
LITERATURE REVIEW OF THE INFLUENCE OF EDUCATION ON PREGNANT WOMEN'S KNOWLEDGE ABOUT THE DANGERS OF PREECLAMPSIA

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ABSTRACT

Preeclampsia is a condition of high blood pressure that occurs in pregnant women after 20 weeks of gestation, accompanied by the presence of protein in the urine, which can cause the risk of serious complications and even death for the mother and baby. Prevention of preeclampsia is very important because this condition is one of the main causes of maternal mortality in Indonesia. In 2020, there were 4,679 cases of maternal death recorded, with preeclampsia as one of the main causes of death due to hypertension in pregnancy. This study aims to determine how education about the dangers of preeclampsia affects preventive behavior in pregnant women, so that mothers are more aware and take preventive measures. This study used a quasi-experimental method with a one-group pretest-posttest design on pregnant women who were given education using Health Education, booklets, and board game media. Preventive behavior data were measured before and after education with a questionnaire, then analyzed using statistical tests to see significant changes. The discussion includes the definition of preeclampsia, the importance of education, and how education can change the preventive behavior of pregnant women to reduce the risk of complications and maternal death. With good education, it is hoped that knowledge and preventive measures for preeclampsia in pregnant women can increase so that the safety of mothers and babies can be better protected.

Keywords : Preeclampsia, Health Education, Preventive Behavior, Pregnant Women, Booklet, Board Game, Pretest–Posttest.

ABSTRAK

Preeklampsia adalah suatu kondisi tekanan darah tinggi yang terjadi pada ibu hamil setelah usia kehamilan 20 minggu, disertai dengan adanya protein dalam urine, yang dapat menimbulkan risiko komplikasi berat hingga kematian bagi ibu dan bayi. Pencegahan preeklampsia sangat penting karena kondisi ini merupakan

salah satu penyebab utama kematian ibu di Indonesia. Pada tahun 2020, tercatat sebanyak 4.679 kasus kematian ibu, dengan preeklampsia sebagai salah satu penyebab utama kematian akibat hipertensi dalam kehamilan. Penelitian ini bertujuan untuk mengetahui bagaimana edukasi tentang bahaya preeklampsia memengaruhi perilaku pencegahan pada ibu hamil, sehingga ibu lebih waspada dan melakukan tindakan pencegahan yang diperlukan. Penelitian ini menggunakan metode quasi experimental dengan desain one-group pretest-posttest pada ibu hamil yang diberikan edukasi menggunakan Health Education, booklet, dan media board game. Data perilaku pencegahan diukur sebelum dan sesudah edukasi menggunakan kuesioner, kemudian dianalisis dengan uji statistik untuk melihat perubahan yang signifikan. Pembahasan mencakup pengertian preeklampsia, pentingnya edukasi, serta bagaimana edukasi dapat mengubah perilaku pencegahan ibu hamil dalam mengurangi risiko komplikasi dan kematian ibu. Dengan adanya edukasi yang baik, diharapkan pengetahuan dan tindakan pencegahan preeklampsia pada ibu hamil dapat meningkat sehingga keselamatan ibu dan bayi dapat lebih terjamin.

Kata Kunci : Preeklampsia, Edukasi Kesehatan, Perilaku Pencegahan, Ibu Hamil, Booklet, Board Game, Pretest-Posttest.

INTRODUCTION

Preeclampsia is something condition emergence hypertension accompanied by proteinuria that occurs after age pregnancy week 20 to 6th week after labor. Preeclampsia defined as improvement pressure blood systolic ≥ 140 mmHg or pressure diastolic ≥ 90 mmHg while proteinuria is defined as protein excretion. Preeclampsia is reason main death Mother mortality and morbidity worldwide. The high number incident preeclampsia caused by low behavior recognize signs and symptoms beginning as well as low knowledge Mother pregnant in prevention the occurrence preeclampsia based on symptom clinically classified into two, namely preeclampsia mild and severe. Preeclampsia This Can continue become eclampsia. Preeclampsia This Can continue become eclampsia is seizures that occur in mothers pregnant consequence existence preeclampsia (Insani.U. & Supriatun.E., 2020).

World Health Organization (WHO) 2020, In 2020, around 75% of deaths mother in the world happens consequence complications during pregnancy, including hypertension, which includes preeclampsia. Every years, more of 300,000 mothers die consequence complications pregnancy, equivalent with around 810 deaths mothers per day (Latipah et al., 2023). The maternal mortality rate (MMR) in Indonesia is still become challenge big in development health. The Ministry of Health (2020) recorded 4,627 cases death mother, with complications hypertension occupy order second after bleeding. In West Kalimantan Province, the maternal

mortality rate reached 101 per 100,000 births live, with hypertension as reason by 17.8% (Government West Kalimantan Province, 2020). In Kubu Raya Regency, AKI was recorded as much as 89 per 100,000 births life or around ten case death, some big consequence preeclampsia. Low awareness public to antenatal check-ups and slowness handling medical delivery condition (BKKBN & Ministry of Health of the Republic of Indonesia, 2024). Globally, the World Health Organization (WHO, 2020) envisions happen approximately 585,000 deaths Mother every year consequence complications pregnancy and childbirth. In line with the intention of development Sustainable Development Goals (SDGs) development targets sustainable set decline ratio death Mother to below 70 per 100,000 births life as priority health Mother (Latifi et al., 2021).

Education has delivered in various facility health, level acceptance and implementation action prevention by mothers pregnant Still less than optimal, visible from low frequency inspection pressure blood and proteinuria periodically as well as lack of introduction signs early preeclampsia. This show the need in-depth research For study in a way specific How education can in a way effective change behavior prevention in mothers pregnant to reduce risk complications and death consequence preeclampsia. With Thus, research This make an effort fill in emptiness knowledge about effectiveness education in change behavior preventive Mother pregnant related preeclampsia, which was previously Not yet optimally understood or measured in a way in-depth in the research area said. Therefore that's important done research that is quantitative study influence education danger preeclampsia to change behavior prevention in mothers pregnant.

Study This aims for mothers pregnant become more aware will danger preeclampsia and do action appropriate prevention to reduce risk complications serious and death for mother and baby. With good education, it is hoped knowledge and action prevention preeclampsia in mothers pregnant can increase so that safety mother and baby more awake.

RESEARCH METHOD

This study employed a literature review method, examining several relevant scientific articles and research findings. The journals analyzed focused on the influence of education on pregnant women's knowledge about the dangers of preeclampsia. The journals' findings, particularly those related to average knowledge before and after the intervention, were collected and synthesized to draw general conclusions.

RESULTS AND DISCUSSION

A. Improving Knowledge of Pregnant Women

Nearly all literature reviews show that providing health education about the

dangers of preeclampsia has a positive and significant impact on increasing pregnant women's knowledge. The following are the results of several studies.

1. Journal 1: Influence Educational Media Booklet on Pregnancy To Regarding the Level of Knowledge of Pregnant Women About Preeclampsia in the Work Area Andong Community Health Center.

Research design This using one group pretest posttest design, which is one of the form from study pre-experimental Where something group given pretest, then given treatment and after That done posttest. Instrument in study This use. The journal showed that the results of the study showed a very clear increase in knowledge after the booklet was provided. In the pretest stage, the majority of pregnant women were in the low knowledge category, namely 60%, while those with good knowledge were only 3.3%. However, after being given education using the booklet, there was a significant increase: knowledge in the good category rose to 50%, and only 3.3% remained in the low category (Haryanti et al., 2023).

2. Journal 2: The Effect of Educational Booklets About Pre-Eclampsia on Pregnant Women's Knowledge.

Study This is study quantitative with Pre-Experimental design that adopts one group pretest posttest design approach and instrument in study This use questionnaire. In research This, found that part big Mother pregnant own lack of knowledge about preeclampsia before education with booklet media with average knowledge score before education around 7.29, so 54.17% of respondents own lack of knowledge. After education, occurs improvement significant in knowledge Mother pregnant, with results 87.5% of respondents show knowledge good. Intervention education with proven booklet media effective in increase knowledge Mother pregnant about preeclampsia, proven with the results of the paired sample t-test obtained p-value 0.000 which means hypothesis accepted (Dewi et al., 2023).

3. Journal 3: Improvement Knowledge for Pregnant Women Through Education Related Preeclampsia in the Subdistrict Sidangara.

This research/community service activity used a health education method using booklets and the active participation of pregnant women. The method applied followed a pretest-education-posttest flow, allowing the authors to directly observe changes in knowledge levels after the intervention was administered. The results of the activity showed a significant increase in knowledge among pregnant women after the education was provided. In the pretest stage, the participants' knowledge levels were still varied, and most had not yet reached the very good category. Only two people scored 100, while the other scores were spread across the categories of 90, 80, 60, and 50. After the education was conducted, the number of participants achieving a

score of 100 increased to 8 people, and participants with a score of 90 increased from 5 to 7 people. Conversely, lower scores such as 50, 60, and 80 experienced a decrease in the number of participants, indicating that most pregnant women experienced improved scores. The overall average score of respondents increased from 75.67 in the pretest to 85 in the posttest, illustrating the success of the educational intervention (Syamsiah et al., 2025).

4. **Journal 4: The Effect of Health Education Using Preeclampsia Board Game Media on the Level of Knowledge of Pregnant Women.** Research methods used is quantitative with design pre-experimental one-group pretest-posttest design. Research results show existence improvement very significant knowledge after intervention. Before intervention, 9 respondents (45%) had knowledge less and 11 respondents (55%) sufficient, while No there are categories good. After intervention with board games, 15 respondents (75%) became categorized good, 5 respondents (25%) sufficient, and not There is what's lacking. The Wilcoxon test results show a p-value = 0.001 ($p < 0.05$), so that in a way statistics proven There is significant influence from education health using preeclampsia board game media to level knowledge Mother first trimester of pregnancy preeclampsia (Husna et al., 2024).

In a way overall from fourth journal the can concluded that knowledge Mother pregnant before education tend to low, good lack of information lack of counseling, or limitations of health education media. However, after given education show existence improvement knowledge Mother pregnant, showing that method education whatever during information conveyed using simple language understood can in a way effective increase knowledge Mother pregnant. Education proven help Mother recognize sign danger preeclampsia and increase vigilance For do inspection pregnancy regularly. From to four journal the mention that education is an important step For prevention complications pregnancy, detection early preeclampsia, and increased safety mother and fetus.

Subtitle Discussion

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CONCLUSION

Education about danger preeclampsia through various media such as booklets, counseling health, and interactive media proven capable increase knowledge Mother pregnant in a way significant, so that support achievement objective study namely understand influence education to preparedness Mother in recognize sign danger as well as do action prevention preeclampsia. Increased consistent knowledge throughout studies show that delivery systematic, easy information understood, and accompanied by appropriate educational media is an important strategy in push effort preventive during pregnancy. Based on findings mentioned, it is recommended that the workforce health expand use of innovative and applicable educational media in antenatal services to improve effectiveness counseling. In addition, it is necessary development of educational models based literacy health For strengthen runway theory intervention educational. Research advanced with coverage sample more big, more design stron, and evaluation to variables attitudes and behavior real is also needed so that the picture effectiveness education in prevention preeclampsia can understood in a way more comprehensive.

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