

**PENGARUH INTERVENSI EDUKASI PROGRAM KIA TERHADAP
TANDA VITAL DAN SKOR SRQ-20 PADA IBU HAMIL DI WILAYAH
KERJA PUSKESMAS PURWOKERTO BARAT, KABUPATEN
BANYUMAS**

ABSTRAK

Angka Kematian Ibu (AKI) di Indonesia masih menjadi perhatian serius, dengan prevalensi yang tinggi, termasuk di Kabupaten Banyumas. Penelitian ini bertujuan untuk mengetahui pengaruh intervensi edukasi Program Kesehatan Ibu dan Anak (KIA) terhadap perubahan tanda vital dan skor SRQ-20 sebagai indikator kesehatan fisik dan mental ibu hamil di wilayah kerja Puskesmas Purwokerto Barat. Penelitian menggunakan desain kuantitatif pre-post test dengan pendekatan kohort retrospektif terhadap 20 ibu hamil. Intervensi edukasi diberikan melalui sesi informasi mengenai kesehatan kehamilan, pengelolaan stres, dan pemantauan tanda vital. Parameter yang diukur meliputi tekanan darah, denyut nadi, laju pernapasan, dan skor SRQ-20 sebelum dan sesudah intervensi. Hasil analisis menunjukkan bahwa intervensi edukasi secara signifikan menurunkan tekanan darah sistolik ($p < 0,001$) dan skor SRQ-20 ($p = 0,029$), sementara penurunan denyut nadi dan laju pernapasan tidak signifikan secara statistik. Temuan ini mendukung efektivitas intervensi edukasi program KIA dalam meningkatkan stabilitas fisiologis dan menurunkan gangguan mental ringan pada ibu hamil. Edukasi yang terstruktur dan terintegrasi dalam layanan kesehatan primer menjadi strategi penting dalam upaya menurunkan AKI dan meningkatkan kesejahteraan ibu selama masa kehamilan.

Kata kunci: Edukasi KIA, Tanda Vital, Ibu Hamil, SRQ-20

**THE EFFECT OF MATERNAL AND CHILD HEALTH PROGRAM
EDUCATION INTERVENTION ON VITAL SIGNS AND SRQ-20 SCORES
OF PREGNANT WOMEN IN THE WORK AREA OF PURWOKERTO BARAT
COMMUNITY HEALTH CENTER, BANYUMAS REGENCY**

ABSTRACT

The Maternal Mortality Rate (MMR) in Indonesia is still a serious concern, with a high prevalence, including in Banyumas Regency. This study aims to determine the effect of the Maternal and Child Health Program (MCH) education intervention on changes in vital signs and SRQ-20 scores as indicators of physical and mental health of pregnant women in the work area of Purwokerto Barat Community Health Center. The study used a quantitative pre-post test design with a retrospective cohort approach to 20 pregnant women. The education intervention was provided through information sessions on pregnancy health, stress management, and vital sign monitoring. The parameters measured included blood pressure, pulse rate, respiratory rate, and SRQ-20 scores before and after the intervention. The results of the analysis showed that the educational intervention significantly reduced systolic blood pressure ($p < 0.001$) and SRQ-20 scores ($p = 0.029$), while the decrease in heart rate and respiratory rate was not statistically significant. These findings support the effectiveness of the KIA program educational intervention in improving physiological stability and reducing mild mental disorders in pregnant women. Structured and integrated education in primary health services is an important strategy in efforts to reduce MMR and improve maternal welfare during pregnancy.

Keywords: *Maternal and Child Health Program (MCH) education, Vital Signs, Pregnant Women, SRQ-20*