

**PROGRAM STUDI S1 KEPERAWATAN
FAKULTAS KEPERAWATAN
INSTITUT KESEHATAN PAYUNG NEGERI**

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**Pengaruh Edukasi Laktasi Terhadap Pengetahuan Ibu Hamil Di Pmb Hj.
Murtinawita, SST, Pekanbaru**

XII + 51 halaman + 12 tabel + 7 gambar + 1 skema + 8 lampiran

ABSTRAK

Keberhasilan pemberian ASI eksklusif dipengaruhi oleh pengetahuan ibu mengenai laktasi, sehingga edukasi laktasi diperlukan untuk meningkatkan kesiapan ibu dalam menyusui. Penelitian ini bertujuan mengetahui pengaruh edukasi laktasi terhadap pengetahuan ibu hamil di PMB Hj. Murtinawita, SST Pekanbaru. Penelitian menggunakan pendekatan kuantitatif dengan desain *quasi experimental* melalui rancangan *one group pretest-posttest*. Sampel berjumlah 30 ibu hamil yang dipilih dengan teknik *total sampling*. Data dikumpulkan menggunakan kuesioner pengetahuan dan media edukasi berupa *e-booklet* berupa 13 halaman yang memuat materi laktasi secara sistematis, menggunakan bahasa sederhana, mudah dipahami, dan dapat dibaca kembali secara mandiri. Penelitian dilaksanakan pada tanggal 17–27 Juni 2026. Data dianalisis secara univariat dan bivariat menggunakan Uji Wilcoxon Signed Rank Test. Hasil penelitian menunjukkan bahwa sebelum edukasi sebagian besar responden memiliki pengetahuan kategori cukup (56,7%), sedangkan setelah edukasi seluruh responden (100%) berkategori baik. Uji Wilcoxon menunjukkan nilai *Asymp. Sig. (2-tailed) = 0,000* ($p < 0,05$) dan $Z = -4,652$, sehingga terdapat pengaruh edukasi laktasi terhadap peningkatan pengetahuan ibu hamil dalam mendukung keberhasilan pemberian ASI eksklusif. Disarankan kepada tenaga kesehatan untuk meningkatkan edukasi laktasi menggunakan media *e-booklet*. Peneliti selanjutnya diharapkan menggunakan sampel lebih besar, kelompok kontrol, dan media edukasi yang lebih interaktif.

Kata Kunci : Edukasi laktasi, Pengetahuan, Ibu hamil, ASI eksklusif
Daftar Pustaka : 40 (2018-2025)

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The Effect of Lactation Education on the Knowledge of Pregnant Women at PMB Hj. Murtinawita, SST, Pekanbaru

xii + 51 pages + 13 tables + 7 figures + 1 diagram + 8 appendices

ABSTRACT

The success of exclusive breastfeeding is influenced by mothers' knowledge of lactation. Therefore, lactation education is needed to improve mothers' readiness for breastfeeding. This study aimed to determine the effect of lactation education on the knowledge of pregnant women at PMB Hj. Murtinawita, SST, Pekanbaru. This study employed a quantitative approach with a quasi-experimental design using a one-group pretest-posttest design. The sample consisted of 30 pregnant women selected using total sampling. Data were collected using a knowledge questionnaire and an educational medium in the form of a 13-page e-booklet containing systematically arranged lactation materials written in simple, easy-to-understand language that could be reviewed independently. The study was conducted from June 17 to 27, 2026. Data were analyzed using univariate and bivariate analyses with the Wilcoxon Signed Rank Test. The results showed that before the intervention, the majority of respondents had a moderate level of knowledge (56.7%), whereas after the intervention, all respondents (100%) had a good level of knowledge. The Wilcoxon Signed Rank Test showed a Z value of -4.652 with $p < 0.001$, indicating that lactation education had a significant effect on increasing pregnant women's knowledge in supporting the success of exclusive breastfeeding. Health professionals are recommended to improve lactation education by utilizing e-booklets as an educational medium. Future researchers are encouraged to use larger sample sizes, control groups, and more interactive educational media.

Keywords : Lactation education, knowledge, pregnant women, exclusive breast feeding.

References : 40 (2018–2025)

