

RELATIONSHIP BETWEEN NUTRITIONAL STATUS OF PREGNANT WOMEN AND KNOWLEDGE OF PREGNANT WOMEN

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Article history:

Submission June 2022

Revised June 2022

Accepted July 2022

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ABSTRACT

Background: in Dutch East Indies in 2019, the prevalence of LBW was eight.8%. It's doubtless that the incidence of LBW starts in pregnant girls with chronic energy deficiency conditions (KEK), and the risk is higher in pregnant girls aged 15-49 years.

The purpose of the study: to work out the connection between data of pregnant girls regarding nutrition with the nutritional standing of pregnant girls within the trimester

Methodology: This analysis style uses descriptive correlation. The number of samples within the study was eighty-seven respondents. Techniques in taking consecutive sampling samples. Pearson Chi sq. knowledge analysis.

The results of the study: from eighty-seven respondents, it will be seen that the bulk of data regarding nutrition lacks forty-one folks (47.1%), and the nutritional standing of pregnant girls is overweight and fat thirty-eight folks (43.7%). Of the twenty-seven respondents, the UN agency has sensible data and skinny nutritional standing Six folks (22.2%), traditional sixteen folks (59.3%), overweight and corpulent five folks (18.5%). Of the nineteen respondents with comfortable data and weedy nutritional standing, two folks (10.5%), traditional half dozen folks (31.6%), overweight and corpulent eleven folks (57.9%). From 41 respondents had insufficient data, and weedy nutritional standing twelve folks (29.3%), traditional seven folks (17.1%), overweight and corpulent twenty-two folks (53.7%) supported the results of the Pearson Chi sq. applied math take a look at, P price was zero.002 it will be over that there's a relationship between data of pregnant girls regarding nutrition with the nutritional standing of pregnant girls within the trimester.

Conclusion: the results of this study over that there was a relationship between data of pregnant girls regarding nutrition and the nutritional standing of pregnant girls within the trimester. It's counseled for physicians to supply health education regarding food to pregnant girls by providing direction regarding nutrition and distributing leaflets.

Keywords: Nutritional, Knowledge, Pregnant

Introduction

Pregnant women's dietary status is decided long before they become pregnant, namely from formative years to maturity. Nutrients in the course of being pregnant are very crucial; however, many nutritional desires may be met if the mother has enough dietary reserves before pregnancy. Energy and dietary necessities at some stage in pregnancy are higher than in adults. The nutrition of pregnant girls impacts the boom of the fetus within the womb. Changes inside the mom have a prime impact on the mom's weight loss program and dietary needs because, throughout pregnancy, the mother must meet the desires of very rapid fetal increase so that the outcome of her pregnancy is a

success and perfect (branch of nutrition and Public fitness, 2007).

Consistent with a record via the world health employer (WHO) bleeding is the very best motive of maternal loss of life (28%), anemia and persistent electricity deficiency (KEK) in pregnant ladies are the main reasons of bleeding and infection that is the principle factor in maternal death. In various international locations inside the global at the least a quarter of all maternal deaths are caused by bleeding, the share ranges from less than 10% to nearly 60%. even though a female survives after experiencing postpartum hemorrhage, she will be able to enjoy issues

due to intense blood deficiency (excessive anemia) and prolonged fitness issues (WHO, 2007).

In Indonesia in 2010 the superiority of LBW was 8.8%. it is very possibly that the incidence of LBW begins from pregnant women with persistent power deficiency conditions (KEK), and the hazard is higher in pregnant girls 15-49 years. SEZ indicates that the predicted common strength consumption of girls elderly 15-49 years (reproductive age) degrees from 78.7%-92.2% and as many as 40.7% of girls elderly 15-forty nine years devour energy under the minimal requirement.

The elements which could affect pregnant girls' dietary status, including women's habits and perspectives on meals, economic status, know-how, fitness fame, interest, environmental temperature, weight and age (Ellya, 2010). The know-how possessed by a mother will affect selection making and additionally affect her behavior. moms with suitable dietary know-how are all likely to offer good enough vitamins for their babies. this is even extra so if a mom enters a length of cravings, in which it feels adore it would not want to be filled, nausea and an ugly flavor crazy. Even in such situations, if someone has full information, he'll try to satisfy his nutritional needs in addition to his toddler's (Kristiyanasari, 2010).

Methods

The layout of this have a look at used descriptive analytic, particularly to peer the connection between know-how of pregnant girls approximately vitamins and dietary popularity of pregnant ladies

Result

Table 1. Distribution of respondent characteristics

Respondent Characteristics	Frequency	Percentage %
Age		
<20 Years	5	5,7
20-35 Years	74	85,1
>35 Years	8	9,2
Education		
Primary school	15	17,2
High School	49	56,3
College	23	26,4
Profession		
Housewife	69	79,3
Private Employees	5	5,7
Government	7	8,0
Entrepreneur	6	6,9

Table 2. Distribution of the frequency of knowledge of pregnant women about nutrition

Knowledge of pregnant women about nutrition	F	%
Good	27	31,0
Enough	19	21,8
Not Enough	41	47,1

Table 3. Frequency distribution of nutritional status of pregnant women

Nutritional Status Of pregnant Women	F	%
Thin	20	23,0
Normal	29	33,0
Obesity	38	43,7

table 4. Bivariate analysis table

Knowledge	Nutritional Status								P.Value
					Obesity				
	Thin		Normal				Total		
	F	%	F	%	F	%	F	%	
Good	6	22,2	16	59,3	5	18,5	27	100	0,002
Enough	2	10,5	6	31,6	11	57,9	19	100	
Not Enough	12	29,3	7	17,1	22	53,7	41	100	

Discussion

1. understanding of pregnant ladies about nutrition

primarily based on table , it can be visible that the general public of mothers have insufficient expertise about nutrition as many as 41 human beings (47.1%), and the minority of mothers have sufficient know-how about nutrients as many as 19 humans (21.eight%).

The cause of malnutrition in pregnant women is the consumption of meals that do not meet the nutritional necessities. The low degree of know-how causes moms to no longer comprehend how to satisfy the nutrients needed by pregnant girls during their pregnancy (Depkes RI, 2003). that is in accordance with Kristiyanasari's (2010) theory which states that the information a mom possesses will affect selection making and also affect her behavior. mothers with top dietary expertise are probably to offer good enough nutrients for their toddlers. that is even extra so if a mom enters a length of cravings, in which the belly does not need to be filled, nausea and a feeling that isn't always top.

Even in such conditions, if a person has desirable expertise, he will try to fulfill his dietary desires and his child's. Nutrients understanding is information about the relationship among meals consumption and frame fitness. Pregnant girls with properly dietary knowledge are predicted so that you can choose meals intake that has properly nutritional price and is balanced for themselves and their fetus and family, with sufficient nutritional know-how to help a person learn how to keep, manner and use good food ingredients for consumption according to their needs (Negara, 2017).

The consequences of this take a look at are corroborated by the results of Sri Wahyuni's studies (2008) which state that there's a giant relationship between knowledge and the nutritional fame of pregnant women.

2. Relationship among pregnant ladies' information about vitamins and dietary reputation of pregnant women.

Primarily based on the outcomes of the chie rectangular test, the P price became zero.002 ($p < 0.05$) H_0 became rejected, concluding that there was a relationship among maternal information approximately nutrients and the nutritional popularity of 1/3 trimester pregnant girls.

Consistent with Paryanto (1997), one element that impacts pregnant girls' dietary popularity is dietary expertise. Lack of know-how and misperceptions about meals needs and value can also affect a person's nutritional popularity. similarly, the more youthful the age of the pregnant woman, the extra energy needed, the greater hobby

The extra you do, the more vitamins you want. Weight greater or less than the average body weight for a certain age is also an issue determining the quantity of nutrients that need to be fulfilled at some point in pregnancy. a great environmental temperature for pregnant ladies is 36.5°C-37°C (Francin, 2005), the extra the distinction in frame temperature and the surroundings, the greater the strength enter required.

Those outcomes are also according with Retnaningsih's studies (2010) which suggests that 34 respondents (sixty one.8%), have top understanding of the dietary status of the respondents within the non-KEK group, specifically the scale of lila greater than 23.5 cm as many as 29 human beings (fifty two humans). ,7%). So it may be concluded that there is a dating between information of pregnant women about nutrition and nutritional popularity of pregnant women.

These consequences also are supported through studies using Asriah (2006) which indicates that of the 20 pregnant ladies with terrible dietary reputation, the most are moms with low expertise (sixty three.2%) so that it can be visible that the percentage of moms with malnutrition are the least in knowledgeable moms. excessive (32%).

So it may be concluded that there is a relationship between information and pregnant ladies' dietary reput. in line with the researcher's assumption, there's a dating among maternal expertise approximately nutrition and the dietary reputation of pregnant girls because expertise will affect the mom's conduct. moms with top vitamins information are expected to offer precise nutrients to maintain the health in their infants. however, while viewed from the processed statistics, of the 24 respondents who had correct expertise, best 9 humans (37.5%) had regular dietary reputation. this will be due to several factors consisting of behavior and girls's perspectives on food, financial fame, health status, hobby, environmental temperature, weight and age that allows you to affect the dietary reputation of a pregnant girl substantially.

Conclusions

From the studies outcomes that have been presented inside the preceding, it can be concluded as follows:

1. Primarily based on the expertise of pregnant girls about nutrients, it could be concluded that most people of mothers have terrible know-how about nutrition as many as forty one human beings (47.1%), and a minority of mothers have sufficient information approximately vitamins as many as 19 people (21.8%).

2. Based totally at the nutritional status of pregnant girls, it can be visible that most people of pregnant girls's nutritional status is overweight+obesity as many as 38 humans (43.7%), and a minority of mothers who've underweight dietary fame as many as 20 human beings (23.zero%).
3. Based totally on the results of the chi square take a look at, it can be concluded that there is a relationship between understanding of pregnant girls about vitamins and the nutritional status of pregnant women inside the third trimester with a P price of zero.002 ($p < 0.05$).

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