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Science Midwifery

journal homepage: www.midwifery.iocspublisher.org

The Relationship Of Mom's Knowledge About Nutritional Needs With Weight Increase During Pregnancy At The Clinic Manda In 2019

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ARTICLE INFO

Keywords:

Pregnant Women,
Nutrition,
Weight Gain

ABSTRACT

A mother who does not have or is malnourished during pregnancy, the baby in her womb will be malnourished. If this continues and is not addressed immediately, the baby will be born with low birth weight. This study aims to determine the relationship between maternal knowledge about nutritional needs and weight gain during pregnancy at the Manda Clinic. The type of research used was analytical observational with a cross-sectional approach and the population in this study were all mothers at the Manda Clinic and the sample of this study was 30 pregnant women at the Manda Clinic in 2019. The results of this study indicate that the majority of the distribution of characteristics of mothers who are aged 23-30 years (56, 7%) the majority of the distribution of characteristics of mothers who have secondary education (SMA) (80%) and the majority of the distribution of characteristics of mothers who have jobs (83.3%), and the majority of the distribution of knowledge of mothers is sufficient (60%). It is recommended for pregnant women to seek more information about nutritional needs during pregnancy.

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1. Introduction

Every mother longs for a child who is born healthy, but some of them do not know the nutrients that must be fulfilled by the mother during pregnancy so that the fetus in the womb can be properly nourished. Many pregnant women still eat. They still follow their interest in certain foods or they eat without considering the nutritional status that comes in, the important thing is that they are full (Chomaria, 2012).

Pregnancy is fertilization or union of spermatozoa and ovum and continued with nidation and or implementation. When calculated from fertilization to the birth of the baby, a normal pregnancy will take place in 40 weeks or 10 months or 9 months according to the international calendar (Saifuddin, 2014).

A mother who does not have or is malnourished during pregnancy, the baby in her womb will be malnourished. If this continues and is not addressed immediately, the baby will be born with a low birth weight (below 2500 g), while the mother will have a low birth weight (below 2500 g). who are malnourished, then as long as they breastfeed, they produce less milk (Proverawati, 2015).

Nutrition is the process by which living things use food that is consumed normally through the process of digestion (absorption), absorption, transportation, storage, metabolism and excretion of substances that are not used (Hasdianah, et al, 2014).

When a woman is declared pregnant, changes in the body's physiology also change, so that her nutritional needs also change. The most obvious change is weight gain during 9 months of pregnancy, pregnant women generally gain about 10-12 kg (Waryana, 2015).

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Pregnant women must have a normal weight because it will affect the child to be born. Mothers who are pregnant with a lack of nutrients that are important for the body will cause miscarriage, premature birth, low birth weight, uterine disorders during delivery, and bleeding during delivery.

The mother's own level of knowledge is influenced by experience, educational, environmental, social, facilities and infrastructure factors as well as the degree of counseling obtained. Mothers are expected to have good knowledge about nutrition so that they are able to provide the best intake for themselves long before pregnancy, during pregnancy, and after giving birth (Proverawati, et al, 2015).

Based on the information obtained in the initial survey in January at the Manda Clinic in 2019, the author conducted interviews with pregnant women, it turned out that from the interviews, only 5 out of 8 pregnant women understood the nutritional needs of increasing body weight during pregnancy.

From the description above, the researcher is interested in conducting research with the title"Relationship between Mother's Knowledge of Nutritional Needs and Weight Gain During Pregnancy at Manda Clinic in 2019**".**

2. Methods

The type of research used is*analytical observation*namely to determine the relationship between mother's knowledge about nutritional needs with weight gain during pregnancy inManda Clinic in 2019.The population in this study were all pregnant women inManda Clinic 2019as many as 30 people. Sampling by accidental sampling, the sample in this study were all pregnant women who visited theManda Clinic 2019as many as 30 people.The study was conducted from March to August 2019.

3. Results

TABLE 1
DISTRIBUTION OF MOTHER'S CHARACTERISTICS

Characteristics	Category	f	%
Age	20-30 years old	17	56.7
	31-40 years old	13	43.3
Amount		30	100
Education	Intermediate (high school)	24	80
	Top (PT)	6	20
Amount		30	100
Profession	Work (Entrepreneur, farmer,)	25	83.3
	Not Working (IRT)	5	16.7
Amount		30	100

Based on the table above shows the characteristics of the majority of respondents aged 23-30 years 56.7%, the majority in secondary education (SMA) 80%, and the majority of mothers have jobs 83.3%.

TABLE 2
DISTRIBUTION OF MOTHER'S KNOWLEDGE ABOUT NUTRITIONAL NEEDS WITH WEIGHT GAIN DURING PREGNANCY

Knowledge	f	%
Well	4	13.3
Enough	18	60
Not enough	8	26.7
Amount	30	100

Based on the table, it can be seen that the majority of mothers have sufficient knowledge (60%) about nutritional needs with increased body weight during pregnancy. It can be seen that from 43 respondents the majority have sufficient knowledge (55%)about weight during pregnancy.

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TABLE 3
DISTRIBUTION OF WEIGHT GAIN DURING PREGNANCY

Weight	f	%
Obesity	13	43.3
Normal	10	33.4
Not enough	7	23.3
Amount	30	100

Based on the table above, it can be seen that of the 30 pregnant women the majority are categorized as good nutritional status (43.3).

TABLE 4
CROSS TABULATION OF THE RELATIONSHIP BETWEEN KNOWLEDGE AND NUTRITIONAL NEEDS WITH WEIGHT GAIN DURING PREGNANCY

Peng know	Weight gain during pregnancy						Total		chi-square test
	mening-kat		Normal		No Dizziness-kat				
	N	%	N	%	N	%	N	%	
Well	8	62	2	20	2	29	12	40	
Enough	4	31	8	80	1	14	13	43	=0.002
Not enough	1	7	0	0	4	57	5	17	
Total	13	100	10	100	7	100	30	100	

Based on the table above, it can be seen that of the 12 mothers who had good knowledge, the majority of weight gain during pregnancy was good (62%), of the 13 mothers who had sufficient knowledge, the majority of the weight gain during pregnancy was moderate (80%) and of 5 mothers who had sufficient knowledge. lack of knowledge the majority of weight gain during pregnancy is less (57%).

The results of the Chi-Square statistical test obtained the value of = 002. This means that the value of is smaller than (0.05) and thus H_0rejected and Ha accepted, namely the knowledge of the mother has a relationship with weight gain during pregnancy.

4. Discussion

Mother's Knowledge About Nutritional Needs With Weight Gain During Pregnancy

The results of the analysis showed that of the 30 mothers the majority had sufficient knowledge about 60% of nutritional needs. Mothers who have less knowledge about dental needs 26.7% and mothers who have good knowledge about nutritional needs 13.3%. Mothers under five have sufficient knowledge because the education level of the majority of mothers is 80% educated (SMA), where the level of education greatly affects a person's level of knowledge. This shows that the higher the level of a person's knowledge, the higher the level of knowledge. From these data it is also seen that the respondents who have a level (college) of 20%.

The majority of mothers also have jobs, 83.3% so that they get sufficient information from the surrounding environment and 16.7% of mothers who do not work. This shows that the delivery of information about nutritional needs is good enough so that mothers understand enough about the benefits of nutritional needs and the impact of lack of nutrition on pregnancy.

Knowledge is an impression in the human mind as a result of the use of the five senses. Knowledge is very different from belief, superstition, and false explanations. Knowledge is everything that is known based on the experience gained by every human being. Basically, knowledge will continue to increase and vary according to the process of experience experienced (Mubarak, 2012).

This research is in line with the research of Oktaviani (2012) which shows that research conducted on respondents already has good knowledge about nutritional needs with increasing body weight during pregnancy. Almost all respondents know the purpose of the benefits of nutritional needs.

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Weight Gain During Pregnancy

The results of the analysis showed that of the 30 mothers the majority of good nutrition on nutritional needs during pregnancy 43.3%. The results of this study indicate that the increase in body weight during pregnancy is influenced by the level of knowledge of the mother about nutritional needs and the benefits of nutrition which are mostly sufficient so that the mother feels that nutrition is very necessary. Nutritional needs are also influenced by the level of education of the mother, the majority of whom are secondary education and work so that it is easy for mothers to receive information about weight gain during pregnancy. Meanwhile, it was found that mothers who were underweight were 23.3%.

This research is in line with the research of Mastari (2012) which states that the level of knowledge plays a sufficient role in shaping awareness of nutrition-conscious behavior. This nutrition-conscious behavior affects weight gain during pregnancy. Families with a high level of education have a good weight. In addition, it is also influenced by work because it is associated with the provision of good nutrition for the family. This is in line with the theory of indirect causes of food availability status at the family level, consumption patterns, and access to service facilities.

Analysis of the Relationship between Knowledge and Weight Gain During Pregnancy

Judging from the results of research conducted on 30 mothers on weight gain during pregnancy at the Manda Clinic in 2019, of the 12 pregnant women studied had good nutrition in increasing their weight during pregnancy 62%, of the 13 mothers the majority who had adequate nutrition increased 80% of body weight during pregnancy and from 5 mothers who had the majority of poor nutritional needs, the increase in body weight during pregnancy was 57%. From the characteristics of the mother, the results obtained that the majority of mothers were at the age of 23-30 years (56.7%), mothers aged 31-40 years (43.3%). The majority of mothers have secondary education (SMA) 80%, mothers have education (college) 20%. It was also found that the majority of mothers worked 83.3% and mothers who did not work 16.7%.

Mother's knowledge about nutritional needs affects weight gain during pregnancy. Where the higher the level of knowledge of the mother, the better the nutritional needs of pregnant women. The results of the Chi-Square statistical test obtained a value of =002. This means that the value of is smaller than (0.05) and thus H0 is rejected and Ha is accepted. The results of this study are in line with the research of Oktaviani (2012), which is about the relationship between knowledge and behavior of factory worker mothers about nutritional needs with increased body weight during pregnancy in the maternity home. 0.005).

Thus, it can be concluded in this study that there is a relationship between maternal knowledge about nutrition and weight gain during pregnancy, which means that the better the mother's knowledge of nutritional needs with increasing body weight during pregnancy, the mother will be more concerned with nutritional needs. So from the results of this study, no gaps were found between the results of the study and the theory stated above.

5. Conclusion

Based on the results of research on the relationship between maternal knowledge about nutritional needs and weight gain during pregnancy, the following conclusions can be drawn:

1. Mother's knowledge about nutritional needs with increasing body weight during pregnancy at the Manda Clinic in 2019 was sufficiently knowledgeable, namely 60% lacked knowledge, namely 26.7% and good knowledge was 13.3%.
2. Increase in weight during pregnancy at the Manda Clinic in 2019 the increase in maternal weight was good 43.3%, the increase in body weight was 33.3% and the increase in underweight was 23.3%.
3. There is a significant relationship between the mother's knowledge of nutritional needs and weight gain during pregnancy where the better the mother's knowledge of nutritional needs, the better the possibility of gaining weight during pregnancy, with a value of = 002

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