EFEKTIVITAS EDUKASI TERSTRUKTUR BERBASIS VIDEO ANIMASI DALAM MENINGKATKAN PENGETAHUAN IBU HAMIL TENTANG PENANGANAN PREEKLAMPSIA BERAT DI RUANG VK RSUP DR. BEN MBOI KUPANG

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Abstract: Latar Belakang*: Preeklampsia berat merupakan salah satu komplikasi kehamilan yang berkontribusi signifikan terhadap tingginya angka kesakitan dan kematian ibu serta janin. Rendahnya pengetahuan ibu hamil mengenai tanda bahaya dan penanganan preeklampsia berat menjadi faktor utama keterlambatan deteksi dan penatalaksanaan. Inovasi edukasi keperawatan berbasis media yang menarik dan mudah dipahami diperlukan untuk meningkatkan pemahaman ibu hamil.* **Tujuan:** *Mengetahui efektivitas edukasi terstruktur berbasis video animasi dalam meningkatkan pengetahuan ibu hamil tentang penanganan preeklampsia berat di Ruang VK RSUP Dr. Ben Mboi Kupang.* **Metode:** *Penelitian ini merupakan proyek inovasi keperawatan berbasis Evidence-Based Nursing dengan pendekatan Plan–Do–Study–Action (PDSA). Desain yang digunakan adalah pretest–posttest one group design. Subjek terdiri dari dua ibu hamil dengan diagnosis preeklampsia berat yang dirawat di Ruang VK RSUP Dr. Ben Mboi Kupang. Intervensi berupa edukasi terstruktur menggunakan video animasi mengenai konsep, tanda bahaya, dan penanganan preeklampsia berat. Pengetahuan ibu hamil dievaluasi sebelum dan sesudah intervensi secara deskriptif.* **Hasil:** *Hasil evaluasi menunjukkan adanya peningkatan pengetahuan ibu hamil setelah diberikan edukasi terstruktur berbasis video animasi. Ibu hamil dan keluarga mampu memahami konsep preeklampsia berat, mengenali tanda bahaya, serta menjelaskan kembali langkah penanganan dan pencegahan komplikasi.* **Kesimpulan:** *Edukasi terstruktur berbasis video animasi efektif meningkatkan pengetahuan ibu hamil tentang penanganan preeklampsia berat. Intervensi ini mudah diterapkan, bersifat edukatif, dan berpotensi dikembangkan sebagai bagian dari asuhan keperawatan maternitas di ruang VK/PONeK.*

INTRODUCTION

Preeclampsia is a serious pregnancy complication characterized by increased blood pressure accompanied by organ dysfunction after 20 weeks of gestation (Ai Yeyeh, R, 2021). This condition can develop into severe preeclampsia, which carries the risk of serious complications such as eclampsia, renal failure, hemorrhage, and maternal and fetal death. The World Health Organization reports that hypertensive disorders in pregnancy remain one of the leading causes of maternal mortality globally (World Health Organization, 2025). In Indonesia, preeclampsia contributes significantly to the high maternal mortality rate. Low knowledge of pregnant women regarding danger signs and the management of severe preeclampsia is one of the factors causing delays in referral and treatment (Badan Pusat Statistik NTT, 2024). In East Nusa Tenggara Province, cases of pregnancy complications due to hypertension are still found in various health care facilities, including RSUP Dr. Ben Mboi Kupang. Nurses have an important role in providing health education to pregnant women, especially in increasing knowledge and preparedness in facing pregnancy complications. Animated video media is one form of educational innovation that is able to convey information visually in an attractive and easily understood manner. Therefore, this innovation project was carried out to implement structured education based on animated video as an effort to increase the knowledge of pregnant women with severe preeclampsia.

METHODS

This study was a nursing innovation project based on Evidence-Based Nursing with the Plan–Do–Study–Action (PDSA) approach and a one-group pretest–posttest design. The research subjects consisted of two pregnant women diagnosed with severe preeclampsia who were treated in the Delivery Room of RSUP Dr. Ben Mboi Kupang and met the inclusion criteria. The intervention provided was structured education using animated video media containing the definition of severe preeclampsia, risk factors, signs and symptoms, management, and prevention of complications, given to pregnant women and accompanying family members. Evaluation was carried out by comparing the level of knowledge before and after the intervention through interviews, observation, and the respondents' ability to explain the material again. Data were analyzed descriptively to describe changes in knowledge after the intervention.

RESULTS

The results of the innovation project showed that all respondents experienced an increase in knowledge after being given structured education based on animated video. Pregnant women were able to explain again the definition of severe preeclampsia, recognize danger signs such as severe headache, epigastric pain, and visual disturbances, and understand the importance of blood pressure monitoring and adherence to medical therapy. Accompanying family members also showed increased understanding and played an active role in supporting the care of pregnant women. During the education process, respondents appeared enthusiastic, cooperative, and able to follow the entire series of activities until completion.

DISCUSSION

The increase in pregnant women's knowledge after the provision of animated video-based education indicates that this media is effective as a nursing education tool. Animated videos help simplify complex medical information into visuals that are easy to understand, thereby increasing retention and comprehension. These findings are in line with research conducted by Suheti, Irmadani, and Agusalim (2025), which concluded that providing education on pregnancy danger signs through educational video media has a significant effect on increasing pregnant women's knowledge. The study showed that after video-based education was given, there was a significant increase in pregnant women's level of knowledge compared to before the intervention. The effectiveness of video media in that study was explained by the ability of video to combine visual and audio elements so that complex health information can be delivered in a simpler, clearer, and more easily understood manner. In addition, educational videos allow pregnant women to be more focused, interested, and able to recall the material presented. This supports the results of this study that nursing education based on animated video is an effective medium for increasing pregnant women's understanding and knowledge, especially related to the recognition of pregnancy danger signs as an effort for early detection of complications. Good education will increase pregnant women's awareness of their health condition and encourage earlier health-seeking behavior. As a nursing innovation project, this intervention is applicable and easy to implement in the delivery room/VK/PONeK. Although the number of respondents was limited, the results of this project provide an initial overview that structured education based on animated video has the potential to improve the quality of maternity nursing care.

CONCLUSION

Structured education based on animated video is effective in increasing pregnant women's knowledge about the management of severe preeclampsia in the Delivery Room of RSUP Dr. Ben Mboi Kupang. This intervention is simple, attractive, and easy to implement as part of maternity nursing care. It is recommended that animated video media be developed and used more widely in antenatal services to support efforts to prevent pregnancy complications.

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