

# Hubungan pengetahuan ibu hamil mengenai nutrisi dan perilaku makan harian selama kehamilan di wilayah kerja Puskesmas Parung Jawa Barat = Relation between nutritional knowledge and daily eating habit in pregnant women in Puskesmas Parung work area West Java

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## Abstrak

### [<b>ABSTRAK</b><br>

Latar belakang: Nutrisi selama kehamilan berperan penting dalam pertumbuhan dan perkembangan janin. Tujuan penelitian ini untuk mengetahui hubungan pengetahuan ibu hamil mengenai nutrisi dan perilaku makan selama kehamilan.

Metode: Desain penelitian ini deskriptif korelasi dengan pendekatan potong lintang menggunakan teknik pengambilan sampel acak berkelompok dengan 150 responden ibu hamil di Wilayah Kerja Puskesmas Parung yang memeriksakan kehamilannya di Posyandu. Instrumen penelitian menggunakan kuesioner yang berisi pernyataan tentang pengetahuan dan perilaku.

Hasil: Hasil penelitian menunjukkan bahwa terdapat hubungan signifikan antara pengetahuan dengan perilaku makan selama kehamilan ( $p=0,037$ ;  $\alpha=0,05$ ) dengan CI 95%.

Kesimpulan: Pengetahuan akan memengaruhi perilaku makan. Ibu hamil yang memiliki pengetahuan yang baik maka akan memiliki perilaku makan yang baik.

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### <b>ABSTRACT</b><br>

Background: Nutrition during pregnancy play the major role for fetus growth and development. The purpose of this research is to know the relation between knowledge of pregnant women about nutrition and their food habit during pregnancy.

Methods: The research design is descriptive correlative with cross section using cluster sampling method. The samples are 150 pregnant women in Puskesmas Parung work area who check their pregnancy in Posyandu. The instrument for this research is using questionnaire contain statements about knowledge and eating habit.

Result: The result of this research shows that there is a relation between knowledge and daily eating habit during pregnancy ( $p=0,037$ ;  $\alpha=0,05$ ) with CI 95%.

Conclusion: knowledge will influence eating habit. If pregnant women have a good nutritional knowledge, they will have a good eating habit., Background: Nutrition during pregnancy play the major role for fetus growth and development. The purpose of this research is to know the relation between knowledge of pregnant women about nutrition and their food habit during pregnancy.

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