

BOOKLET DEVELOPMENT PROCESS FOR PRECONCEPTION EDUCATION

Siti Nurunniyah

Universitas Gajah Mada, Yogyakarta

ABSTRACT

Background: Healthy preconception is important to prepare for pregnancy, childbirth, baby health, and family planning. Therefore, preconception education is important for pregnant women. Effective education requires good and standardized educational material and media. This study aimed to explain the booklet development process for preconception education.

Subjects and Method: This study proceeded through 3 stages. Firstly, the development of booklet material, which covered: 1) literature studies, 2) preconception need assessment for women of reproductive age, 3) need assessment for health workers at community health center (Puskesmas), and 4) preparation of the first booklet draft. Secondly, the booklet validation process carried out through focus group discussion with experts in midwifery, nutrition, community, and health promotion. Thirdly, trial use on women of reproductive age.

Results: This draft of preconception education booklet had been developed based on literature review, user need, and recommendation from experts. The booklet received positive appreciation by women of reproductive age through trial use.

Conclusion: This booklet has been validated in terms of content and relevance. This booklet can be used for health workers to provide pregnancy preparation counseling for women of reproductive age.

Keywords: booklet, development, preconception education, women of reproductive age

Correspondence:

Siti Nurunniyah. Universitas Gajah Mada, Yogyakarta, Indonesia. Email: nurunniyah-jalis@gmail.com. Mobile: 087838423041.