

**TINGKAT PENGETAHUAN IBU HAMIL TENTANG NUTRISI
DI MASA KEHAMILAN DI BPS AMANAH
CONDONG CATUR SLEMAN
YOGYAKARTA**

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INTISARI

Latar Belakang Nutrisi adalah ikatan kimia yang diperlukan tubuh untuk melakukan fungsinya, yaitu menghasilkan energi, membangun dan memelihara jaringan, serta mengatur proses – proses kehidupan (Almatsier, 2009).

Berdasarkan hasil studi pendahuluan yang dilakukan di BPS Amanah Condong Catur Sleman diketahui jumlah ibu hamil yang melakukan pemeriksaan dalam sehari sebanyak 35 ibu hamil. Terdapat 6 ibu hamil yang belum mengerti dengan kebutuhan nutrisi selama hamil, 1 ibu hamil yang mengertin dan 3 ibu hamil yang sedikit mengerti tentang nutrisi selama hamil. Dari hasil wawancara ternyata rata-rata ibu hamil masih belum mengerti dengan nutrisi selama hamil.

Tujuan Penelitian : Diketuainya pengetahuan ibu hamil tentang nutrisi di masa kehamilan.

Metode Penelitian : menggunakan metode *Deskriptif* dengan pendekatan *Survey*. Teknik sampling yang digunakan adalah *Accidental Sampling*. Dengan subjek semua ibu hamil yang melakukan pemeriksaan ANC di BPS Amanah Condong Catur Selman Yogyakarta Jumlah sampel sebanyak 120 orang. Teknik pengumpulan data yang digunakan adalah koesioner yang telah diuji validitas dan realibilitasnya.

Hasil Penelitian : Tingkat pengetahuan ibu hamil tentang nutrisi di masa kehamilan sebagian besar dalam katagori baik yaitu 30 responden (25.5%) , dalam katagori cukup yaitu 71 responden (59,2%) sedangkan dalam katagori kurang sebanyak 19 responden (15,8%).

Kesimpulan : Tingkat pengetahuan ibu hamil tentang nutrisi di masa kehamilan di BPS Amanah Condong Catur Sleman, kebanyakan pada tingkat pengetahuan cukup, yaitu sebanyak 71 responden.

Kata Kunci : tingkat pengetahuan, kehamilan, nutrisi.

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THE LEVEL OF KNOWLEDGE OF PREGNANT WOMEN'S NUTRITION DURING PREGNANCY IN BPS AMANAH

CONDONG CATUR SLEMAN
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ABSTRACT

Background Nutrients are chemical bonds that are needed by the body to perform its functions, that produce energy, build and maintain the network, and to manage the processes of life (Almatsier, 2009).

Based on the results of a preliminary study conducted in BPS Amanah Condong Catur Sleman know total pregnant woman to examination a day of 35 pregnant women. There are 6 pregnant women do not understand the nutritional needs during pregnancy, 1 pregnant women know and 3 pregnant women little bit understands about nutrition during pregnancy. From the interview apparently of average pregnant women still not yet the nutrients during pregnancy.

research purposes: its knew gnosis pregnant women about nutrition during pregnancy.

Research Methods: Using descriptive method with approaches Survey. The sampling technique used was accidental sampling. With the subject of all pregnant women in the ANC examination BPS Amanah Condong Catur Selman Yogyakarta total samples of 120 people. Data collection techniques used were koesioner have tested its validity and reliability.

Research results: Level of knowledge of pregnant women's nutrition in pregnancy are mostly in that is category of adequatly 71 respondents (59.2%), and then in the category of less were 19 respondents (15.8%), and 30 respondents (25.5%) in a good categories.

Conclusion: Level of knowledge of pregnant women's nutrition in pregnancy in BPS Amanah Condong Catur Sleman, mostly at the level of the last knowledge as many as 71 respondents (59.2%), are effect by the information, experience, age and education

Keyword: level of knowledge, nutrition in during pregnancy.

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