

ABSTRAK



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SKRIPSI, JUNI 2022

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HUBUNGAN PANTANG MAKANAN, PENGETAHUAN GIZI, SIKAP TERHADAP GIZI, DAN POLA MAKAN DENGAN KENAIKAN BERAT BADAN IBU HAMIL DI POSYANDU DESA MALANG NENGAH KECAMATAN PAGEDANGAN KABUPATEN TANGERANG

6 BAB, 90 halaman, 18 tabel, 4 lampiran

Latar Belakang: Asupan kebutuhan ibu hamil yang cukup dibutuhkan pada masa kehamilan untuk mendukung perkembangan janin. Ibu hamil yang kekurangan gizi akan menderita Kurang Energi Kronis (KEK), sehingga berdampak kelemahan fisik, anemia, perdarahan, berat badan ibu tidak bertambah secara normal dan diabetes dalam kehamilan yang membahayakan jiwa ibu.

Tujuan: Untuk mengetahui hubungan pantang makanan, pengetahuan gizi, sikap terhadap gizi dan pola makan dengan kenaikan berat badan ibu hamil di Posyandu Desa Malang Nengah Kecamatan Pagedangan Kabupaten Tangerang. Penelitian ini menggunakan desain penelitian *cross sectional* dengan melakukan wawancara. Sampel penelitian ini yaitu 40 ibu hamil. Uji statistik menggunakan Uji *Chi Square*.

Hasil: Hasil penelitian menunjukkan, melakukan pantang makanan (72.5%), pengetahuan gizi kurang (40.0%), sikap kurang baik terhadap gizi (35.0%) dan kenaikan berat badan pada kondisi sesuai (47.5%). Tidak ada hubungan antara pantang makan, pengetahuan gizi, dan sikap terhadap gizi terhadap kenaikan berat badan ibu hamil ($p > 0.05$). Namun penelitian tersebut menemukan bahwa pola makan memiliki hubungan yang signifikan terhadap kenaikan berat badan ibu hamil ($p \leq 0.05$).

Kesimpulan: Ada hubungan antara pola makan dengan penambahan berat badan ibu hamil di Posyandu Desa Nengah Malang Kecamatan Pagedangan. Kabupaten Tangerang. Oleh karena itu, diperlukan penyuluhan dan pendidikan gizi yang efektif untuk meningkatkan pengetahuan dan mengubah perilaku gizi.

Kata kunci: Kenaikan Berat Badan, Ibu Hamil

ABSTRACT



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UNDERGRADUATE THESIS, JUNE 2022
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RELATIONSHIP OF FOOD ABSOLUTE, NUTRITIONAL KNOWLEDGE, ATTITUDE TO NUTRITION, AND DIETING WITH WEIGHT GAIN PREGNANT WOMEN OF PREGNANT WOMEN AT POSYANDU, MALANG NENGAH VILLAGE, PAGEDANGAN DISTRICT, TANGERANG REGENCY

6 chapters, 90 pages, 18 tables, 4 appendices

Background: Adequate nutritional intake needed in pregnancy period to support fetal development. Pregnant mother who suffer Chronic Energy Deficiency (KEK) can impact physical weakness, anemia, bleed-ing, mother's weight increased abnormally and diabetic in pregnancy that threaten mother's life.

Objective: To determine the relationship between food abstinence, knowledge of nutrition, attitudes towards nutrition and eating patterns with weight gain of pregnant women at the Posyandu, Malang Nengah Village, Pagedangan District, Tangerang Regency. This study used a cross sectional, by conducting interviews. The samples of this study were 40 pregnant women. *Chi Square* used to prove the hypothesis.

Results: The results showed abstinence from food (72.5%), lack of knowledge of nutrition (40.0%), poor attitude towards nutrition (35.0%) and weight gain in appropriate conditions (47.5%). There's no relationship between food abstinence, nutritional knowledge, and attitudes towards nutrition to weight gain of pregnant women ($p>0.05$). However, the study found the eating patterns have a significant relationship to the weight gain of pregnant women ($p\leq 0.05$).

Conclusion: There is a relationship between diet and weight gain of pregnant women at the Posyandu, Malang Nengah Village, Pagedangan District. Tangerang Regency. Therefore, the effective counseling and nutrition education needed to improve their knowledge and change nutrition behavior.

Keywords: Weight gain, Pregnant Women