

## FACTORS THAT INFLUENCE PREGNANT WOMEN'S COMPLIANCE WITH LOCAL PMT BU GATENG

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### ABSTRAK: FAKTOR YANG BERPENGARUH TERHADAP KEPATUHAN IBU HAMIL PADA PMT LOKAL BU GATENG

Latar Belakang: Status gizi ibu hamil masih menjadi permasalahan yang dapat mempengaruhi terjadinya stunting. Pemerintah mengusulkan solusi seperti memperbanyak penggunaan bahan-bahan lokal. Bu Gateng merupakan tradisi Aceh yang merayakan bulan ketujuh kehamilan.

Tujuan: Menganalisis faktor yang berpengaruh terhadap kepatuhan ibu hamil pada Pemberian Makanan Tambahan lokal Bu Gateng.

Metode: Metode kuantitatif dengan desain cross sectional. Populasi seluruh ibu hamil yang menjalani ANC di Puskesmas Pusangan Sibla Krueng. Sampel penelitian terdiri dari 60 orang. Teknik pengambilan sampelnya adalah sampel acak sederhana. Sumber data primer dan sekunder. Analisis bivariat menggunakan uji chi-square.

Hasil: Hasil analisis bivariat variabel sikap nilai  $p < 0,000$  dan dukungan keluarga nilai  $p < 0,000$  bermakna faktor sikap dan dukungan keluarga berpengaruh terhadap kepatuhan ibu hamil pada PMT lokal Bu Gateng.

Kesimpulan: Sikap ibu dan dukungan keluarga adalah faktor yang mempengaruhi kepatuhan ibu hamil pada PMT lokal Bu Gateng.

Saran: Memberikan dukungan kepada ibu hamil untuk mengkonsumsi PMT lokal Bu Gateng agar nutrisi janin dan ibu terpenuhi selama masa kehamilan.

Kata Kunci : Bu Gateng, Ibu Hamil, Kepatuhan, PMT Lokal

### ABSTRACT

Background: Nutritional status Mother pregnant Still become possible problems influence the occurrence of stunting. Government propose solution like multiply use ingredients local. Mrs. Gateng is Acehnese tradition of celebrating month seventh pregnancy.

Purpose: Analyze influencing factors to obedience Mother pregnant on giving food addition local Bu Gateng.

Methods: Quantitative method with cross-sectional design. Population all over Mother pregnant women undergoing ANC at the Community Health Center Pusangan Sibla Krueng. Research sample consists of 60 people. Retrieval technique the sample is sample random simple. Primary and secondary data sources. Analysis bivariate using the chi-square test.

Results: Analysis results bivariate variable attitude  $p$  value 0.000 and support family  $p$  value 0.000 is significant factor attitude and support family influential to obedience Mother pregnant at the local PMT Bu Gateng.

Conclusion: mother and support family is factor affecting obedience Mother pregnant at the local PMT, Mrs. Gateng.

Suggestions: Give support to Mother pregnant For consume Local PMT Mrs. Gateng for nutrition fetus and mother fulfilled during pregnancy.

Kata Kunci : Bu Gateng, Pregnant Women, Compliance , Local PMT

### INTRODUCTION

Nutrition is very important in role in the human life cycle. In a woman's life cycle there is a series to give birth to generations of humans into the world. One of a woman's life cycles is pregnancy (Apriana et al., 2021; Fitriani et al., 2023; Lestari et al., 2022).

Pregnant women have a big responsibility to be able to give birth to a quality generation (Fitriani et al., 2020; Friscila et al., 2022; Sumiati, 2018). Pregnant women are the group most vulnerable to malnutrition during pregnancy, and stunting is still a major nutritional problem in Indonesia (Kemenkes RI,

2018). Stunting is the condition of the child/toddler's height being shorter than that of children/toddlers of the same age. Chronic nutritional problems in early childhood are caused by lack of nutritional intake for a very long period of time due to ignorance of parents and family (Fitriani et al., 2020; Wahyuni, Rosyita, et al., 2023).

The nutritional status of pregnant women is still a problem that can influence the occurrence of stunting. One of them is by increasing the use of local food as nutritional supplementation for pregnant women through nutrition education, namely activities that increase knowledge and educate pregnant women's ability to consume nutritious food according to their needs, which is a combination of activities. (Kementerian Kesehatan RI, 2021).

Intervention in cases stunting that has been implemented by the Indonesian government are divided into two categories that is category specific nutritional interventions and categories sensitive nutrition interventions. Specific nutritional interventions target children in their first 1,000 days of age life (HPK) which has contribute to reducing stunting by up to of 30% (R. P. P. Sari & Montessori, 2021). In 2018, the Indonesian government through the Ministry of Health of the Republic of Indonesia carried out nutritional education activities providing additional food (PMT) to pregnant women and babies / toddlers , with the aim of gaining a common understanding regarding how to carry out related activities. (Kemenkes RI, 2018).

Regulations The Regent of Bireuen Regency in Aceh Province has issued regulation no. 30 of 2020 concerning the role of gampongs (villages) in reducing stunting, which includes PMT Bu Gateng, namely providing additional food in the context of reducing stunting and improving the health of mothers and children (Perbup Bireuen, 2020). Bu Gateng is an Acehese tradition that celebrates the seventh month of pregnancy. Bougaten is a bag of rice, chicken, bananas, vegetables and eggs given to pregnant women. The aim of this activity is to ensure that mothers and babies receive adequate nutrition in the womb and prevent stunting from an early age (Ayi, 2021; Lestari et al., 2022). Some mothers

deliver packages ma'am gateng in the form rice for existing families pregnant women as part of a remedial program or improving family nutrition, which is given to breastfeeding mothers and those with toddlers in the Alue Village area (Idris, 2020). Factors that influence individual compliance include beliefs held, access to health services, individual attitudes, staff support, and health facilities (Gagu, 2018).

Urgency in study This that is Regional Government has set supporting regulations reducing stunting with consume Bu Gateng's local PMT during pregnancy. But in society up to moment This Still There is children who experience stunting. Based on the study above in the local PMT program which is linked to the Bu Gateng program, the researcher is very interested in researching with the aim of analyzed the factors that influence the compliance of pregnant women with the local PMT Bu Gateng in the Peusangan Community Health Center Work Area Good luck Krueng.

Research purposes For Analyze influencing factors to obedience Mother pregnant on Giving Food Addition local Mrs. Gateng. The novelty of this study is to look for a relationship between maternal obedience and family support, with the provision of local PMT Bu Gateng. The mother's adherence in giving extra food to children is very important to ensure that children get adequate nutrition for their growth and development. Family support in providing supplementary food is essential for children's growth and development, especially at critical times such as infancy and toddlerhood.

## RESEARCH METHODS

This type of research is quantitative research that uses an analytical observational design with a cross sectional research design. This research was conducted in the work area of Pusangan Sibla Krueng Community Health Center. The study population was all pregnant women who came to the ANC Peusangan Siblah Krueng Health Center, totaling 70 patients. The research sample was determined using the Slovin formula calculation as follows:

$$n = \frac{N}{1 + Ne^2} = \frac{70}{1 + 70(0,05^2)} = \frac{70}{1,175} = 59,57 = 60$$

The sample studied was 60 people. Random sampling technique simple random sampling , namely sampling was carried out randomly. This method is used because the population, namely pregnant women, is assumed to be homogeneous.

Data collection will be carried out face-to-face (offline) by implementing strict health protocols.

Data collection methods are based on primary and secondary data. Primary data is a modification of Nivalayanti Gagu's 2018 research entitled "Factors that Influence Compliance with Biscuit Consumption

as a Complementary Food for Pregnant Women in Parepare City, South Sulawesi" (Gagu, 2018) was collected and determined using a survey instrument. Meanwhile secondary data obtained from register book and KIA book. Next, the data was processed and then analyzed using univariate analysis using descriptive, bivariate analysis using the Chi Square test.

**RESEARCH RESULTS**

**Analysis Results Univariate**

Based on Table 1 above, the distribution results show that the majority of mothers' attitudes are in the positive category at 65% and family support is the highest at 70%. Meanwhile, the level of compliance of mothers who took part in the local PMT Bu Gateng was 71.7% in the compliance category.

**Table 1**  
**Distribution frequency based on factor attitude and support family**

Factor	n	%
Mother's attitude		
Positive	39	65
Negative	21	35
Family support		
Support	42	70
Does not support	18	30
Mother's Compliance Level		
Obedient	43	71.7
Not obey	17	28.3

**Analysis Results Bivariate**

Based on Table 2 above, it is known that obedient pregnant women are more likely to be found among respondents who have a positive attitude (63.3%) than respondents who have a negative attitude (8.3%). Based on the results of statistical analysis which shows a value of  $p = 0.000$ , it can be concluded that there is an influence between attitudes towards compliance of pregnant women with the local PMT Bu Gateng

**Table 2**  
**The influence of attitudes on pregnant women's compliance with the local PMT Bu Gateng**

Attitude	Mother's Obedience				Amount		P values
	Obedient		Not obey		n	%	
	n	%	n	%			
Positive	38	63.3	1	1.7	39	65.0	0,000
Negative	5	8.3	16	26.7	21	35.0	

**Table 3**  
**The influence of family support on pregnant women's compliance with the local PMT Bu Gateng**

Family support	Mother's Obedience				Amount		P values
	Obedient		Not obey		n	%	
	n	%	n	%			
Support	36	60	4	6.7	40	66,7	0,000
Does not support	6	10	14	23.3	20	33,3	

Based on Table 3 above, it was found that pregnant women who were compliant received more family support by 60%, while pregnant women who were not compliant received more family support by 23.3%. Based on the results of statistical analysis which shows a value of  $p = 0.000$ , it can be concluded that there is an influence between family support on the compliance of pregnant women with the local PMT Bu Gateng

**DISCUSSIONS**

The government is trying to overcome the problem of stunting in children/toddlers by implementing several programs to reduce the risk of

stunting. One of the initiatives is providing nutritious food to pregnant women together with the local PMT Bu Gateng in the province of Biroeyen (Perbup Bireuen, 2020).

Local food This have mark nutrition , content nutrition and abilities good processing , so bring mark positive for assumption nutrition in the process of improving nutritional status. Apart from that , the price is relative cheap and easy obtained is one of points most importantly in use ingredients local in a way wise , no use material preservative , and very safe (Sofais et al., 2019).

Nutritional status influenced by two causes that is reason direct and causal No direct. Reason

straight away is intake food and infection. By No direct influenced by support family , factors economy , knowledge and education (Pomalingo et al., 2018).

### Attitude of Pregnant Women

Based on the results of statistical tests in this study, the value of  $p = 0.000$ , which means that there is an influence between attitudes towards compliance of pregnant women with the local PMT Bu Gateng.

Attitude is an internal/subjective evaluation that occurs within a person and cannot be observed directly, but will be visible when attitudes are translated into behavior. Therefore, attitudes can be divided into positive attitudes and negative attitudes (Allo & Sampeangin, 2017; Apriana et al., 2021; Friscila, Wijaksono, et al., 2023). When someone likes something, their attitude is more positive and approachable, but when someone doesn't like something, their attitude becomes more negative or negative (Friscila, Hasanah, et al., 2023; Munthe, 2022; F. A. Sari & Putri, 2020).

Attitude is also a series of consistent reactions or responses where a person is still closed-minded towards a stimulus or object (Fitriani et al., 2022; Wahyuni, Fitriani, et al., 2023). Compliance is a decision made by the patient after considering the perceived risks. Compliance is understood as the level of accuracy of a person's behavior towards medical advice, including explaining to take medication according to prescription instructions and taking it at the right time. Knowledge plays an important role in determining respondents' attitudes and behavior towards consuming biscuits during pregnancy (Nainggolan et al., 2024; Puspitasari et al., 2021; N. A. M. E. Sari et al., 2021).

Some factor considered when choose type product. The product is famous , it tastes good tasty , popular and accepted regularly general , practical , age keep it relatively old, easy used , etc. Other necessary aspects observed is content nutrition product (Chandradewi, 2018).

This research is supported by Vonny (2023) who found a relationship between the attitudes and behavior of KEK pregnant women when undergoing PMT (Vonny, 2023). This research is not in line with research proposed by Gilang Purnamasari (2016). Fifty -three respondents stated that there was no significant relationship between respondents' attitudes and adherence to iron tablets with a value of  $p = 0.219$  (Purnamasari et al., 2016).

Assumption researcher that Mother pregnant who behaves positive regarding the local PMT Mrs. Gateng is realization reception Mother pregnant to government programs. This matter give description

For continuation of the program until stunting problem resolved since pregnancy until age child more from 2 years.

### Family support

Based on the results of statistical tests for the variable "family support" the value of  $p = 0.000$  was determined. From this it can be concluded that there is an influence between family support on pregnant women's compliance with the local PMT Bu Gateng.

Family support can facilitate behavioral education of pregnant women to prevent CED. Family support can take the form of material support, information support and emotional support so that pregnant women are always aware of their pregnancy and motivated to maintain their health during pregnancy. Family support refers to the attitudes, behavior, and acceptance of the family. Family support is an empowering factor in shaping health behavior. Family support is very important for adaptation to pregnancy, which influences the nutritional status of pregnant women during pregnancy. Family support has a positive effect on maternal motivation.

Study This supported by Syafitri in 2023 discovered connection between support family with behavior Mother in prevent SEZ. The chi-square value is 69.056 and the p-value is 0.000 (Syafitri et al., 2023).

Assumption researcher that family can give encouragement For formation behavior Mother in guard health himself especially prevent from nutritional status less can resulting in stunting. Support family refers to attitudes , behavior , and acceptance family. Indicator most importantly role family is support material to action Mother pregnant in prevention of CED.

### CONCLUSION

The influencing factor of pregnant women's compliance with the local PMT Bu Gateng is the mother's attitude and family support. It is recommended that families always provide support to pregnant women to form an appropriate independent attitude in meeting nutritional needs by utilizing local ingredients such as local PMT Bu Gateng.

### SUGGESTIONS

Give support to Mother pregnant For consume Local PMT Mrs. Gateng for nutrition fetus and mother fulfilled during pregnancy.

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