

KNOWLEDGE OF BALANCED NUTRITION AND NUTRITIONAL STATUS OF PREGNANT WOMEN IN EFFORTS TO PREVENT STUNTING

Nur Aliah^{1*}, Eka Ratnasari², Nurhasanah³

^{1,2,3}Sekolah Tinggi Ilmu Kesehatan Muhammadiyah Cirebon
Correspondence email: alianura165@gmail.com

ABSTRAK : HUBUNGAN PENGETAHUAN GIZI SEIMBANG DAN STATUS GIZI IBU HAMIL DALAM UPAYA PENCEGAHAN STUNTING

Latar Belakang : Gizi ibu waktu hamil sangat penting untuk pertumbuhan janin yang dikandungnya. Pada umumnya, ibu hamil dengan kondisi kesehatan yang baik yang tidak ada gangguan gizi pada masa pra-hamil maupun saat hamil, akan menghasilkan bayi yang lebih besar dan lebih sehat daripada ibu hamil yang kondisinya memiliki gangguan gizi. Kurang energi kronis akan menyebabkan lahirnya anak dengan bentuk tubuh *stunting*. Peningkatan pengetahuan dan kesadaran akan sikap dan tindakan seorang ibu dalam pemilihan makanan yang sehat bagi balita dapat dilakukan dengan program kesehatan masyarakat salah satunya dengan memberikan pendidikan kesehatan yaitu melalui penyuluhan kesehatan ataupun edukasi.

Tujuan Penelitian : Penelitian ini bertujuan untuk mengetahui pengetahuan ibu hamil tentang gizi seimbang dan menganalisa hubungan antara pengetahuan tentang gizi seimbang dengan status gizi ibu hamil. Penelitian dilakukan di wilayah Kampung Adat Argasunya Kota Cirebon selama bulan Januari-Agustus 2024.

Metode penelitian ini merupakan penelitian analitik dengan pendekatan *cross sectional*. Penelitian ini akan melihat masing-masing variabel dan selanjutnya dilakukan uji *Pearson Chi-Square* untuk menjawab hipotesis penelitian, ada hubungan antara pengetahuan tentang gizi seimbang dengan status gizi. Penelitian ini dilakukan pada ibu hamil trimester I-III di wilayah Kampung Adat Argasunya Kota Cirebon. Teknik pengambilan sampel yang digunakan adalah *accidental sampling*. Teknik analisis data yang digunakan adalah analisis univariat dan bivariat dengan bantuan SPSS.

Hasil penelitian menunjukkan pengetahuan tentang gizi seimbang dengan status gizi ibu hamil diperoleh $p\text{-value} = 0,500 (\geq 0,05)$.

Kesimpulan penelitian ini adalah tidak terdapat hubungan antara pengetahuan tentang gizi seimbang dengan status gizi ibu hamil.

Saran: Gizi ibu pada saat hamil sangat penting untuk menunjang pertumbuhan dan perkembangan janin selama di dalam kandungan. Status gizi ibu hamil dipengaruhi oleh asupan makanan yang dikonsumsi. Perilaku ibu dalam pemilihan bahan makanan yang benar dapat diperoleh dari pengetahuan. Peningkatan pengetahuan dan kesadaran akan sikap dan tindakan seorang ibu dalam pemilihan makanan yang sehat dapat dilakukan dengan memberikan pendidikan kesehatan yaitu melalui penyuluhan kesehatan ataupun edukasi. Akan tetapi di berbagai tempat tertentu perilaku ibu hamil juga dipengaruhi oleh adat istiadat serta keyakinan akan mitos yang masih kental di wilayah tersebut. Oleh karena itu, penting kiranya agar tenaga kesehatan dapat bersinergi dengan tokoh masyarakat untuk meluruskan mitos yang dapat merugikan bagi kesehatan ibu hamil dan janinnya.

Kata kunci: Gizi seimbang, Kehamilan, Pengetahuan, Status gizi

ABSTRACT

Background: Maternal nutrition during pregnancy is very important for the growth of the fetus she is carrying. In general, pregnant women with good health conditions who do not have nutritional disorders during pre-pregnancy or during pregnancy will produce bigger and healthier babies than pregnant women who have nutritional disorders. Chronic energy deficiency will cause the birth of children with stunted body shapes. Increasing knowledge and awareness of a mother's attitude and actions in choosing healthy food for toddlers can be done through public health programs, one of which is by providing health education, namely through health counseling or education. Research Objectives: This research aims to determine the knowledge of pregnant women about balanced nutrition and analyze the relationship between knowledge about balanced nutrition and the nutritional status of pregnant women. The research was conducted in the Argasunya Traditional Village area, Cirebon City during January-August 2024.

This research method is analytical research with a cross sectional approach. This research will look at each variable and then carry out the Pearson Chi-Square test to answer the research hypothesis, that there is a relationship between knowledge about balanced nutrition and nutritional status. This research was conducted on pregnant women in the I-III trimester in the Argasunya Traditional Village area, Cirebon City. The sampling technique used was Accidental Sampling. The data analysis technique used is univariate and bivariate analysis with the help of SPSS.

The research results showed that knowledge about balanced nutrition and the nutritional status of pregnant women obtained p-value = 0.500 (≥ 0.05).

The conclusion of this study is that there is no relationship between knowledge about balanced nutrition and the nutritional status of pregnant women.

Kata kunci: balanced nutrition, pregnancy, knowledge, nutritional status

INTRODUCTION

Nutritional problems in developing countries including Indonesia show an increasing trend, one of which is the problem of stunting. Stunting is a nutritional problem caused by a lack of intake over a long period of time. It usually occurs during a critical period, namely from when a child is in the womb until the age of two. This period is known as the First 1000 Days of Life (HPK). Malnutrition during this period causes growth disorders in children, one of which is that children become short (dwarf) from their age standards.

Risk factors for stunting include the nutritional status of pregnant women on the growth and development of their fetuses, where nutritional problems must be considered since they are still in the womb. If there is a lack of nutritional status in early life, it will have an impact on later life such as Inhibited Fetal Growth (PJT), Low Birth Weight (LBW), small, short, thin, low immunity and risk of death. In Indonesia, one of the parameters for determining the nutritional status of pregnant women is the anthropometric indicator of the Upper Arm Circumference (LiLA) in pregnant women, where insufficient energy and protein intake in pregnant women can cause Chronic Energy Deficiency (CED). Pregnant women are at risk of CED if they have a LiLA < 23.5 cm. Pregnant women with CED are at risk of giving birth to LBW which if not treated immediately will be at risk of stunting. CED is a condition caused by an imbalance in the intake of nutrients needed by the body is not met.

Rohmawati (2019) said based on the results of her research that there is a significant relationship between chronic energy deficiency in pregnant women and the incidence of stunting. Mothers who experience chronic energy deficiency have a risk of having stunted toddlers of 27.4% compared to toddlers who do not experience stunting. Maternal nutrition during pregnancy is very important for the growth of the fetus she is carrying. In general,

pregnant women with good health conditions who do not have nutritional disorders during pre-pregnancy or during pregnancy will produce bigger and healthier babies than pregnant women who have nutritional disorders. Chronic energy deficiency will cause the birth of children with stunted body shapes.

eheha et al (2021) opinion stunting in toddlers is caused by maternal behavior which is a factor in choosing the wrong food. The choice of food ingredients, the availability of sufficient food and the diversity of these foods are influenced by the mother's level of knowledge about food and its nutrition. Mother's ignorance can lead to wrong food choices, especially for toddlers. Increasing knowledge and awareness of a mother's attitude and actions in choosing healthy food for toddlers can be done through public health programs, one of which is by providing health education, namely through health counseling or education. Based on this background, the problem in this study can be formulated, namely "Is there a relationship between knowledge about balanced nutrition and nutritional status in pregnant women in the Argasunya Traditional Village Area, Cirebon City?"

The purpose of this study was to determine the nutritional status of pregnant women and to determine the relationship between knowledge about balanced nutrition and nutritional status in pregnant women.

RESEARCH METHODS

This study is an analytical study with a cross-sectional approach. This study measures each variable and analyzes both univariate and bivariate data. This study was conducted on pregnant women in the first to third trimester in the Argasunya Traditional Village Area, Cirebon City. The Inclusion criteria in this study are pregnant women who live in the Argasunya Religious Traditional Village Area Cirebon City and pregnant women who were present during the research. The exclusion criteria in this

study are pregnant women who have a history of comorbidities and pregnant women who are not willing to be respondents. The sampling technique was accidental sampling of 34 pregnant women.

RESEARCH RESULTS

Univariate

Table 1
Frequency Distribution of Knowledge of Balanced Nutrition for Pregnant Women

Knowledge	Frequency	Percentage (%)
Good	32	94,1
Enough	2	5,9
Less	0	0

Based on table 1, it can be concluded that the majority of respondents have good knowledge, namely 32 people (94.1%).

Table 2
Frequency Distribution of Nutritional Status of Pregnant Women

Nutritional status	Frequency	Percentage (%)
Normal	28	82,4
KEK	6	17,6

Based on table 2, it can be concluded that the majority of respondents have normal nutritional status, namely 28 people (82.4%).

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Based on table 3, it can be seen that there is no relationship between knowledge of balanced nutrition and the nutritional status of pregnant women with a p-value of 0.515 (≥ 0.05).

Table 3
Relationship between knowledge of balanced nutrition and nutritional status of pregnant women

Balanced Nutrition Knowledge	Baik		Cukup		Kurang		
	n	%	n	%	n	%	
Nutritional Status of Pregnant Women							
Normal	26	76,5	2	5,9	0	0	0,515
KEK	6	17,6	0	0	0	0	

DISCUSSIONS

Stunting is a disorder of growth and development in children due to chronic malnutrition and recurrent infections, which is characterized by the length or height of the child being below the established standard. In addition to lack of nutritional intake in children, stunting can also be caused by malnutrition when the baby is in the womb. This can be prevented by balanced nutritional intake in pregnant women. Therefore, knowledge of pregnant women about balanced nutrition is very important to prevent malnutrition when the baby is in the womb.

Knowledge about the importance of a balanced nutritious diet rich in animal protein is the main key in preventing stunting. The low knowledge of parents, especially mothers, about the importance of consuming balanced nutrition can be a problem in efforts to accelerate the reduction of stunting prevalence. An important factor in handling stunting is adequate nutritional intake for pregnant women and toddlers, especially adequate animal protein, because in addition to being able to build children's physical growth, it can also optimize children's brain growth.

Based on the research results presented in table 1, the majority of pregnant women are in the

good knowledge level category, namely 32 people (94.1%). Knowledge about nutrition is one of the factors that stimulates the realization of a healthy behavior that includes knowledge about choosing food ingredients and daily consumption properly and providing all the nutrients needed for normal body function. Knowledge about nutrition that needs to be known and understood by pregnant women includes balanced nutrition messages, nutritional needs, nutrient functions, portion sizes for pregnant women, types of food that are good for pregnant women to consume and foods that should be avoided so as not to have a negative impact on the health of pregnant women.

Table 2 describes the nutritional status of pregnant women where the majority are in normal condition, namely 28 people (82.4%). Nutritional status is the end result of the balance between food entering the body (nutrient input) and the body's needs (nutrient output) for these nutrients. Maternal nutritional status is a state of the body as a result of food consumption and use of nutrients. Factors that influence the nutritional status of pregnant women are economic status, knowledge of nutrients in food, health status, activity, environmental temperature, body weight and age. If the nutritional needs of

pregnant women are not met, nutritional problems will occur. Nutritional problems that often occur in pregnant women are KEK and anemia.

These nutritional problems have an impact on the quality of future generations because they slow down the physical growth and mental development of children and reduce intelligence. LILA measurement is the next indicator in monitoring the nutritional status of pregnant women which is used to determine whether someone is chronically undernourished (CED). Mothers who experience chronic undernourishment are at risk of giving birth to babies with low birth weight (LBW). The LILA measurement better describes the condition or nutritional status of the pregnant woman herself. The mother's weight during pregnancy is the cumulative weight between the increase in the weight of the mother's organs and blood volume and the weight of the fetus she is carrying. The increase in the mother's weight during pregnancy can come from the increase in the mother's weight, the fetus, or both.

Table 3 shows the results of the analysis that there is no relationship between knowledge of balanced nutrition and nutritional status in pregnant women. The author assumes that there are factors that influence the nutritional status of pregnant women, including education, work, experience, beliefs, and socio-culture.

In addition, the fulfillment of nutrition for pregnant women is influenced by one factor, namely support from husband, family, and health workers. Without support from those closest to you, a goal will not be achieved properly. Such as material support to meet the nutritional needs of pregnant women. If you experience economic limitations, this will also affect the adequacy of the nutritional status of pregnant women.

CONCLUSION

There is no relationship between knowledge of balanced nutrition and the nutritional status of pregnant women.

SUGGESTIONS

Maternal nutrition during pregnancy is very important to support the growth and development of the fetus while in the womb. The nutritional status of pregnant women is influenced by the food intake consumed. The behavior of mothers in choosing the right food ingredients can be obtained from knowledge. Increasing knowledge and awareness of a mother's attitude and actions in choosing healthy food can be done by providing health education, namely through health counseling or education. However, in certain places, the behavior of pregnant

women is also influenced by customs and beliefs about myths that are still strong in the area. Therefore, it is important for health workers to work together with community leaders to straighten out myths that can be detrimental to the health of pregnant women and their fetuses.

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