

ABSTRACT



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INFLUENCE OF RESISTANCE TO THE LEVEL KNOWLEDGE AND ATTITUDE
NUTRITION PRE PREGNANCY ON THE BRIDE CANDIDATE AT WEST JAKARTA

XIV + VI CHAPTER, 63 Pages, 13 Tables, 5 Pictures, 1 Scheme, 12 Attachments

Background: Healthy pregnancy requires physical and mental preparation, therefore pregnancy planning should be performed during pre pregnancy. Wellplanned pregnancy process will have positive impact on fetal condition, physical adaptation, and psychological mother in pregnancy to be better. Good nutrition settings also play a role in the process of sperm formation and healthy eggs. A good nutritional status can prevent nutritional problems during pregnancy such as anemia, KEK, infection prevention and pregnancy complications. Giving Nutrition education is one of the ways to increase one's level of knowledge in nutrition problem. The results of previous research found that bride candidates who have less knowledge as much as 61.5%.

Method: The research was conducted in KUA Kebon Jeruk West Jakarta with Quasi Experimental research design with one group pretest-posttest design. Method of sampling accidental sampling. Knowledge and attitudes pre pregnancy are measured by the pretest and posttest questionnaires, the extension media using a pocket book. Bivariate analysis using Paired test. If data do not contribute normal then use Wilcoxon test.

Result of research: Pretest knowledge level on bride candidate 23 people (53,3%) less, male counted 28 people (63,6%). Posttest in women 38 people (81.1%) good, 8 people (18,2%) enough. In men 44 people (100%) good. Posttest attitude in women 18 people (40,9%) good, 26 people (59,1%) less. In men 14 people (31.8%) good, 30 people (68.2%) less. Posttest attitude in women 44 people (100%) good, male 44 people (100%) good. Statistical test results obtained $p = 0.000 (<0,05)$ in women and $p = 0.000 (<0,05)$.

Conclusion: The use of media counseling as a means of delivering the message, so the message delivered more effective and easily accepted by the recipient of the message.

Keywords: level of knowledge, pre pregnancy nutrition, book media and counseling.