

PENGEMBANGAN MODEL PROMOSI KESEHATAN DETEKSI DINI KEHAMILAN RISIKO TINGGI BERBASIS EXPERIENTIAL LEARNING DI DESA PERDAMAIAN KECAMATAN BINJAI KABUPATEN LANGKAT

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Article Info	ABSTRAK
Article History: Received 21/08/2026 Revised - Accepted 02/09/2026 Keywords: First keyword (<i>TNR, 10, Italic</i>) Second keyword Third keyword Fourth keyword Fifth keyword	Kehamilan risiko tinggi masih menjadi salah satu penyebab utama meningkatnya morbiditas dan mortalitas ibu dan bayi, terutama akibat keterlambatan dalam mengenali faktor risiko dan tanda bahaya kehamilan. Rendahnya efektivitas promosi kesehatan konvensional yang masih didominasi metode ceramah menyebabkan pengetahuan dan kemampuan deteksi dini ibu hamil belum optimal. Penelitian ini bertujuan mengembangkan model promosi kesehatan deteksi dini kehamilan risiko tinggi berbasis experiential learning serta menguji efektivitasnya dalam meningkatkan kemampuan deteksi dini pada ibu hamil. Penelitian menggunakan pendekatan mixed methods dengan desain pengembangan model yang melibatkan 60 ibu hamil, terdiri atas 30 responden kelompok intervensi dan 30 responden kelompok kontrol. Data kuantitatif dikumpulkan melalui kuesioner menggunakan skala Likert dan dianalisis dengan uji deskriptif, paired sample t-test, independent sample t-test, serta effect size. Data kualitatif diperoleh melalui wawancara mendalam, diskusi kelompok terarah, dan observasi yang dianalisis menggunakan pendekatan tematik. Hasil penelitian menunjukkan bahwa model promosi kesehatan berbasis experiential learning secara signifikan meningkatkan kemampuan deteksi dini kehamilan risiko tinggi dengan nilai signifikansi $p < 0,05$ dan nilai effect size sebesar 3,17 yang termasuk kategori sangat besar. Temuan kualitatif menunjukkan bahwa pengalaman konkret, refleksi pengalaman, simulasi kasus, diskusi kelompok, dan dukungan sosial menjadi faktor utama yang meningkatkan pemahaman, keterampilan, dan kepercayaan diri ibu hamil dalam mengenali risiko kehamilan. Penelitian ini menyimpulkan bahwa model promosi kesehatan berbasis experiential learning efektif dan layak diterapkan sebagai strategi promosi kesehatan maternal untuk meningkatkan kemampuan deteksi dini kehamilan risiko tinggi.
	ABSTRACT <i>High-risk pregnancy remains a major cause of increased maternal and infant morbidity and mortality, primarily due to delays in recognizing risk factors and pregnancy warning signs. The low effectiveness of conventional health promotion, which is still dominated by lectures, results in suboptimal knowledge and early detection skills among pregnant women. This study aims to develop an experiential learning-based health promotion model for early detection of high-risk pregnancies and test its effectiveness in improving early detection skills in pregnant women. The study used a mixed methods approach with a model development design involving 60 pregnant women, consisting of 30 respondents in the intervention group and 30 respondents in the</i>

control group. Quantitative data were collected through a questionnaire using a Likert scale and analyzed using descriptive tests, paired sample t-tests, independent sample t-tests, and effect size tests. Qualitative data were obtained through in-depth interviews, focus group discussions, and observations analyzed using a thematic approach. The results showed that the experiential learning-based health promotion model significantly improved early detection skills for high-risk pregnancies with a significance value of $p < 0.05$ and an effect size of 3.17, which is categorized as very large. Qualitative findings indicate that concrete experiences, reflection on experiences, case simulations, group discussions, and social support are key factors in improving pregnant women's understanding, skills, and confidence in recognizing pregnancy risks. This study concludes that an experiential learning-based health promotion model is effective and feasible as a maternal health promotion strategy to improve early detection of high-risk pregnancies.

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