

## INTISARI

### GAMBARAN TINGKAT PENGETAHUAN IBU HAMIL TENTANG ASAM FOLAT PADA KEHAMILAN DI BPS WATI SUBAGYA PRAMBANAN SLEMAN

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**Latar Belakang :** Asam folat merupakan salah satu nutrisi yang diperlukan oleh setiap orang khususnya sangat penting pada masa ibu kehamilan. Kekurangan asam folat pada janin dapat mengakibatkan kecacatan pada bayi yang dilahirkan atau *Neural Tube Birth Defecs* (NTD), perkembangan pusat kecerdasan terganggu (gangguan belajar), gangguan sistem motorik (mengalami lumpuh, tidak bisa berjalan tegak), gangguan jantung, sedangkan pada ibu hamil mengakibatkan anemia, persalinan premature, plasenta lepas sebelum waktunya, keguguran, gangguan sesak napas, gangguan pencernaan (Glade, 2009). Di Indonesia setiap bulan dari 300 ibu hamil yang memeriksakan kehamilannya di RSCM, 3 pasien diantaranya terbukti janinnya menderita NTD (Suhardjo, 2009). Di BPS Wati Subagya Prambanan Sleman setelah dilakukan studi pendahuluan ternyata masih banyak ibu hamil yang belum mengetahui pentingnya asam folat bagi kehamilannya yaitu sebanyak 62.5%.

**Tujuan :** Untuk mengetahui gambaran tingkat pengetahuan ibu hamil tentang asam folat pada kehamilan di BPS Wati Subagya Prambanan Sleman.

**Metode :** Metode penelitian ini adalah deskriptif dengan pendekatan observasional. Pengambilan sampel dengan metode *purposive sampling*. Besar sampel 63 ibu hamil yang sesuai kriteria inklusi dan eksklusi. Analisis data menggunakan univariat.

**Hasil Penelitian :** Tingkat pengetahuan ibu hamil tentang asam folat di BPS Wati Subagya Prambanan Sleman sebagian besar memiliki pengetahuan yang cukup baik yaitu sebesar 60,3%, sedangkan yang memiliki tingkat pengetahuan yang baik sebesar 19,1% dan memiliki pengetahuan yang kurang sebesar 20,6%.

**Kesimpulan :** Tingkat pengetahuan ibu hamil tentang asam folat di BPS Wati Subagya Prambanan Sleman termasuk dalam kategori cukup baik.

**Kata Kunci :** Gizi ibu hamil, asam folat.

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## ABSTRACT

### DESCRIPTION OF KNOWLEDGE LEVEL OF PREGNANT WOMEN ABOUT FOLIC ACID IN PREGNANCY AT BPS WATI SUBAGYA PRAMBANAN SLEMAN

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**Background :** Folic acid is one of the nutrients that are needed by every person especially is very important during pregnancy. Deficiency of folic acid in the fetus can cause defects in newborn babies or Neural Tube Birth Defects (NTD), disrupted development of intelligence center (learning disabilities), motoric system (having paralyzed, unable to walk upright), cardiac disorders, while the results of anemia in pregnant women, premature labor, placenta last before his time, abortion, difficulty breathing disorders, digestive disorders (Glade, 2009). In Indonesia every month from 300 pregnant women in the RSCM checkups. 3 patients suffered them proven fetal NTD (Suhardjo, 2009). In BPS Wati Subagya Prambanan Sleman after preliminary studies there are still many pregnant women who do not know the importance of folic acid for pregnancy is as much as 62.5%.

**Objective :** To know the level of knowledge description pregnant women about folic acid in pregnancy at BPS Wati Subagya Prambanan Sleman.

**Methods :** This research method is descriptive and observational approach. Purposive sampling method sampling. sample size 63 pregnant women appropriate inclusion and exclusion criteria. Data using univariate analysis.

**Results :** Level of knowledge of pregnant women about folic acid at BPS Wati Subagya Prambanan Sleman most have good enough knowledge that is equal to 60.3%, while those with a good level of knowledge and 19.1% had less knowledge of 20.6%.

**Conclusion :** Level of knowledge of pregnant women about folic acid in BPS Wati Subagya Prambanan Sleman included in the category good enough.

**Keyword :** nutrition of pregnant women, folic acid.

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