

RELATIONSHIP BETWEEN THE LEVEL OF KNOWLEDGE OF WOMEN PREGNANT ABOUT NUTRITION WITH CONTENT HEMOGLOBIN DURING PREGNANCY IN BPS ENY SETIAWATI, KULON PROGO

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ABSTRACT

Background: The problems nutritional main in Indonesia that has not solved one of which is anemia. In general, the cause of anemia of women pregnant is lack of nutrients in the food consumed. Deficiency iron resulted in a deficiency of hemoglobin (Hb), where the iron as one of its constituent elements. Based on studies preliminary on the BPS Eny Setiawati, the obtained data of women pregnant with anemia 34 mothers. From interviewing women pregnant about nutrition researcher who conducted during PKK III in March-April found 30 women pregnant are not informed about nutrition good for women pregnant.

Study Objectives: To determine the relationship between the level of knowledge about of women pregnant the nutrition with hemoglobin levels during pregnancy in BPS Eny Setiawati, Kulon Progo.

Methods Research: Design research in observational with approach to time *cross sectionanal*. Implementation of the research conducted at BPS Eny Setiawati, Kulon Progo. Test statistically using the chi square with level significance $\alpha < 0,05$.

The results: The majority of respondents have level of knowledge a good about nutrition as many as 24 people (68,6%). As for content hemoglobin most respondents did not anemia with hemoglobin ($> 11\text{gr\%}$) as many as 21 people (60%), result χ^2 count χ^2 table is $24,063 > 5,991$, with a value closeness of 0,638 or have closeness strong.

Conclusion: There is a relationship of knowledge women pregnant about the nutrition content hemoglobin of with levels pregnancy in BPS Eny Setiawati, Kulon Progo in 2011, the significance is indicated by a significant $0,000 < 0,05$.

Key word : Women pregnant nutrition, Content hemoglobin

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HUBUNGAN ANTARA TINGKAT PENGETAHUAN IBU HAMIL TENTANG GIZI DENGAN KADAR HEMOGLOBIN SELAMA KEHAMILAN DI BPS ENY SETIAWATI, KULON PROGO.

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ABSTRAK

Latar Belakang: Masalah gizi utama di Indonesia yang belum teratasi salah satunya adalah anemia. Secara umum penyebab anemia ibu hamil adalah kekurangan zat gizi dalam makanan yang dikonsumsi. Kekurangan zat besi mengakibatkan kekurangan hemoglobin (Hb), dimana zat besi sebagai salah satu unsur pembentuknya. Berdasarkan studi pendahuluan di BPS Eny Setiawati, didapatkan data ibu hamil dengan anemia 34 ibu. Dari hasil wawancara ibu hamil tentang gizi yang dilakukan peneliti selama melakukan PKK III pada bulan Maret-April didapatkan 30 ibu hamil kurang mengetahui gizi yang baik untuk ibu hamil.

Tujuan Penelitian: Untuk mengetahui hubungan antara tingkat pengetahuan ibu hamil tentang gizi dengan kadar hemoglobin selama kehamilan di BPS Eny Setiawati, Kulon Progo.

Metode Penelitian: Desain penelitian observasional dengan pendekatan waktu *cross sectional* dengan subjek penelitian ibu hamil TM III di BPS Eny. Uji statistik menggunakan *chi square* dengan tingkat kemaknaan $\alpha < 0,05$.

Hasil penelitian: Sebagian besar responden mempunyai tingkat pengetahuan baik tentang gizi sebanyak 24 orang (68,6%). Sedangkan kadar hemoglobin sebagian besar responden tidak anemia dengan Hb ($> 11\text{gr\%}$) sebanyak 21 orang (60%), Hasil X^2 hitung $> X^2$ tabel yaitu $24,063 > 5,991$, dengan nilai keeratan 0,638 atau memiliki keeratan yang kuat.

Kesimpulan: Ada hubungan pengetahuan ibu hamil tentang gizi dengan kadar hemoglobin selama kehamilan di BPS Eny Setiawati, Kulon Progo tahun 2011, Hal yang ditunjukkan dengan signifikansi $0,000 < 0,05$.

Kata Kunci : Gizi Ibu Hamil, Kadar Hemoglobin

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