THE RELATIONSHIP KNOWLEDGE AND ATTITUDE OF PREGNANT WOMEN IN FULFILLING NUTRITION NEEDS WITH NUTRITIONAL STATUS IN RAYA PUSKESMAS, RAYA DISTRICT SIMALUNGUN DISTRICT

Yunardi

Universitas Efarina

Abstract

Nutritional status is a measure of success in fulfilling nutrition for pregnant women. Nutrition for pregnant women is the nutrition needed in large quantities to fulfill the nutrition of the mother herself and the development of the fetus she contains. Fulfilling the nutritional needs of pregnant women is closely related to the level of maternal knowledge about nutrition during pregnancy. Meanwhile, the attitude of the mother in fulfilling the needs is what is seen and known by the mother in fulfilling nutritional needs through information. Correlation descriptive research method using primary data through a questionnaire based on the knowledge and attitudes of pregnant women. The sampling technique in this study was purvosive sampling, that is, the researcher determined the sample taken because of certain considerations. From the results of this study it was concluded that there was no relationship between knowledge of pregnant women in fulfilling nutritional needs with nutritional status at the Raya Public Health Center, Raya District, Simalungun Regency, this was evidenced by the results of the chi-square test with a p-value = 0.163 and there was a relationship between attitudes of pregnant women in meet nutritional needs with nutritional status at the Panombeian Panei Health Center, Panombeian Panei District, Simalungun Regency in 2016, this is evidenced by the results of the chi-square test with a p-value = 0.004. Pregnant women are expected to have more regular check-ups for their pregnancies with health workers and actively participate in counseling conducted by health workers to obtain information related to nutrition during pregnancy.

Keywords: **Knowledge, attitudes of pregnant women, nutritional status**

INTRODUCTION

One of the main programs aimed at overcoming the problem of maternal mortality is the placement of midwives at the village level on a large scale which aims to bring access to maternal and newborn health services closer to the community In 2000 the Indonesian Ministry of Health strengthened the health sector intervention strategy to address maternal mortality by launching the Making Pregnancy Safer strategy. (RI Ministry of Health, 2014)

However, in 2012 the Indonesian Demographic Health Survey (IDHS) again recorded a significant increase in MMR, from 228 to 359 maternal deaths per 100,000 live births. Therefore, in 2012 the Ministry of Health launched the Expanding Maternal and Neonatal Survival (EMAS) program in order to reduce maternal and neonatal mortality by 25%. This program is implemented in provinces and regencies with large numbers of maternal and neonatal deaths, namely North Sumatra, Banten, West Java, Central Java, East Java and South Sulawesi. The basis for choosing the province was because 52.6% of

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the total number of maternal deaths in Indonesia came from these six provinces. So by reducing the maternal mortality rate in the six provinces it is hoped that it will be able to significantly reduce the maternal mortality rate in Indonesia. (RI Ministry of Health, 2014)

In Simalungun District, the MMR decreased from 2005 to 2010. However, this rate increased in 2011 to 393 per 100.00 live births from 179 per 100,000 live births in 2010. In an effort to achieve the MDG's and health development goals, improving maternal health services prioritized by reducing the Maternal Mortality Rate to 102 per 100,000 live births in 2015. MMR refers to the number of maternal deaths related to pregnancy, childbirth and childbirth. Based on the conditions, the highest number of maternal deaths is among mothers. Based on an initial survey conducted at the Raya Health Center, the number of pregnant women who visited in January 2018 was 26 pregnant women and 5 of them experienced malnutrition,

Based on the existing background, the authors are interested in conducting research with the title Relationship of Knowledge and Attitudes of pregnant women in meeting nutritional needs with nutritional status at the Raya Community Health Center, Raya District, Simalungun Regency in 2018.

Formulation of the problem\

The formulation of the problem in this study is Is there a relationship between knowledge and attitudes of pregnant women in meeting nutritional needs with nutritional status at the Raya Community Health Center, Raya District, Simalungun Regency in 2018?

METHODS

Research Design and Methodology

The method used in this study uses a descriptive correlation research method, namely research that tries to explore how and why phenomena occur. By analyzing the dynamics of the correlation between phenomena or risk factors and effects: With a cross-sectional survey design, that is, each study subject was observed only once and measurements were made on the status of the subject's character or variables at the time of examination (Notoatmodjo, 2010).

Place and time of research

This research will be carried out at the Raya Health Center on the grounds that pregnant women with poor nutritional status are still found at the Raya Health Center, Raya District, Simalungun Regency. The research time starts from May to September 2018. The following is a table regarding the research schedule.

Data analysis

In conducting the analysis, especially on research data, applied statistics will be used according to the purpose to be analyzed. (Hidayat, AA 2010). Analysis can be carried out in stages including:

a. Univariate analysis
   This analysis was conducted to obtain an overview of each independent variable and the dependent variable (nutritional status). The data is presented in the form of a frequency distribution table.

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b. Bivariate Analysis

This analysis aims to determine the relationship between the independent variable (Knowledge and attitudes of pregnant women about nutrition) and the dependent variable (Nutrition Status). To prove whether there is a relationship, the Chi-Square test statistic is performed with a 95% degree of confidence (a = 0.05). If the p value <0.05 indicates that there is a significant relationship between the independent variables and the dependent variable.

RESULTS AND DISCUSSION

Relationship between knowledge and nutritional status of pregnant women

Based on the results of a study of 18 respondents who had sufficient knowledge, 12 (36.3%) had normal nutritional status and 6 (18.1%) had abnormal nutritional status, while 15 respondents with less knowledge were 10 (30.5%).) with normal nutritional status and 5 (15.2%) with abnormal nutritional status. The results of the statistical test obtained a value of p = 0.163, so it can be concluded that there is no relationship between knowledge of pregnant women in meeting nutritional needs and nutritional status at the Raya Community Health Center, Raya District, Simalungun Regency in 2018.

The results of the study showed that respondents with sufficient knowledge also experienced nutritional status that was not the norm. One of the factors that influence knowledge is education, and based on the results of educational research the majority of respondents were 15 (45.5%) junior high schools and 11 (33.3%) elementary schools so that this resulted in respondents not being able to answer questions correctly.

Pregnancy causes an increase in energy metabolism, therefore the need for energy and other nutrients increases during pregnancy. Increased energy and nutrients are needed for the growth and development of the fetus, the increase in the size of the uterine organs, changes in the composition and metabolism of the mother's body. So that a lack of certain nutrients needed during pregnancy can cause the fetus to grow imperfectly (Sophia, 2010).

Good nutrition is needed by a pregnant woman so that the growth of the fetus does not experience obstacles, and then will give birth to a baby with normal weight. With good health conditions, a normal reproductive system, no illness, and no nutritional disorders during pre-pregnancy or during pregnancy, mothers will give birth to bigger and healthier babies than mothers with the opposite pregnancy condition. Mothers with chronic malnutrition during pregnancy often give birth to LBW babies, low vitality and high mortality, especially if the mother suffers from anemia (Lubis, Z. 2003). Fulfillment of nutritional needs in pregnant women is closely related to the level of mother's knowledge about nutrition . The level of nutritional knowledge in mothers is the ability of a mother to understand concepts and principles as well as information related to nutrition.

The relationship between the attitude of pregnant women and the nutritional status of pregnant women

Based on the results of research conducted at the Raya Community Health Center, Raya District, Simalungun Regency in 2018, it was found that out of 25 respondents who had a positive attitude, 48.5% had normal nutritional status and 27.3% were abnormal, while 18.2% of the 8 respondents with a negative attitude % with normal nutritional status and 6.1% with abnormal nutritional status. The results of the statistical test obtained a value of p = 0.001, so it can be concluded that there is a relationship between the attitude

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of pregnant women in meeting nutritional needs and nutritional status at the Raya Community Health Center, Raya District, Simalungun Regency in 2018.

From the results of the study showed that the majority of respondents with a positive attitude with normal nutritional status (48.5%). According to Lawrence Green, behavioral factors themselves are determined by one of them, namely predisposing factors or factors that facilitate the occurrence of one's behavior, including knowledge, attitudes, beliefs, values and traditions. More specifically, Green explained that one of the factors that influence a person's behavior is the attitude of that person. In the research results it is known that the majority knowledge is sufficient 18 (54.5%) but has a positive majority attitude of 75.8%. With this positive attitude, it will produce a reaction in the form of good action. This can be seen from the nutritional status of the majority of normal pregnant women, as much as 66.7%.

Attitude actually shows the connotation of the suitability of reactions to certain stimuli which in everyday life are emotional reactions to social stimuli. Attitude is not yet an action or activity, but it is a predisposition to the action of a behavior. That attitude is still a closed reaction, not an open reaction. attitude is a readiness to react to objects in a certain environment as an appreciation of objects (Notoatmodjo, 2010).

A similar study by Swastika (2010) was conducted at the Bahu City Health Center in Manado. From the results of the Spearman's rhodi statistical test, a p=0.003 value was less than 0.05, and this result showed that there was a relationship between attitude and nutritional status during pregnancy at the Shoulder Health Center in Manado City. Attitude is a person's way of seeing things mentally from within and leads to behavior aimed at other people, ideas, objects, or certain groups (Azwar, 2007).

CLOSING

Conclusion

After conducting research on the relationship between knowledge and attitudes of pregnant women in fulfilling nutritional needs with nutritional status at the Raya Community Health Center, Raya District, Simalungun Regency, in 2018, several conclusions can be drawn as follows:

1. It can be concluded that there is no relationship between knowledge of pregnant women in fulfilling nutritional needs and nutritional status at the Raya Health Center, Raya District, Simalungun Regency, this is evidenced by the results of the chi-square test with a p-value = 0.163

2. There is a relationship between the attitudes of pregnant women in meeting their nutritional needs and nutritional status at the Raya District Health Center, Raya District, Simalungun Regency in 2018, this is evidenced by the results of the chi-square test with a p-value = 0.004.

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