

## HUBUNGAN ANTARA PENGETAHUAN PRAKONSEPSI DENGAN PERSIAPAN KEHAMILAN CALON PENGANTIN

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Article Info	ABSTRAK
<p><b>Article History:</b>            Received 16/02/2026.            Revised -            Accepted 10/03/2026.</p>	<p>Latar Belakang: Optimalisasi kesehatan prakonsepsi merupakan bagian dari persiapan kehamilan yang penting dalam menentukan kesehatan ibu dan anak. Tujuan: Penelitian ini memeriksa hubungan pengetahuan tentang kesehatan prakonsepsi dengan persiapan kehamilan calon pengantin. Metode: Studi korelasi transversal dilakukan di Kantor Urusan Agama Tanon, Sragen pada bulan April–Mei 2025. Tujuh puluh calon pengantin terdaftar di Kantor Urusan Agama Tanon, Sragen dipilih seluruhnya dengan teknik total sampling. Kuesioner pengetahuan kesehatan prakonsepsi dan persiapan kehamilan telah teruji valid dan reliabel untuk mengukur variabel yang ada. Analisis deskriptif dilakukan untuk merangkum karakteristik partisipan, sementara hubungan antara variabel penelitian dianalisis dengan uji chi-square. Hasil: Sebanyak 61,4% partisipan memiliki pengetahuan kesehatan prakonsepsi yang baik, dan 60% berada dalam kategori “siap” untuk persiapan kehamilan. Ditemukan hubungan positif yang signifikan antara pengetahuan kesehatan prakonsepsi dengan persiapan kehamilan (<math>p=0,000</math>). Simpulan: Pengetahuan kesehatan prakonsepsi berdampak positif bagi persiapan kehamilan pasangan usia subur. Implikasi: Memperkuat program edukasi kesehatan prakonsepsi bermanfaat bagi pengetahuan dan persiapan kehamilan.</p>
<p><b>Keywords:</b>            Kehamilan            Pengetahuan            Persiapan            Prakonsepsi</p>	<p><b>ABSTRACT</b>  <i>Background: Optimizing preconception health is an important part of pregnancy preparation in determining the health of mothers and children. Objective: This study examined the relationship between knowledge about preconception health and pregnancy preparation among prospective brides and grooms. Methods: A cross-sectional correlation study was carried out at the Tanon Religious Affairs Office in Sragen during April-May 2025. Seventy prospective brides and grooms registered at this office were chosen through total sampling. The preconception health knowledge and pregnancy preparation questionnaire has been tested for validity and reliability in measuring the variables present. The relationship between the research variables was analyzed using chi square test. Results: A total of 61.4% of participants had good preconception health knowledge and 60% were classified as “ready” for pregnancy preparation. A statistically significant positive association was found between preconception health knowledge and pregnancy readiness (<math>p=0.000</math>). This study highlights the importance of enhancing prospective brides' awareness of preconception health to better prepare for their first pregnancy. Conclusion: Preconception health knowledge can have a positive impact on the pregnancy preparation of couples of childbearing age. Implications:</i></p>

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*Strengthening preconception health education programs was beneficial for knowledge and pregnancy preparation.*

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