

Politeknik Kesehatan Kementerian Kesehatan Bandung  
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Penerapan Edukasi Bounding Attachment Untuk Meningkatkan Pengetahuan dan Sikap  
Ibu Hamil Di PKM Pancasan Kota Bogor

i-xiv – 85 halaman, V BAB, 7 tabel, 6 lampiran

## ABSTRAK

**Latar Belakang:** Rendahnya kesejahteraan pada ibu hamil didasarkan pada risiko yang dihadapi ibu selama kehamilan, persalinan dan nifas yang dipengaruhi oleh berbagai komplikasi pada kehamilan serta kondisi emosi ibu hamil hingga kelahiran bayi. Kebanyakan ibu hamil memiliki perasaan bingung sehingga dapat menghambat atau menolak terjadinya ikatan antara ibu dan bayi pada periode post partum. Dengan melaksanakan *bounding attachment* hubungan psikologi ibu dan anak akan menjadi lebih intens. Salah satu cara untuk memperkuat *bounding attachment* yaitu dengan meningkatkan pengetahuan dan memperbaiki sikap ibu hamil mengenai *bounding attachment*. **Tujuan:** untuk mengetahui tingkat pengetahuan dan sikap ibu hamil sebelum dan setelah mendapatkan edukasi *bounding attachment* berupa booklet di PKM Pancasan Kota Bogor. **Metode:** menggunakan teknik *sampling non-probability* dengan pendekatan *purposive sampling* sesuai dengan subjek kriteria inklusi. Pengambilan data dilakukan menggunakan lembar kuesioner. Dianalisis melalui program komputer. Partisipan adalah 4 ibu hamil yang terdiri dari 2 ibu hamil trimester II dan 2 ibu hamil trimester III. Metode studi kasus ini menggunakan metode deskriptif yang akan disajikan dalam bentuk tabel. **Hasil:** studi kasus ini menunjukkan bahwa pemberian edukasi *bounding attachment* berhasil meningkatkan pengetahuan dan sikap ibu hamil. Hasil rata-rata tingkat pengetahuan 65% (cukup) meningkat menjadi 85% (baik) kemudian hasil mean sikap dari 34,75 juga meningkat menjadi 43,75. **Kesimpulan:** dengan diberikannya edukasi *bounding attachment* dapat meningkatkan pengetahuan dan sikap ibu hamil di PKM Pancasan Kota Bogor. **Rekomendasi:** diharapkan dengan dilakukannya studi kasus mengenai pemberian edukasi *bounding attachment* ini dapat menjadi rekomendasi untuk meningkatkan pengetahuan dan sikap ibu hamil dalam mempersiapkan kehamilan dan persalinan.

Kata Kunci : Kehamilan, Pengetahuan, Sikap, *Bounding Attachment*  
Daftar Pustaka : 30 Sumber (2014-2022)

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*Application of Bounding Attachment Education to Improve Knowledge and Attitudes of Pregnant Women at PKM Pancasan Kota Bogor*

*i-xi – 82 page, V BAB, 7 table, 6 attachment*

## ABSTRACT

**Background:** Low well-being in pregnant women is based on the risks faced by mothers during pregnancy, labor and postpartum, which are influenced by various complications in pregnancy as well as the emotional state of pregnant women until the birth of the baby. Most pregnant women have feelings of confusion that can inhibit or reject bonding between mother and baby in the post partum period. By implementing bounding attachment, the psychological relationship between mother and child will become more intense. One way to strengthen bounding attachment is to increase knowledge and improve the attitude of pregnant women regarding bounding attachment. **Objective:** to determine the level of knowledge and attitudes of pregnant women before and after receiving bounding attachment education in the form of a booklet at PKM Pancasan, Kota Bogor. **Method:** using non-probability sampling technique with purposive sampling approach in accordance with the inclusion criteria subjects. Data were collected using a questionnaire sheet. Analyzed through a computer program. Participants were 4 pregnant women consisting of 2 second trimester pregnant women and 2 third trimester pregnant women. This case study method uses a descriptive method that will be presented in tabular form. **Results:** This case study shows that the provision of bounding attachment education succeeded in improving the knowledge and attitudes of pregnant women. The average result of knowledge level of 65% (sufficient) increased to 85% (good) then the mean result of attitude from 34.75 also increased to 43.75.. The average knowledge result of 65% increased to 85% then the mean attitude result of 34.75 also increased to 43.75. **Conclusion:** the provision of bounding attachment education can improve the knowledge and attitudes of pregnant women in PKM Pancasan Kota Bogor. **Recommendations:** It is hoped that this case study on the provision of bounding attachment education can be a recommendation to improve the knowledge and attitudes of pregnant women in preparing for pregnancy and childbirth.

**Keywords** : Pregnancy, Knowledge, Attitude, Bounding Attachment  
**Bibliography** : 30 Sources (2014-2022)