

Hubungan Tingkat Pengetahuan Ibu Tentang Kebutuhan Gizi Ibu Hamil Dengan Status Gizi Ibu Hamil Di Puskesmas Pleret Bantul

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INTISARI

Latar Belakang: Wanita dengan status gizi baik akan melahirkan bayi yang sehat juga. Wanita hamil dengan status gizi kurang memiliki kategori resiko tinggi keguguran, kematian bayi dalam kandungan, kematian bayi baru lahir, cacat dan berat lahir rendah. Pemenuhan gizi ibu hamil sangat dipengaruhi oleh banyak faktor yaitu, perlu adanya dukungan dari suami, keluarga, masyarakat, dan tingkat pengetahuan ibu hamil itu sendiri.

Metode Penelitian: Penelitian ini termasuk dalam jenis korelasional dengan pendekatan *cross sectional*. Populasi pada penelitian ini adalah semua ibu hamil yang melaksanakan *Antenatal Care* (ANC) di Puskesmas Pleret Bantul. Sampel penelitian sebanyak 36 orang. Teknik pengumpulan data yang digunakan dalam penelitian ini adalah kuesioner dan pengukuran lingkaran lengan atas (LILA). Analisis data menggunakan univariat dan bivariat.

Hasil Penelitian: Tingkat pengetahuan ibu tentang gizi saat kehamilan di Puskesmas Pleret Bantul termasuk dalam kategori baik (80,6%). Status gizi ibu hamil di Puskesmas Pleret Bantul termasuk dalam kategori gizi baik (86,1%). Hasil uji korelasi didapatkan hasil $p= 0,0001$ dengan koefisien sebesar 0,614.

Kesimpulan: Terdapat hubungan antara pengetahuan ibu hamil tentang kebutuhan gizi kehamilan dengan status gizi ibu hamil di Puskesmas Pleret Bantul.

Kata kunci: pengetahuan, kebutuhan gizi, status gizi

Knowledge Level Relationship Mother Of Pregnant Women With Nutritional Needs Nutritional Status Of Pregnant Women In Health Pleret Bantul

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ABSTRACT

Background: Women with good nutritional status will give birth to a healthy baby as well. Pregnant women with poor nutrition status has a high risk category of miscarriage, death of the baby, the newborn mortality, defects and low birth weight. Nutrition of pregnant women is influenced by many factors, namely, the need for support from her husband, family, community, and the level of knowledge of pregnant women themselves.

Methods: This study was a correlation type with cross sectional approach. The population in this study were all pregnant women who carry Antenatal Care (ANC) at health centers Pleret Bantul. The research sample as many as 36 people. Data collection techniques used in this study was a questionnaire and measurement of upper arm circumference (MUAC). Analysis of data using univariate and bivariate.

Result: The level of knowledge of mothers about nutrition during pregnancy in Puskesmas Pleret Bantul included in either category (80.6%). The nutritional status of pregnant women at health centers Pleret Bantul included in the category of good nutrition (86.1%). Correlation test results showed $p = 0.0001$ with a coefficient of 0.614.

Conclusion: There is a relationship between maternal knowledge about the nutritional needs of pregnancy and nutritional status of pregnant women at health centers Pleret Bantul.

Key wordi: knowledge, nutritional requirements, nutritional status