



COUNSELING TO INCREASE THE KNOWLEDGE OF PREGNANT WOMEN ABOUT EARLY DETECTION OF PREGNANCY DANGER SIGNS IN THE WORKING AREA OF THE DAMPIT HEALTH CENTER, MALANG REGENCY

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ABSTRACT

Danger signs during pregnancy are critical conditions that may threaten the safety of both the mother and fetus if not detected early. This community service activity aimed to improve pregnant women's knowledge regarding the early detection of pregnancy danger signs. The activity was conducted in May 2025 in the working area of the Dampit Public Health Center, Malang Regency, involving 25 pregnant women. Health education was delivered through interactive lectures, discussions, and question-and-answer sessions supported by visual media such as leaflets and PowerPoint presentations. Evaluation was conducted using direct questioning before and after the session to assess participants' understanding. The results showed an improvement in participants' knowledge of pregnancy danger signs, including the ability to identify key symptoms and recognize the importance of regular antenatal care. This activity demonstrates that health education is an effective strategy to enhance awareness and early detection of pregnancy complications.

Keywords: Health Education, Pregnant Women, Danger Signs of Pregnancy, Early Detection.

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INTRODUCTION

Pregnancy danger signs represent critical indicators of potential complications that can lead to severe maternal and fetal outcomes if not identified promptly. Despite advances in maternal healthcare, lack of knowledge among pregnant women remains a significant barrier to early detection and timely management of complications. Health education has been widely recognized as an effective strategy to improve knowledge, awareness, and health-seeking behavior among pregnant women. Therefore, community-based educational interventions are essential to empower women to recognize danger signs early and seek appropriate care.

OBJECTIVES

General Purpose

The general purpose of this community service activity is to improve pregnant women's knowledge regarding the early detection of pregnancy danger signs.

Special Purpose

The specific purposes of this community service activity are to:

1. Increase knowledge of the types and symptoms of pregnancy danger signs.
2. Enhance awareness of potential pregnancy complications.
3. Encourage adherence to regular antenatal care visits.

PLAN OF ACTION

Strategy Plan

The strategic plan for this community-based program focuses on improving pregnant women's knowledge and awareness regarding the early detection of pregnancy danger signs. The situation analysis indicates that limited knowledge

among pregnant women remains a significant barrier to timely identification and management of potential complications, often influenced by inadequate access to structured health information and low awareness of the importance of regular antenatal care. Therefore, the primary objective of this program is to enhance knowledge, awareness, and health-seeking behavior among pregnant women, particularly in recognizing danger signs and seeking timely medical assistance.

The program targets pregnant women in the working area of the Dampit Public Health Center, with additional involvement from family members and community health volunteers to strengthen support systems. The core strategies include promotive, preventive, participatory, and collaborative approaches. Promotive efforts are implemented through health education sessions and the distribution of educational materials such as leaflets, while preventive strategies emphasize early detection of pregnancy complications and the importance of routine antenatal care visits. A participatory approach is applied by encouraging active engagement through discussions and question-and-answer sessions, allowing participants to share experiences and improve understanding. Furthermore, collaboration with healthcare providers, including midwives and community health workers, ensures the effectiveness and sustainability of the program.

The implementation phase involves structured educational activities, including interactive lectures, group discussions, and direct evaluation sessions supported by visual media such as PowerPoint presentations. Monitoring and evaluation are conducted by assessing participant engagement and their ability to identify key danger signs of pregnancy. However, to

improve the robustness of the evaluation, it is recommended to incorporate standardized pretest–posttest instruments for quantitative measurement of knowledge improvement. Potential challenges, such as low participation or limited comprehension, are addressed through community engagement and the use of simple, visually supported educational materials.

To ensure sustainability, the program is integrated into existing maternal health services such as antenatal care and community health posts, with an emphasis on empowering community health volunteers as ongoing educators. Overall, this strategic plan highlights that a structured, interactive, and collaborative health education approach is essential for enhancing pregnant women’s knowledge and promoting early detection of pregnancy-related complications, ultimately contributing to improved maternal and fetal health outcomes.

Implementation

The implementation of this community-based health education program was carried out through a structured and interactive approach aimed at maximizing participant engagement and knowledge acquisition. The activity was conducted in the working area of the Dampit Public Health Center and involved pregnant women as the primary participants. The implementation began with a preparatory phase, which included the development of educational materials, coordination with local healthcare providers and community health volunteers, and the recruitment of participants. Educational tools such as PowerPoint presentations and printed leaflets were prepared to support effective information delivery.

During the execution phase, the program was delivered through a combination of interactive lectures, group discussions, and question-and-answer sessions. The lecture component provided essential information about pregnancy danger signs, including symptoms such as vaginal bleeding, severe abdominal pain, and decreased fetal movement. This was followed by group discussions that encouraged participants to actively share their experiences and perspectives, fostering a more engaging learning environment. The question-and-answer session allowed participants to clarify their understanding and reinforced key messages delivered during the session.

The entire activity was conducted within a structured timeframe, beginning with an opening session, followed by the main educational activities, and concluding with an evaluation segment. Evaluation was carried out through direct questioning to assess participants’ comprehension and their ability to identify and explain danger signs of pregnancy. The use of visual media and interactive methods played a significant role in enhancing participants’ understanding and retention of information. Overall, the implementation demonstrated that a well-organized, participatory, and visually supported educational approach can effectively improve pregnant women’s knowledge and awareness regarding early detection of pregnancy complications.

Setting

The setting of this community-based health education program was a village hall located within the working area of the Dampit Public Health Center in Malang Regency. This location was strategically selected due to its accessibility for pregnant women and its familiarity as a common

venue for community gatherings and health-related activities. The environment was arranged to support interactive learning, with adequate seating, proper lighting, and sufficient space to facilitate group discussions and participant engagement. Educational media, including a projector for PowerPoint presentations and printed leaflets, were utilized to enhance the delivery of information.

The program was conducted in a community-oriented atmosphere that encouraged active participation and open communication between participants and facilitators. The involvement of local healthcare providers, such as midwives and community health volunteers, contributed to a supportive and culturally appropriate setting. This collaborative environment helped create a sense of trust and comfort among participants, enabling them to actively engage in discussions and share their experiences. Overall, the chosen setting effectively supported the implementation of health education activities and contributed to the achievement of program objectives by fostering an inclusive and conducive learning environment.

Target

The target of this community-based health education program was pregnant women residing in the working area of the Dampit Public Health Center, Malang Regency. A total of 25 pregnant women were involved as the primary participants, representing a community group that is particularly vulnerable to pregnancy-related complications and therefore requires adequate knowledge regarding early detection of danger signs. In addition to the primary target group, the program also indirectly targeted family members

and community health volunteers, as their support plays a crucial role in influencing pregnant women's health-seeking behavior and decision-making.

The selection of pregnant women as the main target was based on the need to improve their awareness, knowledge, and ability to recognize critical symptoms during pregnancy, such as vaginal bleeding, severe abdominal pain, and decreased fetal movement. By focusing on this group, the program aimed to promote early detection and timely utilization of antenatal care services. Furthermore, involving community health volunteers and local healthcare providers helped strengthen the support system and ensured that the knowledge delivered could be sustained and disseminated more broadly within the community.

RESULTS AND DISCUSSION

The results of this community-based health education program indicate a noticeable improvement in pregnant women's knowledge regarding the early detection of pregnancy danger signs. Following the implementation of interactive educational sessions, participants demonstrated an increased ability to understand and explain the concept of danger signs in pregnancy, as well as to identify key symptoms such as vaginal bleeding, severe abdominal pain, and decreased fetal movement. In addition, participants showed greater awareness of the importance of regular antenatal care visits as a preventive measure to reduce maternal and fetal risks. These findings suggest that the educational intervention successfully enhanced both cognitive understanding and awareness among the participants.

The improvement in knowledge can be attributed to the use of interactive and participatory learning methods, including lectures, group discussions, and question-and-answer sessions, which actively engaged participants throughout the program. The incorporation of visual media, such as PowerPoint presentations and leaflets, further supported comprehension by presenting information in a clear and structured manner. This aligns with existing evidence that multimodal health education strategies are more effective in improving knowledge retention and encouraging positive health behaviors. By stimulating both visual and auditory learning processes, the intervention facilitated better absorption of information compared to conventional one-way communication methods.

Moreover, the program highlights the importance of community-based approaches in maternal health promotion. The involvement of local healthcare providers and community health volunteers contributed to creating a supportive learning environment and strengthened trust between participants and facilitators. Increased knowledge among pregnant women is closely associated with improved health-seeking behavior, particularly in recognizing early warning signs and seeking timely medical assistance. This is crucial in preventing delays in the management of pregnancy complications, which remain a significant contributor to maternal and neonatal morbidity and mortality.

However, several limitations were identified in this program. The evaluation was conducted using direct questioning without standardized measurement tools, and no quantitative pretest–posttest design was applied. As a result, the extent of

knowledge improvement could not be measured objectively. Future programs are recommended to incorporate validated instruments and quantitative evaluation methods to provide stronger evidence of effectiveness. Despite these limitations, the findings demonstrate that structured, interactive, and visually supported health education interventions are effective in improving pregnant women’s knowledge and awareness of pregnancy danger signs, and they hold significant potential for broader implementation in similar community settings.



Picture 1. Documentation of Health Education Activity on Early Detection of Pregnancy Danger Signs among Pregnant Women in the Working Area of Dampit Public Health Center

CONCLUSION

Health education interventions using interactive and visual approaches effectively improve pregnant women's knowledge and awareness of pregnancy danger signs. Strengthening evaluation methods through quantitative assessment is recommended to enhance the evidence of program effectiveness.

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