ABSTRAK

Diabetes melitus gestasional merupakan gangguan metabolik selama kehamilan yang dapat memberikan dampak buruk terhadap kesehatan ibu dan janin. Keberhasilan upaya pencegahan diabetes melitus gestasional melibatkan berbagai faktor termasuk pengetahuan dan sikap ibu hamil. Pengetahuan baik diharapkan dapat membentuk sikap positif sehingga dapat menerapkan upaya pencegahan selama kehamilan. Penelitian ini dilakukan untuk menganalisis hubungan pengetahuan dengan sikap ibu hamil tentang pencegahan diabetes melitus gestasional. Pendekatan *cross-sectional* dengan desain analitik korelasional digunakan dalam kajian ini. Sebanyak 106 ibu hamil yang memenuhi kriteria inklusi dan eksklusi di wilayah Puskesmas Garuda dan Puskesmas Ibrahim Adjie dilibatkan sebagai responden. Sampel didapatkan melalui teknik *purposive sampling*. Data dikumpulkan menggunakan kuesioner pengetahuan dan sikap yang telah dinyatakan valid dan reliabel. Analisis data diuji menggunakan korelasi *Spearman*. Hasil penelitian menunjukkan skor median pengetahuan ibu hamil sebesar 17,00 dengan rentang skor 10-24. Skor median sikap ibu hamil terhadap pencegahan diabetes melitus gestasional sebesar 82,00 dengan rentang skor 57-90. Hasil uji korelasi Spearman menunjukkan nilai *p-value* = 0,000 ($p < 0,05$), menunjukkan adanya hubungan yang bermakna antara pengetahuan dengan sikap ibu hamil tentang pencegahan diabetes melitus gestasional. Pengetahuan yang lebih tinggi berkaitan dengan sikap yang lebih positif terhadap pencegahan diabetes melitus gestasional. Hasil penelitian ini menunjukkan pentingnya peningkatan edukasi kesehatan selama kehamilan sebagai upaya untuk meningkatkan sikap ibu hamil dalam pencegahan diabetes melitus gestasional.

Kata kunci: Pengetahuan, sikap, ibu hamil, pencegahan, diabetes melitus gestasional

ABSTRACT

Gestational diabetes mellitus is a metabolic disorder during pregnancy that can negatively impact the health of the mother and fetus. Successful prevention of gestational diabetes mellitus involves various factors, including the knowledge and attitudes of pregnant women. Good knowledge is expected to shape positive attitudes, enabling them to implement preventive measures during pregnancy. This study was conducted to analyze the relationship between knowledge and attitudes of pregnant women regarding the prevention of gestational diabetes mellitus. A cross-sectional approach with a correlational analytical design was used in this study. A total of 106 pregnant women who met the inclusion and exclusion criteria in the Garuda Community Health Center and Ibrahim Adjie Community Health Center were involved as respondents. The sample was obtained through a purposive sampling technique. Data were collected using a knowledge and attitude questionnaire that has been declared valid and reliable. Data analysis was tested using Spearman correlation. The results showed a median score of knowledge of pregnant women was 17.00 with a score range of 10-24. The median score of attitudes of pregnant women towards the prevention of gestational diabetes mellitus was 82.00 with a score range of 57-90. The Spearman correlation test showed a p-value of 0.000 ($p < 0.05$), indicating a significant relationship between knowledge and attitudes of pregnant women regarding the prevention of gestational diabetes mellitus. Higher knowledge was associated with a more positive attitude towards the prevention of gestational diabetes mellitus. The results of this study demonstrate the importance of increasing health education during pregnancy as an effort to improve pregnant women's attitudes towards the prevention of gestational diabetes mellitus.

Keywords: *Knowledge, attitudes, pregnant women, prevention, gestational diabetes mellitus*