

## HEALTH EDUCATION FOR PREGNANT WOMEN ON NEEDS DURING THE FIRST, SECOND, AND THIRD TRIMESTERS IN BLANG MANGAT DISTRICT, NORTH ACEH REGENCY

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**ABSTRACT** Health education for pregnant women is an activity that provides information, education, and support to expectant mothers to enhance their understanding of pregnancy and maternal health. This education is typically tailored to each trimester of pregnancy, as each stage has different needs and areas of focus. The counseling aims to ensure that pregnant women have sufficient knowledge to maintain their health and that of their fetus, as well as to prepare for a safe delivery process. The objective of this program is to educate pregnant women in the Blang Mangat District about the needs required during pregnancy. These needs include oxygen intake, nutrition, personal hygiene, mobilization and body mechanics, elimination needs, exercise and physical activity, sexual activity, travel considerations, labor preparation, permitted and prohibited activities, medication use, and immunization during pregnancy. One of the problems identified is the lack of knowledge among pregnant women regarding their specific needs, including folic acid intake. The method used to address this issue is by conducting health education sessions for pregnant women in their first, second, and third trimesters within the Blang Mangat District. The expected outcome of this community service program is an increase in pregnant women's knowledge regarding trimester-specific needs during pregnancy. The anticipated outputs of this activity include a nationally published article with ISSN and e-ISSN, intellectual property rights (HAKI) for a booklet on the educational material regarding the needs of pregnant women in each trimester, and publication in both print and electronic media. This program is expected to benefit women, especially pregnant women, by contributing to the reduction of stunting rates in children and improving fetal health.

**KEYWORDS:** *Maternal Needs, Education, Counseling, First-Second, and Third Trimesters of Pregnancy.*

## **1. INTRODUCTION**

Pregnancy is a period marked by significant physiological and psychological changes for a woman. To support the health of both the mother and the fetus, special attention is needed at each stage of pregnancy—during the first, second, and third trimesters. Each trimester has its own specific nutritional needs, health care requirements, and preparations (Sufriyanti, 2022).

In the first trimester (0–12 weeks), pregnant women undergo many initial changes, both physical and hormonal. A balanced nutritional intake is essential to support the early development of the fetus, particularly for the formation of organs and bodily systems. At this stage, pregnant women are often vulnerable to symptoms such as nausea, vomiting, and fatigue, which can interfere with adequate food intake. Therefore, education on healthy eating patterns and recommended supplements is especially important during this period.

In the second trimester (13–26 weeks), the mother's body begins to adapt more significantly, and fetal development accelerates. Pregnant women require more calories, protein, and essential nutrients to support optimal fetal growth. In addition, health education on the importance of light physical exercise, routine medical check-ups, and the management of stress and anxiety becomes critical during this phase.

The third trimester (27–40 weeks) represents the final stage of pregnancy, during which the fetus reaches full size and readiness for birth. Pregnant women in this trimester need more intensive support related to childbirth preparation, self-care, and management of symptoms such as leg swelling and high blood pressure. Education on the signs of labor, safe delivery methods, and understanding postnatal care is crucial in preparing mothers to welcome childbirth.

Health education regarding the needs of pregnant women in each trimester is essential to increase the knowledge of both expectant mothers and their families about the importance of optimal prenatal care. Therefore, the purpose of this report is to provide a deeper understanding of the needs of pregnant women in each trimester and to improve the quality of antenatal care, which in turn can contribute to optimal maternal and infant health.

## **2. METHOD**

The target audience for this community service activity is specifically pregnant women in Masjid Punteut Village, Blang Mangat Subdistrict, Lhokseumawe City. A total of 20 participants took part in this community service activity. The implementation of the activity used educational and demonstration methods.

### **a. Venue and Time of Implementation**

The community service activity will be held at the campus of the Aceh Utara Polytechnic of Health (Poltekkes Kemenkes) located in Blang Mangat Subdistrict, North Aceh Regency.

**b. Time of Implementation**

The community service activity will take place over a two-day period, from August 29 to August 30, 2024. The activity will begin on August 29, 2024, with an educational session on the basic needs of pregnant women in the first and second trimesters. On the second day, there will be a demonstration related to the basic needs of pregnant women in the third trimester.

**c. Work Procedures**

1. Identifying the characteristics of the target community/partners
2. Coordinating with cross-sector stakeholders and the target audience
3. Obtaining an official assignment letter from the Head of the D-III Nursing Program, North Aceh
4. Preparing educational and demonstration materials on the needs of pregnant women in the first, second, and third trimesters.

**3. RESULT AND DISCUSSION**

**3.1 Result**

Implementation of activities a. Activity Process Counseling activities will be carried out for 2 (two) days from August 29 to 30, 2024. The target audience in this activity is 20 pregnant women in the working area of Blang Mangat District, North Aceh Regency. The characteristics of the goal can be seen in the table below.

<b>Respondent Characteristics</b>	<b>Respondent</b>	<b>Percentage (%)</b>
<b>Age</b>		
21 years	1	5%
24 years	3	15%
27 years	3	15%
28 years	5	25%
30 years	3	15%
35 years	2	10%
36 years	3	15%
41 years	1	5%

Respondent Characteristics	Respondent	Percentage (%)
<b>Education</b>		
Secondary	14	70%
Higher	6	30%
<b>Occupation</b>		
Unemployed	18	90%
Employed	2	10%
<b>Marital Status</b>		
Married	20	100%
<b>Parity</b>		
Primiparous	11	55%
Multiparous	9	45%
<b>Total</b>	20	100%

Based on the table above, it can be seen that among the 20 respondents, 1 person (5%) was 21 years old, 3 people (15%) were 24 years old, 3 people (15%) were 27 years old, 5 people (25%) were 28 years old, 3 people (15%) were 30 years old, 2 people (10%) were 35 years old, 3 people (15%) were 36 years old, and 1 person (5%) was 41 years old. Regarding education level, 14 respondents (70%) had a secondary education, and 6 respondents (30%) had higher education. In terms of occupation, 18 respondents (90%) were unemployed, while 2 respondents (10%) were employed. All participants (100%) were married. For parity, 11 respondents were primiparous, and 9 were multiparous.

The activity was carried out in Blang Mangat Subdistrict. On the first day, the activity lasted for 4 hours, from 08:00 AM to 12:00 PM WIB, and similarly, on the second day, it was held for another 4 hours, from 08:00 AM to 12:00 PM WIB. The first day began with an opening ceremony attended by the community service team, students, and the target audience.

The opening of the health education session was conducted by students accompanied by lecturers, and the participants were 20 pregnant women from Mesjid Punteut Village, Blang Mangat Subdistrict. The first day started with a pre-test to assess the participants' knowledge regarding maternal needs during pregnancy. Knowledge and attitudes were measured using a questionnaire assessed by the community service team, which included lecturers and students.

The first presentation was delivered by Ns. Marlina, SST., S.Kep., M.Kes, who explained the definition, objectives, and benefits of understanding the needs of pregnant women, including the need for oxygen, nutrition, personal hygiene, mobilization, elimination, physical exercise, and

sexual needs. The second presentation was delivered by Ns. Yusnidaryani, SKM, S.Kep., M.Kes, covering topics such as travel during pregnancy, permissible activities, medication use, types of safe drugs, immunization, psychological aspects, and childbirth preparation.



Picture 1. Flyer Presentation

On the second day, the community service activity continued with a demonstration of maternal needs using flip chart teaching aids. The activity was conducted according to the planned schedule over two days. Attendance reached 100% of the target audience. During the sessions, the pregnant women were very cooperative and actively engaged in the education process. The questions raised by the participants were diverse, indicating a high level of curiosity, which made the sessions more dynamic and engaging.

After the demonstration session, the activity concluded with a post-test. The pregnant women enthusiastically filled out the post-test form, having gained knowledge and skills regarding nutritional needs during pregnancy. The evaluation results showed an increase in knowledge and skills by comparing the pre-test and post-test data, indicating that the education session had a positive impact on the understanding of maternal needs during pregnancy.

Table 4.2 Frequency Distribution of Pre-Test and Post-Test Knowledge of Pregnant Women on Maternal Needs During the First, Second, and Third Trimesters in Mesjid Punteut Village, Blang Mangat Subdistrict, 2024

Knowledge	Pre Test	%	Post Test	%
Good	7	35	17	85
Less	13	65	3	15
<b>Sum</b>	20	100	20	100

Based on the table above, it can be seen that the knowledge of pregnant women regarding their needs during pregnancy in the Blang Mangat Subdistrict improved after receiving education. Before the educational session, 7 participants (35%) had good knowledge, while 13 participants (65%) had poor knowledge. However, after the educational session, 17 participants (85%) fell into the good knowledge category, and only 3 participants (15%) remained in the poor category.

Table 4.3 Frequency Distribution of Pre-Test and Post-Test Skills of Pregnant Women on Maternal Needs During the First, Second, and Third Trimesters in Mesjid Punteut Village, Blang Mangat Subdistrict, 2024

<b>Knowledge</b>	<b>Pre Test</b>	<b>%</b>	<b>Post Test</b>	<b>%</b>
Unskilled	11	55	3	15
Skilled	9	45	17	85
<b>Sum</b>	20	100	20	100

Based on the table above, the skills of pregnant women related to their needs during pregnancy showed significant improvement after the simulation/demonstration. Before the simulation was conducted, 9 participants (45%) were categorized as skilled, while 11 participants (55%) were unskilled. After the simulation, 17 participants (85%) were skilled, and only 3 participants (15%) remained in the unskilled category.

This community service activity included an evaluation process aimed at assessing both the process and the outcomes of the activity. Process evaluation included verifying task assignment letters and participation from the target audience and stakeholders, including a certificate from the village head indicating the completion of the activity, and an increase in knowledge and skills among pregnant women regarding the needs during the first, second, and third trimesters.

The success of this activity was largely supported by the involvement of stakeholders, which ensured the program was implemented according to the planned schedule. The success of the process was also marked by a high level of participation, especially from the target audience and the head of Mesjid Punteut Village.

Outcome evaluation of the community service activity referred to the achievement of the intended objectives. The measurement instruments were developed based on the specific goals of the program and included questionnaires and flipcharts used during the sessions to enhance the knowledge and skills of pregnant women regarding their needs during the first, second, and third trimesters.

### **3.2 Discussion**

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### **4. CONCLUSION**

Based on the results of this community service activity, the following conclusions can be drawn:

1. There was an increase in the knowledge of pregnant women regarding their needs during the first, second, and third trimesters of pregnancy.
2. There was an improvement in the skills of pregnant women, enabling them to better fulfill their needs throughout all trimesters of pregnancy.
3. The participants in the community service activity were highly cooperative and actively engaged in the education and simulation/demonstration sessions, contributing to the optimal implementation of the program.

*Suggestion*

1. Pregnant women are encouraged to apply the knowledge and skills acquired during the education and simulation/demonstration sessions throughout their pregnancy until delivery.
2. It is recommended that lecturers and students continue to foster enthusiasm and commitment in carrying out community service activities to benefit the community, especially in disease prevention through educational and demonstrative approaches.
3. The educational institution is expected to provide broader support and opportunities, both morally and materially, for lecturers and students to implement community service programs effectively.

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