

***TINGKAT PENGETAHUAN IBU HAMIL TRIMESTER II TENTANG
KEBUTUHAN NUTRISI DI PUSKESMAS SANDEN BANTUL
YOGYAKARTA**

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INTISARI

Latar Belakang: Status gizi ibu hamil salah satunya dipengaruhi oleh tingkat pengetahuan. Berdasarkan studi pendahuluan ada 47,25% ibu hamil yang mengalami KEK dan dari hasil wawancara tentang pengetahuan kebutuhan nutrisi dari 10 ibu hamil ada 7 ibu hamil yang kurang paham tentang kebutuhan nutrisi. Kondisi ini mendorong penulis melakukan penelitian tentang tingkat pengetahuan ibu hamil Trimester II tentang kebutuhan nutrisi di Puskesmas Sanden, Bantul, Yogyakarta.

Tujuan: Untuk mengetahui tingkat pengetahuan ibu hamil Trimester II tentang kebutuhan nutrisi di puskesmas Sanden, bantul, Yogyakarta.

Metode: Penelitian ini adalah deskriptif kuantitatif. Populasi penelitian ini adalah ibu hamil Trimester II yang melakukan pemeriksaan kehamilan di Puskesmas Sanden, Bantul, Yogyakarta pada bulan Juni-Juli tahun 2014, sebanyak 30 responden dengan teknik sampel *Insidental Sampling*. Pengumpulan data dengan menggunakan data primer dan alat yang digunakan keusioner tertutup.

Hasil: Hasil penelitian ini mendapatkan tingkat pengetahuan ibu hamil dengan kategori baik (33.3%), kategori Cukup (60.0%) dan kategori tingkat pengetahuan kurang (6.7%).

Kesimpulan: tingkat pengetahuan ibu hamil Trimester II tentang kebutuhan nutrisi berpengetahuan Cukup baik, sehingga ibu hamil disarankan untuk penambah pengetahuan tentang kebutuhan nutrisi selama kehamilan.

Saran: Diharapkan bidan yang ada di Puskesmas mengadakan penyuluhan tentang kebutuhan nutrisi selama kehamilan sehingga dapat mencegah terjadinya KEK, bagi peneliti lain agar mengembangkan penelitian kebutuhan nutrisi selama kehamilan.

Kata Kunci: Kebutuhan Nutrisi, kehamilan.

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THE KNOWLEDGE LEVEL OF SECOND TERM PREGNANT MOTHERS ABOUT NUTRITIONAL NEED IN SANDEN COMMUNITY HEALTH CENTER, BANTUL, YOGYAKARTA

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ABSTRACT

Background : Pregnant mothers' nutritional status is partly influenced by knowledge level. Early study signaled that there were 47,25 % of pregnant mothers who suffered Chronic Energy Deficiency and the result of interviews found out that 7 out of 10 pregnant mothers had insufficient understanding about nutritional need. This fact encouraged the researcher to hold a study about the knowledge level of second term pregnant mothers about nutritional need in Sanden Community Health Center, Bantul, Yogyakarta

Objective : To uncover the knowledge level of second term pregnant mothers about nutritional intake need in Sanden Community Health Center, Bantul, Yogyakarta

Method : This was a quantitative descriptive study. Population in this study was Second Term pregnant mothers who underwent pregnancy examination in Sanden Community Health Center, Bantul, Yogyakarta, during June – July 2014. 30 respondents were sorted with Incidental Sampling technique. Data collecting used primary data and the instrument used was closed questionnaire.

Result : This study finally categorized the knowledge level of pregnant mothers in Good category (33,3 %), Sufficient category (60,0 %), and Poor category (6,7 %).

Conclusion : The knowledge level of second term pregnant mothers about nutritional need were categorized as good so that it is recommended that pregnant mothers improve their understanding about nutritional need during pregnancy.

Suggestion : Midwives in Community Health Center are supposed to hold dissemination about nutritional need during pregnancy so that it may prevent any Chronic Energy Deficiency from occurring. Other researcher are also hoped to develop studies about nutritional need during pregnancy.

Keywords : Nutritional Need, Pregnancy