

## ABSTRACT

***Nafisah, Khodijatun. 2025. The Effect of Providing Education Through WhatsApp Groups on the Level of Readiness of Pregnant Women in the Third Trimester to Face Childbirth. Thesis. Applied Midwifery Study Program, Malang. Malang Health Polytechnic, Ministry of Health. Advisor: Dr. Heny Astutik, S.Kep.,Ns., M. Kes.***

*Pregnancy is an important and changing time for women, both physically and mentally. Approaching childbirth, pregnant women often experience anxiety because they feel afraid, worried, or not ready to face the childbirth process. Education is important to reduce anxiety and increase the mother's readiness to face childbirth. WhatsApp can be an educational tool that is easily accessible to pregnant women. The purpose of this study was to determine the effect of providing education using WhatsApp group media on the readiness to face childbirth in pregnant women in the third trimester. The pre-experimental research design with a one group pretest posttest design type, with a population of all pregnant women in the third trimester at TPMB Inawati Turen, Malang Regency, sampling using consecutive sampling techniques with a sample size of 33 respondents who had met the inclusion criteria. The research instrument used a questionnaire. The pretest results showed 1 respondent (3%) was less ready, and 9 respondents (27%) were quite ready. After education, 32 respondents (97%) were categorized as very ready. Then the data was analyzed using a statistical test using Wilcoxon Signed Rank, the results showed a  $p$  value =  $0.001 \leq 0.05$ . The conclusion is that there is an effect of providing education through WhatsApp groups on the level of readiness of pregnant women in the third trimester to face childbirth. Health workers, especially midwives, are expected to be more innovative and creative in using WhatsApp groups as an educational medium about childbirth preparation.*

***Keywords: Pregnancy, Childbirth Readiness, WhatsApp Group***