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IMPACT EDUCATION AND TIPS TO OVERCOME STRESS IN PREGNANT WOMEN WITH POSTER MEDIA

REVIEWS & SUMMARIES

Background: Stress often occurs in pregnant women during their pregnancy, but stress can also have many negative effects if not prevented or handled in an appropriate and effective manner. There are many ways or tips that mothers can do to cope with stress during pregnancy, according to books and various studies mentioning that relaxation and meditation are effective exercises to lower or prevent stress during pregnancy. Posters are chosen to provide health information that is considered effective, easy for the public to receive, and interesting because it is presented in a concise and direct way at the core of the information to be conveyed and also equipped with images. **Purpose:** To increase the knowledge of the public and pregnant women about the negative impacts in case of stress during pregnancy, and also know what tips or ways can be done to lower or prevent stress during pregnancy. **Method:** The poster titled "Impact and Tips on Overcoming Stress On Pregnant Women" was chosen as a medium of health information to the public and pregnant women. **Conclusion:** The "Impact and Tips on Coping With Stress In Pregnant Women" poster contains important information accompanied by an illustrated image that can make it easier for the reader to understand the information presented on the poster. It is hoped that this poster will be useful as a medium of education for pregnant women and the public to avoid stress during pregnancy that can have a negative impact on the mother and fetus.

Keywords: pregnancy, stress, poster