

**PENERAPAN E-POCKET BOOK BERBASIS FAMILY-CENTERED
EMPOWERMENT MODEL TERHADAP LITERASI EDUKASI DAN MOTIVASI
ADHERENSI TABLET TAMBAH DARAH PADA IBU HAMIL**

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Article Info	ABSTRAK
<p>Article History: Received 16/02/2026. Revised - Accepted 10/03/2026.</p> <hr/> <p>Keywords: Adherensi Tablet Tambah Darah Family-Centered Empowerment Model Kehamilan Literasi Kesehatan Motivasi</p>	<p>Anemia kehamilan masih menjadi masalah prioritas kesehatan global, khususnya Indonesia. Sebagian besar disebabkan oleh rendahnya literasi kesehatan dan motivasi untuk kepatuhan terhadap suplementasi zat besi di kalangan ibu hamil. Bukti tentang intervensi digital berdasarkan Family-Centered Empowerment Model (FCEM) masih terbatas. Studi mengevaluasi efektivitas E-pocket book digital berbasis FCEM dalam meningkatkan literasi Kesehatan dan motivasi diri dalam adherensi tablet tambah darah. Studi kelompok kontrol pra uji pasca uji kuasi eksperimental dilakukan di Puskesmas Sentosa Baru, Medan, Indonesia. Lima puluh ibu hamil (gestasi 14-36 minggu) dibagi menjadi kelompok intervensi (n=25) dan kelompok kontrol (n=25). Kelompok intervensi menerima E-Pocket book berbasis FCEM selama empat minggu, sedangkan kelompok kontrol menerima Pendidikan antenatal standar. Analisis data dengan uji Wilcoxon Signed Rank dan Mann-Whitney U. Kelompok intervensi menunjukkan peningkatan yang signifikan dalam literasi Kesehatan ($p=0.001$; $d= 0,91$) dan motivasi ($p=0.027$, $d=0,76$) dibandingkan dengan kelompok kontrol. E-pocket book berbasis FCEM secara efektif meningkatkan literasi kesehatan dan motivasi dala adherensi tablet tambah darah di kalangan Wanita hamil. Intervensi digital berbasis keluarga dapat menjadi strategi inovatif dalam pencegahan anemia kehamilan.</p> <p>ABSTRACT <i>Pregnancy anemia is still a priority problem for global health, especially Indonesia. This is largely due to low health literacy and motivation for adherence to iron supplementation among pregnant women. Evidence on digital interventions based on the Family-Centered Empowerment Model (FCEM) is limited. The study evaluated the effectiveness of FCEM-based digital e-pocket books in improving health literacy and self-motivation in adherence to blood-boosting tablets. The pre-test control group study after the quasi-experimental test was conducted at the Sentosa Baru Health Center, Medan, Indonesia. Fifty pregnant women (gestation 14-36 weeks) were divided into an intervention group (n=25) and a control group (n=25). The intervention group received an FCEM-based E-Pocket book for four weeks, while the control group received standard antenatal education. Data analysis with Wilcoxon Signed Rank and Mann-Whitney U tests. The intervention group showed significant improvements in health literacy ($p=0.001$; $d=0.91$) and motivation ($p=0.027$, $d=0.76$) compared to the control group. FCEM-based e-pocket books</i></p>

effectively increase health literacy and motivation with the adherence of blood-boosting tablets among pregnant women. Family-based digital interventions can be an innovative strategy in the prevention of pregnancy anemia..

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