ABSTRAK

Judul : Hubungan Pengetahuan dan Sikap tentang 1000 HPK dengan Tingkat Kecukupan Gizi pada Ibu Hamil di Puskesmas Kecamatan Senen

Nama : Arauli Gurning

Program Studi : Gizi

Latar belakang : Masalah gizi pada ibu hamil mempunyai dampak terhadap kesehatan generasi berikutnya. Gizi yang baik selama periode 1000 hari, di mulai dari awal kehamilan sampai ulang tahun kedua anak, sangat penting untuk masa depan kesehatan, kesejahteraan dan kesuksesan anak.

Tujuan : Penelitian ini bertujuan untuk menganalisis pengetahuan dan sikap tentang 1000 HPK serta hubungannya dengan tingkat kecukupan gizi Ibu hamil di Puskesmas Kecamatan Senen

Metode : Penelitian ini menggunakan desain *cross sectional study* dengan metode wawancara di Puskesmas Kecamatan Senen. Sebanyak 62 Ibu hamil menjadi responden yang dipilih dengan metode teknik *purposive sampling.*

Hasil : Hasil penelitian menunjukkan bahwa pengetahuan 1000 HPK sebagian besar responden (56.5%) termasuk kategori kurang tetapi sikap (62.9%) 1000 HPK sudah baik. Hasil food recall dan SQ-FFQ sebagian besar ibu hamil tingkat kecukupan energi, karbohidrat, protein, lemak, kalsium dan fe masih kurang (<80% AKG)

Kesimpulan : Tidak ada hubungan signifikan pengetahuan dan sikap tentang 1000 HPK dengan tingkat kecukupan gizi (energi, karbohidrat, lemak, protein, zat besi (Fe) dan kalsium) dibuktikan dengan $p>0.05$

Kata kunci: 1000 HPK, pengetahuan, sikap, ibu hamil, tingkat kecukupan gizi

ABSTRACT

Title : *The Relation of knowledge and attitude of the First 1000 Days of Life with nutrient adequacy level of Pregnant mother in Kecamatan Senen Health Center*

Name : *Arauli Gurning*

Study Program: *Gizi*

Background : *Nutritional problems in pregnant mother have an impact on the health of the next generation. Good nutrition during the period of 1,000 days, from the beginning of pregnancy until the child's second birthday, is vital for the future health, well-being and success of children.*

Aim : *This study was aimed to analyze knowledge and attitude of the First 1000 Days of Life and its correlation with nutrient adequacy level of the subjects.*

Method : *A cross sectional study design and interview method were conducted in Puskesmas Kecamatan Senen. Subjects included in this study were 62 pregnant mother selected by purposive sampling technique.*

Result : *The results showed that according to their knowledge of the First 1000 Days of Life, most of the the subjects (56.5%) were categorized as poor but their attitude (62.9%) were good. The results of food recall and SQ-FFQ pregnant women and the majority of the adequate level of the energy, carbohydrates , protein ,fat, calcium and iron is still less (<80%AKG).*

Conclution : *Knowledge and attitude of the First 1000 Days of Life were not significantly correlated with energy and nutrient adequacy level (energy, carbohidrat, protein, fat, iron and calsium) provable with p>0.05*

Keywords: the First 1000 Days of Life, Knowledge, Attitude, Pregnant Mother, Nutrition Adequacy Level