

## PENGARUH EDUKASI KEBIDANAN TERHADAP PENGETAHUAN IBU HAMIL TENTANG DIABETES MELITUS GESTASIONAL DI PELAYANAN KESEHATAN PRIMER

**Elizar<sup>1\*</sup>, Jasmianti<sup>2</sup>**

<sup>1,2</sup> Poltekkes Kemenkes Aceh

Article Info	ABSTRAK
<p><b>Article History:</b> Received 16/02/2026. Revised - Accepted 10/03/2026.</p> <hr/> <p><b>Keywords:</b> <i>Gestational diabetes mellitus Knowledge Midwifery education Pregnant women Primary health care services</i></p>	<p>Diabetes melitus gestasional merupakan komplikasi kehamilan yang umum terjadi dan sering tidak terdeteksi karena keterbatasan pengetahuan ibu hamil, sehingga meningkatkan risiko bagi ibu dan bayi. Penguatan edukasi kebidanan di pelayanan kesehatan primer melalui kombinasi leaflet dan ceramah merupakan strategi promotif dan preventif yang penting. Penelitian ini bertujuan menganalisis pengaruh edukasi tersebut terhadap pengetahuan ibu hamil tentang DMG dengan desain quasi-eksperimental one-group pretest–posttest. Penelitian dilakukan pada tahun 2025 di Praktik Mandiri Bidan Kota Lhokseumawe dengan melibatkan 61 ibu hamil yang dipilih melalui teknik purposive sampling. Tingkat pengetahuan diukur menggunakan kuesioner terstruktur dan dianalisis dengan uji Wilcoxon Signed Rank. Hasil penelitian menunjukkan adanya peningkatan pengetahuan ibu hamil yang signifikan setelah diberikan edukasi melalui leaflet dan ceramah (<math>p &lt; 0,05</math>). Temuan ini menunjukkan bahwa edukasi kebidanan terstruktur efektif dalam meningkatkan kesadaran dan pemahaman tentang DMG. Oleh karena itu, integrasi edukasi berbasis leaflet dan ceramah dalam pelayanan maternal rutin dapat menjadi intervensi yang efektif, praktis, dan berkelanjutan untuk mendukung pencegahan dini serta mengurangi risiko komplikasi DMG, meningkatkan kesehatan ibu dan bayi, serta memperkuat peran preventif bidan di pelayanan kesehatan primer secara berkelanjutan.</p> <p><b>ABSTRACT</b></p> <p><i>Gestational diabetes mellitus (GDM) is a common pregnancy complication that often remains undiagnosed due to limited knowledge among pregnant women, increasing risks for both mother and baby. Strengthening midwifery education in primary health care through combined leaflets and lectures represents an important promotive and preventive strategy. This study aimed to examine the effect of this educational approach on pregnant women's knowledge of GDM using a quasi-experimental one-group pretest–posttest design. The research was conducted in 2025 at an Independent Midwife Practice in Lhokseumawe City and involved 61 pregnant women selected through purposive sampling. Knowledge was assessed using a structured questionnaire, and data were analyzed using the Wilcoxon Signed Rank test. The results showed a statistically significant improvement in knowledge after participants received education through leaflets and lectures (<math>p &lt; 0.05</math>). These findings demonstrate that structured midwifery education effectively enhances awareness and understanding of GDM. Integrating leaflet- and lecture-based education into routine maternal services</i></p>

---

*can provide an effective, practical, and sustainable intervention to support early prevention, reduce complications, improve maternal and neonatal outcomes, and strengthen the preventive role of midwives in primary health care settings and ensure long-term community health benefits worldwide for families and future generations.*

---

*\*Corresponding Author: elizar.ibrahim@gmail.com*

---