

**KEMENTERIAN KESEHATAN REPUBLIK INDONESIA
POLITEKNIK KESEHATAN RIAU JURUSAN KEBIDANAN
PROGRAM STUDI SARJANA TERAPAN KEBIDANAN**

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**PENGARUH EDUKASI MENGGUNAKAN VIDEO ANIMASI TERHADAP
PENGETAHUAN IBU HAMIL TRIMESTER I TENTANG GIZI 1000 HARI
PERTAMA KEHIDUPAN (1000 HPK) DI KLINIK PRATAMA TAMAN
SARI 4 KOTA PEKANBARU TAHUN 2026**

xiii ± 50 Halaman + 5 Tabel +10 Lampiran

ABSTRAK

Periode 1000 Hari Pertama Kehidupan (1000 HPK) merupakan masa penting dalam pertumbuhan dan perkembangan anak serta upaya pencegahan stunting. Rendahnya pengetahuan ibu hamil mengenai gizi 1000 HPK dapat meningkatkan risiko gangguan pertumbuhan janin. Salah satu media edukasi yang efektif untuk meningkatkan pengetahuan ibu hamil adalah video animasi. Penelitian ini menggunakan metode kuantitatif dengan desain Pre-Experimental One Group Pretest-Posttest Design. Sampel berjumlah 30 ibu hamil trimester I yang dipilih menggunakan teknik Random Sampling. Instrumen penelitian menggunakan kuesioner pengetahuan tentang gizi 1000 HPK. Analisis data dilakukan menggunakan Uji Wilcoxon Signed Rank Test. Hasil Sebelum diberikan edukasi menggunakan video animasi, sebagian besar responden memiliki tingkat pengetahuan kategori cukup (50,0%) dan kurang (33,3%). Setelah intervensi, sebagian besar responden mengalami peningkatan menjadi kategori baik (80,0%). Uji Wilcoxon menunjukkan $p\text{-value} = 0,000$ ($p < 0,05$), yang berarti terdapat pengaruh signifikan edukasi menggunakan video animasi terhadap pengetahuan ibu hamil trimester I tentang gizi 1000 HPK di Klinik Pratama Taman Sari 4 Kota Pekanbaru. Klinik Pratama Taman Sari 4 diharapkan dapat menerapkan edukasi menggunakan media video animasi sebagai salah satu media promosi kesehatan dalam pelayanan antenatal care untuk meningkatkan pengetahuan ibu hamil mengenai gizi 1000 HPK sebagai upaya pencegahan stunting sejak masa kehamilan.

Kata Kunci : Video Animasi, Pengetahuan, Ibu Hamil Trimester I, Gizi 1000 HPK.

Daftar Bacaan : 30 Referensi (2016-2024)

**MINISTRY OF HEALTH OF THE REPUBLIC OF INDONESIA
HEALTH POLYTECHNIC OF RIAU DEPARTMENT OF MIDWIFERY
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**THE EFFECT OF ANIMATION VIDEO-BASED EDUCATION ON THE
KNOWLEDGE OF FIRST-TRIMESTER PREGNANT WOMEN
REGARDING NUTRITION DURING THE FIRST 1,000 DAYS OF LIFE
(THE FIRST 1,000 DAYS OF LIFE/1000 HPK) AT TAMAN SARI 4
PRIMARY CLINIC, PEKANBARU CITY, 2026**

xiii+ 50 Pages, 5 Tables, 10 Appendices

ABSTRACT

The First 1,000 Days of Life (1,000 HPK) is a critical period for child growth and development and plays an important role in stunting prevention. Limited knowledge among pregnant women regarding nutrition during the First 1,000 Days of Life may increase the risk of fetal growth disorders. One effective educational medium for improving pregnant women's knowledge is animated video. This study employed a quantitative method with a Pre-Experimental One-Group Pretest–Posttest Design. The sample consisted of 30 first-trimester pregnant women selected using a random sampling technique. The research instrument was a questionnaire measuring knowledge of nutrition during the First 1,000 Days of Life. Data were analyzed using the Wilcoxon Signed-Rank Test. Before receiving education through animated video, most respondents had a moderate level of knowledge (50.0%), while 33.3% had a low level of knowledge. After the intervention, most respondents demonstrated an improvement, with 80.0% achieving a good level of knowledge. The Wilcoxon test showed a p-value of 0.000 ($p < 0.05$), indicating that education using animated video had a significant effect on the knowledge of first-trimester pregnant women regarding nutrition during the First 1,000 Days of Life at Klinik Pratama Taman Sari 4, Pekanbaru City. Klinik Pratama Taman Sari 4 is expected to implement education using animated video as a health promotion medium in antenatal care services to improve pregnant women's knowledge of nutrition during the First 1,000 Days of Life as an effort to prevent stunting from pregnancy.

Keywords : Animation Video, Knowledge, First-Trimester Pregnant Women, Nutrition During the First 1,000 Days of Life (1000 HPK).

References : 30 References (2016-2024)