

The Role of Tuha Peut in Optimizing the Nutrition of Pregnant Women and Monitoring Related to the Implementation of the Qanun in Macah Village, Suka Makmue District, Nagan Raya Regency

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ABSTRACT

Background Pregnancy is a process that begins with conception and continues through the fetus's birth. Poor maternal nutritional status is associated with adverse birth outcomes, and nutrition plays a major and important role in the health of both the mother and the child. However, the connection that exists between maternal nutrition and the outcomes of birth can serve as the foundation for the development of nutrition interventions that will decrease mortality, morbidity, and the cost of health care while also enhancing birth outcomes and long-term quality of life. application of the qanun in Macah Village, District of Suka Makmue, Nagan Raya Regency. This exploration technique utilizes expressive subjective examination, which is a strategy used to answer research issues connected with information as stories starting from meetings, perceptions, and exhuming of reports coming about because of the job of tuha peut in enhancing the nourishment of pregnant ladies and checking connected with the execution of qanuns in Macah Town, Suka Makmue Locale, Nagan Raya Regime, which is very great thinking about that the program is done regularly and improvement has been completed in a reasonable way consistently. The conclusion is that the implementation of qanuns in Macah Village, Suka Makmue District, Nagan Raya Regency, which has been going well and is in accordance with the technical guidelines for preventing KEK in pregnant women, namely Qanun Gampong Macah Village, Suka Makmue District, Nagan Raya Regency, plays a role in optimizing the nutrition of pregnant women.

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1. INTRODUCTION

From conception to the birth of the fetus, pregnancy is a process. The average length of pregnancy is 38 to 40 weeks, based on the first day of the last menstruation (Ministry of Health, RI, 2016). For pregnant women and their partners, pregnancy is a very important event. Even though pregnancy will bring changes both physically and mentally, the reality seen by pregnant women is that pregnancy can proceed normally or obsessively (Indriyani, 2013). One of the physiological elements of pregnancy is the status of a healthy mother under typical circumstances. A nutritious diet will benefit both the mother and the baby she is carrying. This is because nutrition plays an important role in the development of the fetus and the mother's health. (Indriyani, 2013).

Poor maternal nutritional status is associated with adverse birth outcomes, and

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nutrition plays a major and important role in maternal and child health. However, the relationship that exists between maternal nutrition and birth outcomes can serve as a basis for the creation of nutrition interventions that will reduce mortality, morbidity and mortality, and health care costs while increasing birth outcomes and long-term quality of life. (Dean et al 2014). Delay in recognizing warning signs of pregnancy and making decisions is one of the most fundamental causes of the still high MMR rate in Indonesia. However, according to a number of studies, cultural barriers remain a factor in the failure of the Mother Care Movement (GSI) to reduce MMR. (Ministry of Health RI, 2019)

Fetal organ development occurs in the first trimester of pregnancy (Atikah, 2009). Nutrition has a significant impact not only on the condition of the mother during pregnancy but also on the growth and activity of the fetus. Malnutrition in the mother which is one of the causes of growth retardation in the womb and low birth weight babies, can be caused by a lack of nutritional intake. The number of brain cells decreases in infants who are malnourished during pregnancy because their nutritional needs are not met.

The Chairperson of the International Scientific Committee Conference on Indonesia Family Planning and Reproductive Health (ICIFPRH) claims that Indonesia's MMR—305 per 100,000 live births—will remain high until 2019. The MMR target is 70 per 100,000 live births in 2030 under the Sustainable Development Goals (SDGs).) (Susana, 2019;2019 Fadillah).

Chronic malnutrition is still a global health problem, especially in developing countries. 17.3% of pregnant women report experiencing CED. With at least four antenatal visits during pregnancy and completion of the Health Card (KMS) for pregnant women, government programs at community health centers (Puskesmas) efforts to monitor the nutritional status of pregnant women. Public authorities provide supplementary food (PMT) to pregnant women (Ministry of Health, 2017).

One of the most sensitive ways to measure a country's health and progress is through its babies. The country's poor health care system is evidenced by the high infant mortality rate of up to one year (Ministry of Health, 2016). The maternal mortality rate (MMR) in Nagan Raya Regency is 12 in 2021, while the infant mortality rate (IMR) is 52. In 2020 there were 158 cases of CED in pregnant women, and in 2021 there were 21 cases (Nagan Raya Health Office, 2022).

In implementing the optimization of nutrition for pregnant women, it requires organization from various parties to establish policies regarding the health of pregnant women. In Macah Village, there is already a Gampong Qanun policy regarding the prevention and management of SEZs for pregnant women, but the health services for pregnant women are still not optimal, so Tuha Peut's role is needed in terms of supervising and implementing the Qanun. Cross-program and cross-sector collaboration between the community and the government who are in direct contact as policy makers is aimed at determining the success of the program that has been determined. Based on this, the researchers conducted research on the role of Tuha Peut in optimizing the nutrition of pregnant women and monitoring related to the implementation of the Qanun in Macah Village, Suka Makmue District, Nagan Raya Regency.

2. METHOD

This study uses qualitative methods, namely methods used to analyze data in various conditions, such as in the form of instruction manuals, data triangulation techniques (combined), in-depth analysis, and a higher level of generalization for qualitative methods.

The research subjects included the main informants and triangulation informants, namely the Keuchik of Macah Village, Suka Makmue District, 4 Tuha Peut people from Macah Village, pregnant women from Macah Village, 3 people from the community (represented by health cadres) according to the research locus, as triangulation informants for health center officers in selected villages. and holders of community nutrition problem management programs.

The aim of the research is to find out the scope of the problem and its preventive measures, a qualitative approach is needed, namely by conducting in-depth interviews with community members, cadres, health workers, and triangulation informants from related OPDs. written notes of interview results as a data source. To collect research data, observation methods, in-depth interviews, and documentation studies were used. The research flow begins with the subject matter, research objectives, and the selection of research methods. and design. Then move on to the required data collection and analysis methods, including answer reduction techniques, grouping responses, efforts to draw answers from the minor premise to the major premise, building narratives, and patterns in conclusions. deductive, which serves as the conclusion of the study.

3. RESULTS AND DISCUSSION

Overview of Macah Village

Gampong Macah is located in the western part of Suka Makmue District, Nagan Raya Regency, Aceh Province. Gampong Macah can be reached by taking the land route from the South, West, North and river using either two-wheeled or four-wheeled vehicles and using rafts (especially two-wheeled) from the east via the village of Suak Bilie along the river road. From the south, via the Meulaboh Crossing Route, via Meureubo Kuala District, Nagan Raya District, and from the North via Alue Buloh Village, Meureubo District, West Aceh District.

Gampong Macah has an area of 425.87 Ha, consisting of 3 (three) hamlets, namely: Maju Jaya Hamlet, Pulo Tengaoh Hamlet and Blang Kubu Hamlet. with a population of 385 inhabitants.

Based on in-depth interviews with key informants and triangulation informants including the Head of Macah Village, Suka Makmue District, four Tuha Peut residents from Macah village, three community members (represented by health cadres) according to research locus, and health center officers in selected villages and community nutrition problem prevention program holders.

Nutrition in Pregnant Women

Important requirements for the nutrition of expectant mothers during pregnancy must be met. Expectant mothers and their unborn children greatly benefit from a healthy diet and nutrition. A healthy nutritional state is the result of a healthy balance between nutrition and nutritional intake.

Malnutrition caused by a lack of energy from a diet high in macronutrients is a hallmark of a condition known as chronic energy deficiency, or CED for short. A woman's needs will increase more than usual if almost all of these ingredients are exchanged frequently, especially in the third trimester. Need to increase food consumption, especially energy-rich foods, to meet the needs of the mother and fetus; Therefore, malnutrition will occur due to consumption of fewer calories.

Chronic energy deficiency usually results in severe fatigue and illness. Even though you've rested, the feelings are still there. This condition has many different causes, and in order to fully

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treat it, the cause must first be identified. Because the needs of pregnant women are greater than those of non-pregnant women, this is the main factor contributing to KEK in pregnant women. Pregnancy causes an increase in energy digestion, as a result the need for energy and other supplements increases during pregnancy.

Optimizing nutrition for pregnant women in Macah Village

In the village, it is mandatory to improve the quality of its community in accordance with the provisions of Article 67 paragraph (2) letter b of Law Number 6 of 2014 concerning villages. The Gampong Village Government of Macah Village has village-scale community health authority, which it uses to improve the quality of human resources from birth. Village Macah needs Tuha Peut's help in optimizing the nutrition of pregnant women and supervision regarding the implementation of the Qanun in Macah Village because he is responsible for ensuring the health of the community from a young age, especially pregnant women in the village. Drafting of Gampong Qanun on Guidelines for Prevention and Management of Chronic Energy Deficiency in Pregnant Women is one of the Macah village programs.

Tuha Peut's role in optimizing the nutrition of pregnant women in Macah Village, Suka Makmue District, Nagan Raya Regency is quite good considering that this program is carried out routinely, so that the guidance is carried out in a sustainable manner, and is supported by sufficient funds, including funds from the APBD and other village income sources in accordance with the village's financial capacity.

The Nutrition Optimization Program activities for pregnant women in Macah Village, Suka Makmue District, are intended to reduce maternal mortality (MMR) and infant mortality (IMR). The strategy for preventing KEK for pregnant women in Macah village is one of the programs managed by Tuha Peut and involves other health stakeholders, and works with cross-sectors so that pregnant women can give birth to healthy babies.

This research project focuses on how Tuha Peut helps pregnant women get the best nutrition. The Tuha Peut program in optimizing the nutrition of pregnant women has been carried out and its success evaluated based on the perceptions and abilities of pregnant women regarding nutrition management during pregnancy and how to monitor the welfare of the fetus while at home. Empowerment of health cadres in fulfilling nutrition for pregnant women includes the topic of nutrition for pregnant women and how to monitor the welfare of the fetus during pregnancy at home. Optimizing the nutrition of pregnant women with monitoring related to the Qanun on the prevention and management of chronic energy in pregnant women in Macah Village, Suka Makmue District, Nagan Raya Regency.

Nutrition Optimization Planning for Pregnant Women in Macah Village

Planning for the Optimization of Nutrition program for pregnant women which took place in Macah Village, Suka Makmue District, Nagan Raya Regency, has been going well which is in accordance with the technical guidelines for preventing KEK in pregnant women, namely Qanun Gampong Macah Village guidelines for prevention and handling of Chronic Energy Deficiency in pregnant women in Gampong area of Macah Village, Suka Makmue District, Nagan Raya Regency. Several points in SEZ prevention planning include the following activities:

1. Formation of a prevention and response team
2. Mapping the status of pregnant women
3. Mapping village food potential
4. preparation of a team work plan

Before the Nutrition Optimization program activities for pregnant women were carried out, Tuha Peut and other health stakeholders who were potential recipients of the program for pregnant women discussed what programs and activities would be carried out, Tuha Peut took part in the

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socialization of the SEZ prevention program for pregnant women in Macah Village, Suka Makmue District Nagan Raya Regency. In Macah Village, Suka Makmue District, Nagan Raya District, Tuha Peut and other health stakeholders took part in this activity to study Qanun duties and technical guidelines on the prevention and treatment of KEK in pregnant women. Anticipatory and ongoing energy deficiency therapy pregnant women expect to work on the healthy status of pregnant women and their hatchlings and protect both from the potential for persistent energy deficiency and the potential damage to the strengths of both.

Tuha Peut takes action to improve the nutritional quality of pregnant women in Optimizing the Nutrition of Pregnant Women by: improving the food and nutrition awareness system, improving health education for pregnant women and their families through religious and socio-cultural approaches, improving food consumption patterns, increasing nutrition awareness and lifestyle clean and healthy, improve access and quality of nutrition services for pregnant women in accordance with advances in science and technology while still paying attention to the utilization of local food potential in the village.

The Role of Tuha Peut in Optimizing Nutrition for Pregnant Women in Macah Village, Suka Makmue District, Nagan Raya Regency

To provide the best nutrition for pregnant women, Tuha Peut oversees the prevention and treatment of chronic energy deficiency. Tuha Peut Gampong is in charge of monitoring and evaluating (evaluating) planned, ongoing and completed activities. for Tuha Peut Gampong to monitor and evaluate other health stakeholders. Pregnant women must also be able to feed themselves and their unborn baby while at home. Health workers play an important role in preventing maternal and fetal death by improving pregnant women's nutrition management skills. This is in addition to providing family support.

Tuha Peut is a health service provider who plays an important role in helping pregnant women recognize, understand, and change their behavior to optimize nutrition during pregnancy. This helps Tuha Peut optimize the nutrition of pregnant women. Nutrition is very important to maintain fetal growth during the intrauterine period. Because it can have a significant impact, pregnant women and their unborn children must receive adequate nutrition.

The implementation of programs to prevent and treat chronic energy shortages in Macah Village in fulfilling nutrition for pregnant women has been routinely carried out including: Provision of additional food for pregnant women, Health monitoring of pregnant women by village midwives and cadres, Examination of the upper arm circumference of pregnant women at every Posyandu activity, Weight measurement is mandatory for pregnant women at every Posyandu activity, Examination of abdominal circumference is required for pregnant women at every Posyandu activity, Examination of hemoglobin (Hb) levels in pregnant women at every Posyandu activity, Pregnant women get 90 Fe (Blood Enhancer Tablets) since the first time they are known to be pregnant, Monitoring the health of pregnant women by midwives and village cadres (-4x ANC according to trimester), Counseling regarding the importance of meeting the nutritional needs of pregnancy by midwives and health cadres, Provision of clean water and healthy latrines for catin and pregnant women.

Strategy for Optimizing Nutrition for Pregnant Women in Macah Village, Suka Makmue District, Nagan Raya Regency

Based on the description of the magnitude of the nutrition problem for pregnant women above, and various programs for Optimizing Nutrition for Pregnant Women in Macah Village, Suka Makmue District, Nagan Regency in general, a strategy for optimizing pregnant women's nutrition in Macah Village, Suka Makmue District, Nagan Raya Regency can be developed through

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4 strategies, namely: Nutrition Optimization Activities for pregnant women in the prevention of KEK have been achieved in Macah Village, Nagan Raya Regency, which have been carried out in previous years. cadres, Examination of the upper arm circumference of pregnant women at every posyandu activity, BB measurement is mandatory for pregnant women at every posyandu activity, Examination of the abdominal circumference is mandatory for pregnant women at every posyandu activity, Checking hemoglobin (Hb) levels in pregnant women at every posyandu activity, Pregnant women get 90 Fe (Blood Enhancing Tablets) ever k for the first time known to be pregnant, and Monitoring the health of pregnant women by midwives and village cadres (-4x ANC according to trimester).

4. CONCLUSION

Following are the conclusions that can be drawn from the discussion above: Considering that routine and development programs have been carried out on an ongoing basis in accordance with the Qanun guidelines for Prevention and Handling of SEZs for Pregnant Women in Macah Village, the empowerment program for preventing and overcoming SEZs for pregnant women in Macah Suka Makmue Village, District, Nagan Raya Regency is actually quite good. Suka Makmue Sub-District in Nagan Raya District receives sufficient funds from the APBD and provincial APBD to support it. The latest program aims to reduce MMR and IMR in Nagan Raya District by forming a team to handle KEK for pregnant women. Oversight Optimization of nutrition for pregnant women is carried out by Tuha Peut gampong, to facilitate monitoring and assessment carried out by Tuha Peut gampong involving other health stakeholders.

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