

Pengaruh pendidikan kesehatan singkat tentang nutrisi Prakonsepsi terhadap pengetahuan, sikap, dan praktik konsumsi makanan sehat wanita pranikah = Increasing knowledge, attitudes and practice in food health consumption preconception women with brief health education about preconception nutrition

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Abstrak

ABSTRAK

Status nutrisi prakonsepsi merupakan salah faktor yang dapat mempengaruhi kondisi kehamilan dan kesejahteraan bayi. Tujuan penelitian ini untuk mengetahui pengaruh pendidikan kesehatan singkat nutrisi prakonsepsi terhadap pengetahuan, sikap dan praktik makanan sehat wanita pranikah. Penelitian ini menggunakan desain quasi experiment dengan pendekatan pre test and post test with control group. Jumlah sampel sebanyak 66 orang yang diseleksi dengan metode consecutive sampling . Analisis yang digunakan adalah analisis univariat, McNemar dan Chi-Square, serta regresi logistik. Hasil penelitian menunjukkan ada perbedaan bermakna pada pengetahuan ($p=0,001$), sikap ($p=0,039$), dan praktik ($p=0,000$) sebelum dan sesudah intervensi. Pendidikan nutrisi prakonsepsi dapat menyiapkan kehamilan lebih optimal dan bayi yang dilahirkan sehat. Disarankan memberikan edukasi nutrisi prakonsepsi sebelum wanita menikah.

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Abstract

Preconception nutrition status is a factor affect the condition of pregnancy and fetal well-being. One important factor is fulfillment of nutritional needs. The lack of nutrition factor that occurred prior to pregnancy, can be addressed before pregnancy occurs, that is through health education. Health education can support premarital women has an optimal capacity of knowledge, change attitudes, and practices. The purpose of this study to determine the effect of brief education in nutrition preconception, on knowledge, attitudes and practices of healthy food consumption in premarital women. This study used quasi experiment design approach with pre test and post test with control group. The number of samples are 66 premarital womens which selected consecutive sampling . The data analysis used is univariate, Mc Nemar and chi square also logistic regression. The results showed there are significant difference in knowledge ($p=0,001$), attitude ($p=0,039$), and practice ($0,000$) before and after intervention. Preconception nutrition education can prepared the optimize pregnancy and the health of infants. Suggested providing preconception nutrition health education before the women married.