

**KEMENTERIAN KESEHATAN REPUBLIK INDONESIA
POLITEKNIK KESEHATAN RIAU
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**PENGARUH PENDIDIKAN KESEHATAN DENGAN MEDIA VIDEO
ANIMASI TERHADAP PENGETAHUAN IBU NIFAS TENTANG
KARDIOMIOPATI PERIPARTUM DI KLINIK TAMAN SARI GROUP
KOTA PEKANBARU**

xiii + 81 Halaman, 6 Tabel, 2 Bagan, 11 Lampiran

ABSTRAK

Kardiomiopati peripartum (KMPP) merupakan kardiomiopati dilatasi idiopatik yang terjadi pada bulan terakhir kehamilan atau dalam lima bulan pascapersalinan, ditandai dengan disfungsi sistolik ventrikel kiri dan gagal jantung pada wanita tanpa riwayat penyakit jantung sebelumnya. Penelitian ini bertujuan mengetahui pengaruh pendidikan kesehatan dengan media video animasi terhadap pengetahuan ibu nifas tentang kardiomiopati peripartum di Klinik Taman Sari Group Kota Pekanbaru. Penelitian dilaksanakan pada bulan Mei-Juni 2026 terhadap 30 responden menggunakan *total sampling*. Jenis penelitian *PreExperiment* dengan pendekatan *One Group Pretest Posttest Design*. Pengumpulan data menggunakan kuesioner, dengan melakukan pretest dan posttest. Uji normalitas data menggunakan *Shapiro-Wilk*, dan analisis bivariat menggunakan uji *Wilcoxon Signed Rank Test* dengan tingkat kemaknaan $\alpha = 0,05$. Hasil penelitian menunjukkan rata-rata skor pengetahuan sebelum intervensi adalah 12,83 (SD: 2,01) dan meningkat menjadi 14,70 (SD: 0,53) sesudah intervensi. Terdapat pengaruh pendidikan kesehatan dengan media video animasi terhadap pengetahuan ibu nifas tentang kardiomiopati peripartum dengan *p value* = 0,000. Diharapkan bidan dapat mengintegrasikan media video animasi secara berkelanjutan dalam asuhan kebidanan nifas guna mendukung deteksi dini dan pencegahan komplikasi kardiomiopati peripartum.

**Kata Kunci: Pendidikan Kesehatan, Video Animasi, Pengetahuan,
Kardiomiopati Peripartum, Ibu Nifas
Daftar Bacaan : 49 Referensi (2016-2025)**

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**THE EFFECT OF HEALTH EDUCATION USING ANIMATED VIDEO
MEDIA ON POSTPARTUM MOTHER'S KNOWLEDGE ABOUT
PERIPARTUM CARDIOMYOPATHY AT TAMAN SARI GROUP CLINIC,
PEKANBARU CITY**

xiii + 81 Pages, 6 Tables, 10 Appendices

ABSTRACT

Peripartum cardiomyopathy (PPCM) is an idiopathic dilated cardiomyopathy occurring in the last month of pregnancy or within five months postpartum, marked by left ventricular systolic dysfunction and heart failure in women with no prior heart disease. Its symptoms often resemble normal postpartum complaints and are therefore overlooked, even though delayed management can be fatal. This study aimed to determine the effect of health education using animated video media on postpartum mothers' knowledge of peripartum cardiomyopathy at Taman Sari Group Clinic, Pekanbaru. This was a Pre-Experimental study with a One Group Pretest Posttest Design involving 30 respondents selected through total sampling from May to June 2026. The Shapiro-Wilk normality test showed both pretest and posttest data were not normally distributed ($p < 0.05$), so the non-parametric Wilcoxon Signed Rank Test was used. Results showed the mean knowledge score increased from 12.83 (SD 2.01) to 14.70 (SD 0.53), with 23 respondents improving, 7 unchanged, and none decreasing ($p = 0.000$). The uniform improvement across respondents, along with the reduced SD, indicates the animated video not only increased but also equalized mothers' understanding of PPCM danger signs and prevention. It is concluded that health education using animated video media significantly affects postpartum mother's knowledge of peripartum cardiomyopathy. Midwives are expected to continuously integrate animated video media into postpartum care to support early detection and prevention of PPCM complications.

Keywords: health education, animated video, knowledge, peripartum cardiomyopathy, postpartum mothers

References: 49 References (2016-2025)