

ABSTRAK

Angka kejadian Kurang Energi Kronik (KEK) tahun 2021 pada ibu hamil sebesar 9.7%, kondisi ini menunjukkan masih kurangnya pemenuhan kebutuhan nutrisi pada ibu hamil. Kurangnya nutrisi saat kehamilan berdampak pada kondisi kesehatan ibu dan janin. Faktor penyebab kurang terpenuhinya kebutuhan nutrisi pada ibu hamil salah satunya dapat dipengaruhi oleh pengetahuan dan persepsi ibu hamil. Penelitian ini bertujuan untuk mengetahui gambaran pengetahuan dan persepsi ibu hamil tentang nutrisi masa kehamilan di Desa Jatibaru Kabupaten Subang.

Metode penelitian yang digunakan yaitu deskriptif. Populasi seluruh ibu hamil trimester I di desa Jatibaru Kabupaten Subang sebanyak 35 orang. Sampel berjumlah 35 orang, diambil secara *total sampling*. Pengambilan data dengan data primer menggunakan kuesioner pengetahuan dan persepsi. Analisis data menggunakan analisis univariat.

Hasil penelitian diperoleh sebagian besar ibu hamil (54.4%) pengetahuan tentang nutrisi kehamilan kategori pengetahuan cukup, sebagian besar ibu hamil persepsi tentang nutrisi kehamilan kategori persepsi rendah.

Hasil penelitian menunjukkan pengetahuan ibu cukup, dan persepsi ibu rendah tentang nutrisi masa kehamilan, oleh karena itu perlunya upaya peningkatan penyuluhan-penyuluhan tentang nutrisi kehamilan kepada ibu hamil oleh petugas kesehatan sebagai upaya untuk meningkatkan pengetahuan ibu hamil, serta meningkatkan persepsi pada ibu hamil untuk memenuhi kebutuhan nutrisi selama masa kehamilan.

Kata Kunci : Nutrisi, Pengetahuan, Persepsi

Kepustakaan : 19 Buku (2016-2019)

7 Jurnal (2017-2020)

ABSTRACT

The incidence of chronic lack of energy (SEZ) in 2021 in pregnant women is 9.7%, this condition shows that there is still a lack of fulfillment of nutritional needs in pregnant women. Lack of nutrients during pregnancy has an impact on the state of health of the mother and fetus. One of the factors causing the lack of fulfillment of nutritional needs in pregnant women can be influenced by the knowledge and perception of pregnant women. This study aims to find out an overview of the knowledge and perception of pregnant women about pregnancy nutrition in Jatibaru Village, Subang Regency.

The research method used is descriptive. The population of all pregnant women in the first trimester in Jatibaru village, Subang Regency, is 35 people. The sample was 35 people, taken in total sampling. Data collection with primary data using knowledge and perception questionnaires. Data analysis using univariate analysis.

The results of the study obtained most pregnant women (54.4%) knowledge about pregnancy nutrition in the category of sufficient knowledge, most pregnant women perception about pregnancy nutrition in the low perception category.

The results showed that maternal knowledge was sufficient, and mothers' perceptions were low about nutrition during pregnancy, therefore the need for efforts to increase counseling on pregnancy nutrition to pregnant women by health workers as an effort to increase the knowledge of pregnant women, as well as increase high perceptions in pregnant women to meet nutritional needs during pregnancy.

Keywords : Nutrition, Knowledge, Perception

Bibliography : 19 Books (2016-2019)

7 Journals (2017-2020)