

Hubungan perilaku berpantang makanan selama masa nifas dengan status gizi ibu di Banjarmasin = Food abstinence behavior relations during the postpartum period with the nutritional status of mothers in Banjarmasin

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Abstrak

Di Indonesia masih ditemukan tradisi dan budaya seputar pantangan dan keharusan pasca persalinan. Salah satunya pantangan dan keharusan tentang perilaku konsumsi makanan oleh ibu nifas suku Banjar di propinsi Kalimantan Selatan. Tujuan penelitian ini untuk mengetahui 'hubungan antara faktor internal dan eksternal yang mempengaruhi perilaku ibu berpantang makanan selama masa nifas, dan hubungan perilaku berpantang makanan selama masa nifas dengan status gizi ibu di Banjarmasin'. Jenis penelitian analitik komparatif, dengan metode cross sectional. Hasil penelitian menunjukkan adanya hubungan bermakna antara tingkat pendidikan ($p = 0,000$; OR = 0,035; 95 % CI: 0,004- 0,281), tipe keluarga ($p = 0,000$; OR = 0,011; 95 % CI: 0,001-0,092), pengetahuan ibu ($p = 0,000$; OR = 0,004; 95 % CI: 0,000-0,036), pengetahuan masyarakat ($p = 0,000$; OR = 0,029; 95 % CI: 0,006-0,145) dan sikap masyarakat ($p = 0,000$; OR = 0,025; 95 % CI: 0,003-0,204) dengan perilaku ibu berpantang makanan selama masa nifas dan adanya hubungan yang bermakna antara perilaku berpantang makanan selama masa nifas dengan status gizi ibu ($p = 0,000$; OR = 46,75; 95 % CI: 9,04 - 241,7).

.....In Indonesia, still found in the traditions and culture surrounding the taboo and mandatory post-delivery. One of these restrictions and the necessity of food consumption behavior by postpartum mothers tribe Banjar in South Kalimantan province. The purpose of this study to find out "the relationship between internal and external factors that affect maternal behavior during parturition food abstinence, and abstinence from food related behavior during postpartum with the nutritional status of mothers in Banjarmasin." Kind of a comparative analytical study, with cross sectional method. The results showed a significant correlation between level of education ($p = 0,000$; OR = 0,035; 95 % CI: 0,004 to 0,281), family type ($p = 0,000$; OR = 0,011; 95 % CI: 0,001 to 0,092), maternal knowledge ($p = 0,000$, OR = 0.004; 95% CI: 0.000 to 0.036), the knowledge society ($p = 0,000$, OR = 0.029; 95% CI: 0.006 to 0.145) and social attitude ($p = 0,000$, OR = 0.025; 95% CI: 0.003 to 0.204) with maternal behavior during the post partum abstinence from food and there were significant relations between the behavior during the post partum abstinence, food with nutritional status of mothers ($p = 0,000$, = 0.05, OR = 46.75; 95% CI : 9.04 to 241.7)