

>

**GAMBARAN PENGETAHUAN IBU HAMIL TRMESTER I
TENTANG PENTINGNYA MENGKONSUMSI ASAM
FOLAT BERDASARKAN KARAKTERISTIK
DI KLINIK P. A KABUPATEN SUBANG
TAHUN 2025**

RIFA ATUL HASANAH

221FI06001

Program Studi D III Kebidanan PSDKU Subang
Universitas Bhakti Kencana Cabang Subang

ABSTRAK

Asam folat (vitamin B9) adalah nutrisi penting yang diperlukan untuk replikasi DNA dan berfungsi sebagai substrat untuk berbagai reaksi enzimatik yang terlibat dalam sintesis asam amino dan metabolisme vitamin. Kebutuhan folat meningkat selama masa kehamilan karena folat diperlukan untuk pertumbuhan dan perkembangan janin. Tujuan dari penelitian ini untuk mengetahui pengetahuan ibu hamil trimester I tentang pentingnya mengkonsumsi asam folat berdasarkan karakteristik di Klinik P. A Kabupaten Subang tahun 2025. Jenis penelitian yang digunakan adalah deskriptif engan menggunakan metode penelitian *cross-sectional*. Populasi yang diteliti adalah ibu hamil trimester I dengan jumlah populasi 30 responden. Sampel diambil menggunakan metode total sampling. Berdasarkan hasil penelitian di Klinik P. A Kabupaten Subang tahun 2025 responden yang memiliki pengetahuan kurang sebanyak 63,3%, lebih dari setengahnya memiliki pengetahuan kurang pada karakteristik umur <20 tahun sebanyak 84,2%, lebih dari setengahnya memiliki pengetahuan kurang pada karakteristik pendidikan SD sebanyak 93,3%, lebih dari setengahnya memiliki oengetahuan kurang pada karakteristik paritas primipara sebanyak 85%. Diharapkan hasil penelitian ini dapat meningkatkan pengetahuan ibu hamil trimester I dengan berbagai sumber informasi.

Kata kunci: Pengetahuan, Kehamilam, Asam folat

**DESCRIPTION OF KNOWLEDGE OF PREGNANT WOMEN
IN THE FIRST TRIMESTER ABOUT THE IMPORTANCE
OF CONSUMING FOLIC ACID BASED
ON CHARACTERISTICS AT THE P.A
CLINIC IN SUBANG
REGENCY IN 2025**

**Rifa Atul Hasanah
221FI06001**

**D III Midwifery Study Program, Subang Branch,
Bhakti Kencana University, Subang
ABSTRACT**

Folic acid (vitamin B9) is an essential nutrient required for DNA replication and serves as a substrate for various enzymatic reactions involved in amino acid synthesis and vitamin metabolism. Folate requirements increase during pregnancy because folate is needed for fetal growth and development. The purpose of this study was to determine the knowledge of pregnant women in the first trimester about the importance of consuming folic acid based on characteristics at the P. A Clinic, Subang Regency in 2025. The type of research used was descriptive using a cross-sectional research method. The population studied was pregnant women in the first trimester with a population of 30 respondents. Samples were taken using the total sampling method. Based on the results of the study at the P. A Clinic, Subang Regency in 2025, respondents who had insufficient knowledge were 63.3%, more than half had insufficient knowledge of the characteristics of age <20 years as much as 84.2%, more than half had insufficient knowledge of the characteristics of elementary school education as much as 93.3%, more than half had insufficient knowledge of the characteristics of primiparous parity as much as 85%. It is hoped that the results of this study can increase the knowledge of pregnant women in the first trimester with various sources of information.

Keywords: Knowledge, Pregnancy, Folic acid