

Nama : Syarah Syarifah

NIM : 1032201044

Judul : Faktor-Faktor yang Berhubungan Dengan Sikap Ibu terhadap Status Gizi Pada Ibu Hamil di Puskesmas Kecamatan Makasar Jakarta Timur

ABSTRAK

Latar Belakang: Status gizi ibu hamil adalah suatu keadaan tubuh ibu hamil karena konsumsi makanan dan zat gizi. Sikap merupakan faktor tidak langsung yang dapat mempengaruhi status gizi ibu. Tujuan penelitian ini adalah untuk mengetahui faktor-faktor apa saja yang berhubungan dengan sikap ibu terhadap status gizi pada ibu hamil di Puskesmas Kecamatan Makasar Jakarta Timur.

Metode: Penelitian ini bersifat kuantitatif menggunakan metode deskriptif analitik, dengan desain *cross sectional*. Pengumpulan data kuesioner di Puskesmas Kecamatan Makasar yang di isi 155 ibu hamil dengan teknik *purposive sampling*.

Hasil: Dari 155 responden, dominan responden ibu hamil trimester 3, belum pernah melahirkan, tidak memiliki pantangan makanan, memiliki dukungan suami yang baik, terpapar media massa dan sikap positif. Uji *chi square* didapatkan *p value* 0,000 ($<0,05$) ada hubungan pengalaman pribadi dengan sikap ibu terhadap status gizi, *p value* 0,131 ($<0,05$) tidak ada hubungan budaya dengan sikap ibu terhadap status gizi, *p value* 0,012 ($<0,05$) ada hubungan dukungan suami dengan sikap ibu terhadap status gizi, *p value* 0,015 ($<0,05$) ada hubungan media massa dengan sikap ibu terhadap status gizi.

Kesimpulan: Ibu yang belum pernah melahirkan, memiliki pantangan makanan, dukungan suami yang kurang dan tidak terpapar media massa dapat berpeluang memiliki sikap yang kurang terhadap status gizi. Sikap positif ibu dapat ditingkatkan dengan pendidikan kesehatan melalui penyuluhan serta kelas ibu hamil.

Kata Kunci: Ibu hamil, sikap, status gizi.

Daftar Pustaka: 61 buah (2010-2024)

Name: Syarah Syarifah

NIM: 1032201044

Title: *Factors Associated with Maternal Attitudes towards Nutritional Status in Pregnant Women at the Puskesmas of Makasar District, East Jakarta*

ABSTRACT

Background: Nutritional status of pregnant women is a condition of the body of pregnant women due to consumption of food and nutrients. Attitude is an indirect factor that can affect the nutritional status of mothers. The purpose of this study was to determine what factors are associated with maternal attitudes towards nutritional status in pregnant women at the Puskesmas Kecamatan Makasar, East Jakarta.

Methods: This study is quantitative using analytic descriptive method, with cross sectional design. Collecting questionnaire data at the Makasar Sub-District Health Center which was filled in by 155 pregnant women with purposive sampling technique.

Results: Of the 155 respondents, the dominant respondents were pregnant women in the 3rd trimester, had never given birth, did not have dietary restrictions, had good husband support, were exposed to mass media and positive attitudes. The chi square test obtained p value 0.000 (<0.05) there is a relationship between personal experience and maternal attitudes towards nutritional status, p value 0.131 (<0.05) there is no relationship between culture and maternal attitudes towards nutritional status, p value 0.012 (<0.05) there is a relationship between husband support and maternal attitudes towards nutritional status, p value 0.015 (<0.05) there is a relationship between mass media and maternal attitudes towards nutritional status.

Conclusion: Mothers who have never given birth, have food restrictions, lack of husband's support and are not exposed to mass media may have a poor attitude towards nutritional status. Positive maternal attitudes can be improved by health education through counseling and pregnant women's classes.

Keywords: Attitude, nutritional status, pregnant women.

Bibliography: 61 pieces (2010-2024)