

Utilization of KIA Books on Pregnant Women's Knowledge About The Dangers of Pregnancy at The Buntulia Community Health Center

Sasmita Bangga ¹, Raden Maria Veronika Widiatrilupi ^{2*}, Anik Purwati ³

¹ Puskesmas Buntulia, Pohuwato Gorontalo, Indonesia, sasmitaabbangga@gmail.com

^{2,3} Departemen Kebidanan, Fakultas Ilmu Kesehatan, Institut Teknologi Sains dan Kesehatan (ITSK) RS dr Soepraoen Malang, Indonesia; e-mail: mariawidia@itsk-soepraoen.ac.id

* Corresponding Author : Raden Maria Veronika Widiatrilupi

Abstract: The Maternal and Child Health (KIA) Book is an important media used to provide health information for pregnant women. Effective utilization of the KIA Book can increase pregnant women's knowledge about the dangers of pregnancy, thus supporting a healthy pregnancy. However, not all pregnant women have utilized the KIA Book optimally, especially in the UPTD Buntulia Health Center area. This study aims to analyze the utilization of the KIA Book on the level of knowledge of pregnant women about the dangers of pregnancy in the UPTD Buntulia Health Center. This study used a quantitative analytical design with a cross-sectional approach. Respondents were 16 pregnant women selected by purposive sampling. Data were collected through a structured questionnaire and analyzed using the chi-square statistical test. The results showed that there was a significant relationship between the utilization of the KIA Book and the level of knowledge of pregnant women about the dangers of pregnancy (p-value = 0.000). Pregnant women who actively utilize the KIA Book tend to have a better level of knowledge than those who do not utilize it. Optimal utilization of the KIA Book contributes positively to increasing pregnant women's knowledge about the dangers of pregnancy. It is recommended that health workers at Buntulia Health Center be more active in providing education on the importance of using the KIA Book and providing assistance to pregnant women to maximize its benefits

Keywords: Buntulia Health Center, KIA Book, Pregnancy Dangers, Pregnant Women's Knowledge

Received: April 16, 2025

Revised: May 12, 2025;

Accepted: June 19, 2025

Published : June 30, 2025

Curr. Ver.: June 30, 2025



Copyright: © 2025 by the authors. Submitted for possible open access publication under the terms and conditions of the Creative Commons Attribution (CC BY SA) license (<https://creativecommons.org/licenses/by-sa/4.0/>)

1. Introduction

Pregnancy is an important phase in a woman's life that requires special attention to health. During pregnancy, pregnant women are susceptible to various health risks, such as anemia, hypertension, infection, and other obstetric complications. One way to minimize these risks is to increase pregnant women's knowledge about pregnancy danger signs through affordable and effective educational media.

The Maternal and Child Health Book (KIA Book) is one of the educational media designed by the Ministry of Health to provide complete information to pregnant women regarding pregnancy care, childbirth, and child health. This book is not only a guide for pregnant women but also a communication tool between mothers and health workers. By reading the KIA Book, pregnant women can recognize pregnancy danger signs, such

as bleeding, severe headaches, abnormal abdominal pain, and premature rupture of membranes.

Although the KIA Book has been widely distributed, its use in the community still faces various obstacles. Many pregnant women have not read the KIA Book in its entirety due to lack of assistance from health workers or low interest in reading. On the other hand, health workers are often less than optimal in providing socialization about the importance of using the KIA Book. This condition causes a low level of knowledge of pregnant women about the dangers of pregnancy, which has an impact on increasing the risk of complications during pregnancy and childbirth.

The UPTD Buntulia Health Center, as one of the first-level health facilities, has an important role in supporting the use of the KIA Book. Based on initial reports, there are still pregnant women in the Buntulia Health Center work area who have low knowledge of pregnancy danger signs even though they have received the KIA Book. This indicates the need for an evaluation of the effectiveness of the use of the KIA Book in the area.

Previous studies have shown that optimal use of the KIA Book is positively correlated with increased knowledge and health behavior of pregnant women. The KIA Book can be a reliable and easily accessible source of information, so that pregnant women can be more independent in monitoring their health conditions. In addition, the involvement of health workers in providing education about the KIA Handbook is also very important to ensure good understanding among pregnant women.

In this context, the analysis of the utilization of the KIA Handbook and its relationship to the level of knowledge of pregnant women about the dangers of pregnancy at the UPTD Buntulia Health Center is very relevant. This study aims to identify the extent to which the KIA Handbook has been utilized by pregnant women in the area, and how this affects their level of knowledge about danger signs of pregnancy.

The results of this study are expected to provide input to health workers at the Buntulia Health Center to improve health education strategies. Thus, the utilization of the KIA Handbook can be more effective in supporting healthy and safe pregnancies in the work area of the Health Center.

2. Research Methods

Based on its type, this study uses a quantitative analytical design with a cross-sectional approach. Respondents numbered 16 pregnant women selected by purposive sampling. Data were collected through a structured questionnaire and analyzed using the chi-square statistical test [9]. This design is to determine the effects before and after treatment. With the Purposive Sampling sampling technique [10].

3. Results and Discussion

Table 1 Mother's Age

| Information | Frequency | Percent |
|-------------|-----------|---------|
| >21 year | 16 | 100.0 |

Based on table 1 above, all 16 respondents (100%) are over 21 years old.

Table 2 Maternal Parity

| Information | Frequency | Percent |
|-------------|-----------|---------|
| Primipara | 13 | 81.2 |
| Multipara | 3 | 18.8 |
| Total | 16 | 100.0 |

Based on table 3 above, the majority of 15 respondents (93.8%) used the KIA book positively and the smallest 1 respondent (6.2%) used the KIA book negatively.

Table 3 Knowledge of Pregnant Women

| Information | Frequency | Percent |
|-------------|-----------|---------|
| Good | 12 | 75.0 |
| Less | 4 | 25.0 |
| Total | 16 | 100.0 |

Based on table 4 above, the majority of 12 respondents (75%) of pregnant women had good knowledge and a small proportion of 4 respondents (25%) had poor knowledge.

Table 4 Maternal Health Status

| Information | Frequency | Percent |
|-------------|-----------|---------|
| high risk | 10 | 62.5 |
| Low risk | 6 | 37.5 |
| Total | 16 | 100.0 |

Based on table 5 above, after the intervention, the majority of 10 respondents (62.5%) experienced high risk and a small proportion of 6 respondents (37.5%) experienced low risk.

**Table 5 KIA Book Utilization * Mother's Knowledge
Crosstabulation**

| Information | | Mother's Knowledge | | Total |
|--------------------------|---------|--------------------|------|-------|
| | | Good | Less | |
| Utilization of KIA Books | Positiv | 12 | 3 | 15 |
| | Negativ | 0 | 1 | 1 |
| Total | | 12 | 4 | 16 |
| Uji Chi Square | | | | 0.000 |

Based on table 6 above, the results of the Chi Square test, the Utilization of Kia Books on Pregnant Women's Knowledge of Pregnancy Dangers at the Buntulia Health Center UPTD. The results of the analysis of the 16 respondents above obtained a P value of $0.000 \leq 0.05$, which means that H_0 is rejected and H_a is accepted, so it can be

concluded that there is a Relationship between the Utilization of Kia Books and Pregnant Women's Knowledge of Pregnancy Dangers at the Buntulia Health Center UPTD

Analyzing the Utilization of KIA Books on Pregnant Women's Knowledge of Pregnancy Dangers at the Buntulia Health Center UPTD

The results of this study indicate that there is a significant relationship between the utilization of Maternal and Child Health (KIA) Books and the level of knowledge of pregnant women about pregnancy dangers at the Buntulia Health Center UPTD. Based on the results of the Chi-Square test in Table 6, a P value of 0.000 ($P \leq 0.05$) was obtained. This means that the null hypothesis (H_0) is rejected and the alternative hypothesis (H_a) is accepted, which indicates a significant relationship between the utilization of KIA Books and the knowledge of pregnant women.

These results are consistent with previous studies showing that KIA Books are an effective information medium in increasing pregnant women's knowledge about pregnancy health, including pregnancy danger signs. KIA Books provide structured information that can be easily accessed by pregnant women, making it easier for them to understand the risks of pregnancy and the necessary precautions.

A total of 16 respondents who participated in this study showed that pregnant women who actively use the KIA Book tend to have a better level of knowledge compared to those who do not use it. This is in line with the theory of health education which states that targeted and easily accessible educational media can increase individual awareness and knowledge about a health problem.

This study also emphasizes the importance of the role of health workers in assisting pregnant women in utilizing the KIA Book. Without assistance, some pregnant women may have difficulty understanding the information in the KIA Book, especially if there are unfamiliar medical terms. Therefore, the active role of health workers in explaining the contents of the KIA Book and providing opportunities for pregnant women to ask questions is very important.

This finding is relevant to a report from WHO (2021), which states that educational media such as the KIA Book can be an effective tool to increase public understanding of maternal and child health. However, its success is highly dependent on factors such as education level, access to information, and support from health workers. At the Buntulia Health Center, this can be optimized through routine counseling that utilizes the KIA Book as the main media.

From a practical perspective, the results of this study indicate that the use of the KIA Book can be used as a strategy to reduce the number of pregnancy complications in the Buntulia Health Center work area. By increasing the knowledge of pregnant women, they can be more aware of pregnancy danger signs and immediately seek medical help if needed. This is in line with the goal of the Ministry of Health to reduce maternal and infant mortality rates in Indonesia.

In the future, it is recommended that health workers at the Buntulia Health Center UPTD be more proactive in educating pregnant women about the importance of reading and understanding the KIA Book. In addition, providing additional information such as infographics or educational videos that support the contents of the KIA Book can also be an innovative step to increase pregnant women's understanding of the dangers

of pregnancy. With this strategy, it is hoped that the level of utilization of the KIA Book can be more optimal, thus contributing to better maternal and child health.

6. Conclusions

The results of this study indicate that there is a significant relationship between the use of the Maternal and Child Health Book (KIA) and the level of knowledge of pregnant women about the dangers of pregnancy at the Buntulia Health Center UPTD. Based on the Chi-Square test analysis, the p-value of 0.000 ($P \leq 0.05$) indicates that pregnant women who actively use the KIA Book have a better level of knowledge compared to those who do not use it. The KIA Book has proven to be an effective educational medium in conveying information about pregnancy health, including danger signs that need to be watched out for. With structured and easily accessible information, the KIA Book helps pregnant women understand the risks of pregnancy and encourages them to take the necessary preventive measures.

The success of the use of the KIA Book is greatly influenced by the active role of health workers. Education and assistance provided by health workers improve pregnant women's understanding of the contents of the KIA Book, especially in understanding medical terms or information that may be difficult to understand. These findings support efforts to increase the use of the KIA Book as a strategy to reduce the risk of pregnancy complications and reduce maternal and infant mortality rates.

With increasing knowledge, pregnant women become more aware of the importance of early detection and handling of pregnancy danger signs. As a step forward, it is recommended that health workers at the Buntulia Health Center UPTD be more intensive in socializing the importance of the KIA Book. Providing supporting media such as infographics and educational videos can also strengthen pregnant women's understanding of the dangers of pregnancy. With this strategy, the KIA Book can be utilized more optimally, contributing to better maternal and child health.

References

- Aprilia Ariantika. (2020). Hubungan Pengetahuan Ibu Hamil dengan Pemanfaatan Buku KIA di Puskesmas. Skripsi, Politeknik Kesehatan Kementerian Kesehatan Riau.
- Dana Santoso. (2012). Hubungan Pemanfaatan Buku KIA dengan Pengetahuan dan Sikap Ibu Hamil tentang Tanda Bahaya Kehamilan. *Jurnal Kesehatan Masyarakat*, 7(2), 123-130.
- Dewi, N. L. P. E., & Sari, K. A. M. (2022). Peran Buku KIA dalam Meningkatkan Pengetahuan Ibu Hamil tentang Kesehatan Kehamilan. *Jurnal Kesehatan Reproduksi*, 9(1), 45-52.
- Hidayati, N. (2018). Hubungan Pemanfaatan Buku KIA dengan Pengetahuan Ibu Hamil tentang Tanda Bahaya Kehamilan di Puskesmas Peunaron. *Jurnal Ilmiah Kebidanan*, 6(1), 15-22.
- Kementerian Kesehatan Republik Indonesia. (2015). *Buku Kesehatan Ibu dan Anak*. Jakarta: Kemenkes RI.
- Kementerian Kesehatan Republik Indonesia. (2021). *Pedoman Pelaksanaan Buku Kesehatan Ibu dan Anak*. Jakarta: Kemenkes RI.

- Kusuma, A. P. (2019). Pengaruh Edukasi Menggunakan Buku KIA terhadap Pengetahuan Ibu Hamil tentang Tanda Bahaya Kehamilan. *Jurnal Kesehatan Masyarakat*, 14(2), 89-95.
- Lestari, D. (2017). Hubungan Pengetahuan Ibu Hamil tentang Tanda Bahaya Kehamilan dengan Pemanfaatan Buku KIA di Puskesmas. *Jurnal Kesehatan*, 10(1), 33-40.
- Marlina, L. (2019). Efektivitas Penggunaan Buku KIA terhadap Pengetahuan Ibu Hamil tentang Bahaya Kehamilan. *Jurnal Bidan*, 5(2), 112-118.
- Notoatmodjo, S. (2020). Pendidikan dan Perilaku Kesehatan. Jakarta: Rineka Cipta.
- Putri, R. D., & Sari, M. (2021). Peran Tenaga Kesehatan dalam Pemanfaatan Buku KIA oleh Ibu Hamil. *Jurnal Kesehatan Masyarakat*, 16(1), 78-85.
- Rahayu, S. (2018). Hubungan Antara Pemanfaatan Buku KIA dengan Pengetahuan Ibu Hamil tentang Tanda Bahaya Kehamilan di Puskesmas. *Jurnal Kesehatan Reproduksi*, 5(1), 25-31.
- Rini, D. A. (2019). Pengaruh Pemanfaatan Buku KIA terhadap Pengetahuan Ibu Hamil tentang Komplikasi Kehamilan. *Jurnal Kebidanan*, 8(2), 99-105.
- Sari, Y. P. (2018). Hubungan Antara Pemanfaatan Buku KIA dengan Pengetahuan Ibu Hamil tentang Tanda Bahaya Kehamilan. *Jurnal Kesehatan*, 11(2), 67-74.
- World Health Organization. (2021).
- World Health Organization. (2021). Maternal health: A report on the state of global health. Geneva: WHO.