

Education About Balanced Nutrition For Pregnant Women In Preventing KEK. Lueng Baro village. Kecamatan Suka Makmue, Kabupaten. Nagan Raya

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ABSTRACT

Keywords:

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Nutrition is a substance obtained from staple foods that is very necessary in the process of growth as well as body health. Balanced nutrition and nutrition during pregnancy is a very important thing that must be fulfilled during pregnancy, because it greatly impacts the health of the mother as well as the growth and development of the baby during pregnancy and at birth. Communities, especially in Indonesia, nutritional problems in pregnant women are still often found. The cause of deficiency for pregnant women is chronic energy. The purpose of this study was to determine the difference in age with an understanding of the incidence of cake that is experienced by pregnant women located in the village of Lueng Baro. Quantitative descriptive research that describes the description of the location. By using observation techniques (observation) to research sites, education and direct interviews with pregnant women in the village of Lueng Baro, Suka Makmue District, Nagan Raya Regency. Based on the results of the Paired Samples Test, it shows that the t value is -5.445 with a significance value of $p = 0.000$. From these results it can be seen that the significant value is <0.05 . From the results obtained it can be stated that there is a significant difference in knowledge about preventing the occurrence of CED in pregnant women after being given education ($p < 0.05$), the difference in knowledge can be seen from the pre-test value of 20.0% and after education the mother's knowledge increases with a value post-test reached 73.3%. Provision of Balanced Nutrition Education in the Prevention and Management of KEK in Pregnant Women, there is a change in the knowledge of pregnant women in Lueng Baro Village, Suka Makmue District, Nagan Raya Regency

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1. INTRODUCTION

Nutrition is a substance obtained from staple foods that is needed in the process of growth as well as body health. Balanced nutrition and nutrition during pregnancy is a very important thing that must be fulfilled during pregnancy, because it greatly impacts the health

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of the mother as well as the growth and development of the baby during pregnancy and at birth. normal adults, because during pregnancy the number of calories needed by pregnant women is very large, for the sake of adequate nutrition for the mother as well as the fetus in her womb. The number of calories in fulfilling the nutrition of pregnant women has increased to 300 calories per day. Currently, almost all people know about the benefits of nutrition for pregnant women, but until now there are still pregnant women who experience nutritional problems, especially malnutrition or often called KEK (Chronic Energy Deficiency). . Pregnant women who suffer from CED can have a negative impact on the mother's health such as anemia, bleeding and also the fetus is still born and low birth weight (LBW).

In Indonesia, nutritional problems with CED in pregnant women are still often found. There are still mothers who have a low level of awareness about nutrition during pregnancy, as well as an economic level that makes the mother unable to consume food with balanced nutrition, because nutritional status affects the growth and health of the mother and fetus. (Atri, 2011).

The total number of SEZ cases in Indonesia is still quite high. Data from the 2018 Riskesdas there are cases with a risk of CED at the age of 15-19 years of 36.6% (Ministry of Health Republic of Indonesia, 2018).

It was recorded that the maternal mortality rate had increased so quickly there were as many as 300 cases from 2019 to 4400 deaths in 2020, and also the infant mortality rate increased by almost 40% in 2019 the infant mortality rate was 26,000 and increased dramatically in 2020 by 44,000 cases (Kompas, 2021)

In the world, the problem of nutrition is still a health problem that is always discussed, where the number of cases of pregnant women experiencing CED reaches 17.3%. The government is trying to monitor through a government program at the health center to pay visits to pregnant women and monitor the nutritional status of pregnant women, fill in KMS, and provide additional food (PMT) to pregnant women (Ministry of Health, 2017).

In Aceh province, the prevalence of Chronic Energy Deficiency (CED) risk is found in pregnant women aged 15-49 years by 20% and the number of cases with the risk of CED in childbearing age (non-pregnant) is 21% (Aceh Health Profile, 2019).

Reports from the Nagan Raya Health Office that the prevalence of pregnant women experiencing CED in 2020 is 5.2% with a total of 158 cases and in 2021 it will be 4.6% with 21 cases (Nagan Raya Health Office, 2022).

Seeing from the data above the numbers are unstable every year, this is a problem and is the main focus of the Suka Makmue District government, Nagan Raya Regency. The prevalence is still quite high due to lack of energy in pregnant women, so researchers are interested in conducting research with the title "Education on Balanced Nutrition for Pregnant Women in the Prevention of SEZs in Lueng Baro Village, Suka Makmue District, Nagan Raya Regency.

2. METHOD

This study used a quantitative descriptive method or described a description of the research location with the Pretest and Posttest designs, namely the sample in the intervention

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group was observed first before being given treatment, then after being given treatment the sample was observed again (Notoodmodjo, 2012). For the treatment intervention group, a booklet containing education about the prevention of CED was given. The research samples taken in this study were 15 pregnant women from the overall data on pregnant women in 2022 in the village of Lueng Baro, Suka Makmue District, Nagan Raya Regency.

The data collection technique used in this study was observation to research sites, education and direct interviews with pregnant women in the village of Lueng Baro, Suka Makmue District, Nagan Raya Regency. The analysis used was univariate, namely by looking at the Percentage Frequency Distribution of the variables of education and age of pregnant women. This research was conducted in November 2022, and the results obtained are presented in tabular form.

Overview of Lueng Baro Village

Lueng Baro Village is a village located in Suka Makmue District, Nagan Raya District, Aceh Province. Which was formed in 1 on the legal basis of Parada Nagan Raya Regency Number 4 of 2002 with a population of 1,624 people. Lueng Baro Village consists of 5 hamlets, namely: Cot Bak Jok Hamlet, Indrapuri Hamlet, Paya Teladan Hamlet, Cot Rundeng Hamlet, and Padang Awe Reut Hamlet. In Lueng Baro Village, there are 5 hamlets and currently there are 14 pregnant women.

3. RESULTS AND DISCUSSION

Table 1. Based on Age Characteristics (Years) of Pregnant Women

Age	amount	Percent
15-19 Year	1	6,7%
20-25 Year	6	40,0%
26-30 Year	4	26,7%
36-40 Year	4	26,7%
Total	15	100,0%

Based on the table above, it can be seen that the age of pregnant women is too early as much as 6.7%, the childbearing age is 66.7%, and the age. too old is 26.7%.

Table 2. Based on the Educational Characteristics of Pregnant Women

Knowledge	amount	Percent
SD	1	6,7%
SMP	3	20,0%
SMA	7	46,7%
Sarjana	4	26,7 %

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Total	15	100,0%
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Based on the table above, it can be seen that the education of pregnant women is SD as much as 6.7%, SMP as much as 20.0%, SMA as much as 46.7% and Bachelor degree as much as 26.7%

Table 3. Frequency Distribution of Knowledge Levels Before and After Being Given Balanced Nutrition Education in Prevention and Management of KEK in Pregnant Women in Leung Baro Village, Suka Makmue District, Nagan Raya Regency

Knowledge category	Before		after	
	F	%	F	%
Not enough (<75%)	12	80,0%	4	26,7%
Good (≥75%)	3	20,0%	11	73,3%
Total	15	100	15	100

Based on the table above, it shows that most of the respondents' knowledge before nutrition education was carried out, respondents with good knowledge were 20.0%. After being given education and nutrition booklets, respondents with good knowledge increased to 73.3%.

Table 4. Test Paired Samples Test

	N	p-value	95% CI	
			Lower	Upper-
Pretest – Posttest	15	0,000	-8,534	-8,532

The t value is known to be -5.445 with a significance value of $p = 0.000$. From these results it can be seen that the significant value <0.05 . So that it can be seen and stated that there are significant differences in the knowledge of pregnant women in preventing Chronic Energy Deficiency (CED) in pregnant women before being given education and after being given education ($p < 0.05$). The difference is seen in the knowledge before being given education (pre-test) 20.0% and there is an increase in posttest scores after giving education by 73.3%.

DISCUSSION

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Based on the results...in the table above there are 15 pregnant women in Leung Baro Village who are willing...and become research samples. The distribution of the characteristics of pregnant women can be seen in the results table above.

The majority of pregnant women involved in this study were 20-25 years old (40.0%). Pregnancy is a process of meeting egg and sperm cells, and is the process of forming an embryo until it turns into a fetus during the 38-40 week gestation period. Pregnancy is also called the gestation phase which is experienced by women, there are several factors that become a benchmark in the health of pregnant women, namely the age and knowledge of pregnant women which can affect the health of the mother and baby.

Based on the Table of Characteristics of Age of pregnant women above, it is known that pregnant women are too early as much as 6.7%, as much as 66.7% of childbearing age, and too old as much as 26.7%. The results showed that the age of pregnant women in the village of Leung Baro, Nagan Raya Regency, who were at risk of developing CED in pregnant women were 1 (6.7%) too early and 4 (26.7%) too old. This shows that the age of pregnant women who are too early and too old is a problem for the occurrence of Chronic Energy Deficiency in pregnant women in the village of Leung Baro.

The final education level of pregnant women in Leung Baro village is the majority in high school education as many as 7 people (46.7%). Mother's level of knowledge is largely determined by her education. With education, a person's attitude or perspective in dealing with problems is more advanced than lower education, a person's education level also influences a person's mindset in receiving knowledge, so that knowledge about fulfilling nutrition is very influential so that pregnant women can prevent themselves from being exposed to CED. and through this study there were pregnant women with higher education who had better knowledge (84.3%) and there were pregnant women suffering from CED who had less and sufficient knowledge of 35.9% and 38.5%. Supported by other studies that the knowledge possessed by pregnant women affects the nutritional status of the mother.

The results of providing balanced nutrition education in the prevention and management of KEK in pregnant women show that there is a change in the knowledge of pregnant women in Leung Baro Village, Suka Makmue District, Nagan Raya Regency. Providing nutrition education using booklets that have been prepared in the form of evaluations as measured by question and answer sessions and pre and post-test knowledge interviews. the evaluation results showed that there was an increase in the knowledge score of pregnant women before and after being given balanced nutrition education in prevention and management of KEK in pregnant women.

The Paired Samples Test shows that the t value is known to be -5.445 with a significance value of $p = 0.000$. From these results it can be seen that the significant value is <0.05 . From the results obtained it can be stated that there is a significant difference in knowledge about preventing the occurrence of CED in pregnant women after being given education ($p < 0.05$), the difference in knowledge can be seen from the pre-test value of 20.0% and after education the mother's knowledge increases with a value post-test reached 73.3%.

Management of pregnant women with CED is one of the important agendas in national development because it is directly related to public health. Support and awareness

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are needed so that the health of pregnant women regularly checks themselves at the puskesmas, so that they are continuously monitored.

4. CONCLUSION

Based on the results of the study, it showed an increase in knowledge of pregnant women in Lueng Baro Village, Suka Makmue District, Nagan Raya Regency by 73.3%. If the respondent is willing and able to increase their knowledge then positive attitudes and actions in preventing KEK in pregnant women will be resolved. Ease of use and easy sharing of information with booklets, making this education acceptable to pregnant women.

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