

***Making a Pocket Book as a Nutritional Education Media to Overcome Anemia
in Pregnant Mothers for Preventing BBLR Risk
in Situbondo Public Health Center***

(Agustina Endah Werdiharini, S.Sos., M.Kes as a supervisor)

Dian Rosita Aisyah

*Clinical Nutrition Study Program
Department of Health*

ABSTRACT

Anemia that occurs in pregnant mothers will increase along with the age of pregnancy. The purpose of this research and development is to make a pocket book as a nutritional education media to overcome anemia in pregnant mothers for preventing BBLR risk in Situbondo Public Health Center. The type of research is Research and Development (R&D) using the ADDIE model (Analysis, Design, Development, Implementation, and Evaluation). The subjects in this research are 24 people. The research instrument used are questionnaire and question form. The type of data is quantitative data using Likert Scale with ranges 1-5 and the qualitative data is in form of descriptive. The data analysis technique is descriptive analysis and combination of quantitative data. The average value of material experts validation included in the criteria of "very decent" $X > 4,2$ that the X is 4,3 so $4,3 > 4,2$. The average value of media experts validation included in the criteria of "very decent" $X > 4,2$ that the X is 4,3 so $4,3 > 4,2$. The average values of all subjects are known that the post-test score is higher 6,71 than the pre-test score. Based on the result, it can be concluded that the pocket book as a nutritional education media is very effective to be used by anemic pregnant mothers in Situbondo Public Health Center.

*Keywords : pocket book, nutritional education media, Situbondo Public Health
Center*