 0.000 where if the p value of <0.05 shows significant then it can be concluded that Ho is rejected and H1 is accepted. The conclusion of this study is that there is an influence of health education about the fulfillment of pregnancy nutrition using animated video media on the knowledge of pregnant women in the prevention of low birth weight babies (LBW)

Keywords: Education, Knowledge, Low Birth Weight Baby (BBLR), and Pregnancy Nutrition