

## Analysis Of Acceptance Of Pregnant Women Care Services by Tuha Peut in Reducing Chronic Energy Lack (KEK)

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### ABSTRACT

Chronic Energy Deficiency (CED) in pregnant women has the potential to experience this which is often serious in society. There are many problems (CED) experienced in Blang Sepak Nagan Raya Village. So it requires service and attention to reduce CED problems. Tuha Peut members of Blang Sapek village participate in overcoming the problem of Chronic Energy Deficiency (CED) that pregnant women feel there is a solution in creating acceptance of care services for pregnant women. one of them is by controlling, participating in posyandu activities and so on. Data was collected through direct interviews with village midwives, pregnant women, Tuha Peut, and Blang Nagan Raya village cadres. The results of the interviews show that the efforts made by Tuha Peut in reducing CED by providing services for pregnant women, advising pregnant women to maintain their diet, providing vitamins, and maintaining nutritional intake for pregnant women and also providing PMT, FE tablets and milk can prevent anemia. . For this reason, the number of pregnant women in the village of Blang Sapek Nagan Raya is 0%.

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## 1. INTRODUCTION

The intra-uterine fetus is a growth and development in pregnancy during the conception period and will end at the beginning of labor. The period of conception and the time when the fetus is born is often referred to as the gestation period. Normal pregnancy takes 280 days, about 40 weeks in length, usually counting from the last day of a woman's menstruation.

Nutrition is the process of utilizing food, where the food has been consumed normally through an organism known as the process of absorption, digestion, storage, transportation, metabolism and expenditure. The existence of substances that are not useful in the defense of a life, the normal function of organ parts produces energy for growth. Kek is often interpreted as a condition where a person is in a bad body condition, why does this exist in a pregnant woman due to a deficiency in consuming a food and energy that has micro substances in it.

Figures 37-75% based on data from WHO states that this occurs in kek and anemia, where it is explained that the incidence in the third trimester is much higher than the first and second trimesters of pregnancy. There are about 40% of deaths experienced by people with kek and anemia sufferers. Based on accurate information from RISKEDAS data in 2018, the number of cakes throughout Indonesia is 117.3%, the highest KEK is in NTT at 36.8%, Maluku

is 30.7%, northern Maluku is at 29.9% , the area with the lowest SEZ is in North Kalimantan at 1.7%, while in the Aceh Besar area it is 11.3%.

Deficiency in the blood is defined as a lack of iron and results in fat if experienced by pregnant women. Hemoglobin < 11 g in the first and third trimesters occurred in pregnancy and levels in the second trimester with hemoglobin < 10.5%. The absence of adequate or balanced nutritional intake in pregnant women will experience CED, the absence of substances needed by the body such as protein and energy is also one of the factors causing CED.

Unnoticed fetal development will result in fetal growth being delayed, therefore pregnancy requires adequate nutrition. To see a person's pregnancy status by looking at the size of the upper arm or known as LILA, nutritional intake can be seen from LILA status. Maternal health during pregnancy needs to be a concern which will affect fetal development, nutrition and nutrition as a foundation that must be considered in controlling its growth, maintaining body weight is an important role to play.

One way that can be controlled in reducing the occurrence of CED is to maintain nutrition and weight for pregnant women, other ways such as by paying attention (arm circumference) around <23.5 cm. Short-term nutritional status cannot be implemented in measuring arm circumference. Measurements with the LILA Tape with centimeters measuring units of approximately <23.5 cm (red and white borders).

The side effects of KEK for too long can cause birth to take a long time, such as bleeding, premature birth, birth defects, abortion will indirectly cause maternal death. An additional 80,000 kcal 300 kcal a day is the energy needed by a pregnant mother, the mother not only needs energy for her body, but energy is also needed for the fetus.

Based on the results of interviews conducted with pregnant women and Tuha Peut explained that the current nutritional condition of pregnant women does not have a negative impact on them or their fetus. Then they also explained that during pregnancy there are certain taboos such as not being allowed to eat sharp foods, drinks or fruits such as pineapple, durian and others which can cause a miscarriage.

## 2. METHOD

Field research with a qualitative approach includes a series of systematic activities to get answers from the analysis of the acceptance of pregnant women's services by Tuha Peut in reducing KEK held in Blang Sapek village, as well as identifying the number of pregnant women in a Lang Sapek Nagan Raya village.

In this study, this technique is used with a qualitative approach that uses activities such as in-depth interviews and the need for observation. Intuiting, analyzing and describing this method is used in data collection. Purposive random sampling is required for data sampling.

There are field notes in collecting the results of interviews, observations and the existence of document studies. This technique is used to analyze data by reducing the data. Narrative presentation of data by providing conclusions and verification and the validity of the data. There are several criteria, namely certainty, transferability, dependability, credibility.

Research that goes into the field generally applies descriptive techniques, namely providing an analysis of the acceptance of pregnant women's services by Tuha Peut in reducing KEK in Blang Sapek Village, Suka Makmue District, West Aceh Regency. The data collection techniques in this study are observation, interviews and documentation.

## 3. RESULTS AND DISCUSSION

Blang Sapek Village is located on the Meulaboh-Banda Aceh road, Suka Makmue District, Nagan Raya District, Aceh Province with a Postal Code with an area of 600.06 km<sup>2</sup>. This village is one of the villages where the majority of the population work as farmers,

entrepreneurs, traders and also employees in government offices. The village is one of the villages that conducts posyandu activities every month which are organized by the village midwife, cadres and KPM.

Posyandu activities carried out in the village of Blang Sapek, namely the Posyandu once a month routinely which is carried out from 09.00 to 12.00 WIB. Posyandu is carried out by starting to check the contents and provide nutrition and vitamins. However, in certain situations and conditions, they are usually given the opportunity to ask questions and provide questions to the community who take part in these activities regarding issues regarding bodily health. Those who provide material are village midwives and UTU students who live in the village environment who of course are equipped with health knowledge.

The results showed that the number of pregnant women who experienced chronic energy deficiency (KEK) was 0%, because in the village there was an acceptance of pregnant women's care services carried out by tuha peut in reducing KEK to get very optimal results. Among them are holding posyandu, suggesting pregnant women to maintain their diet, giving vitamins, and maintaining the nutritional intake of pregnant women.

Efforts that have been made by tuha peut in reducing KEK in pregnant women are through programs related to health such as providing supplementary food (PMT), milk and FE tablets to prevent anemia and then providing services such as communication, information and education for mothers. pregnant women and their families and communities while maintaining nutrition, healthy lifestyles and also improving health services for the community.

#### **Acceptance of Caring Services for Pregnant Women by Tuha Peut in Reducing Chronic Energy Deficiency (KEK)**

According to chairman Tuha Peut, maternal and child health (MCH) is very important. Because the main cause of chronic energy deficiency in pregnant women is due to low nutritional intake, and that is caused by the low economic level of society and the mass level of poverty. As well as mother's behavior or behavior that is difficult to change. In health science, actually mothers must pay attention and maintain a distance of at least 2 years from their pregnancies, because 9 months the mother expends a lot of nutrition for her fetus and her body has not recovered or returned to normal but the mother is pregnant again. And for this reason many mothers die because it can increase the maternal mortality rate (MMR) due to anemia and lack of nutrition so that during childbirth they experience bleeding.

Tuha Peut's acceptance of care services for pregnant women in reducing KEK is among others by holding regular posyandu. Routine Posyandu have been carried out in several villages in the Suka Makmue sub-district, one of which is the village of Blang sapek. This regular Posyandu is held once a month, starting at 09.00 to 12.00 WIB. This routine Posyandu has been implemented for a long time at the initiative of the health department, cadres, KPM and village apparatus, Tuha Peut and the community with the hope of improving the quality of the community in tackling cases of protein deficiency and avoiding malnutrition according to the teachings of health sciences and able to add insight local community about the importance of health or other. The existence of a regular posyandu in the village gets good service from tuha peut and the community.

*"This routine Posyandu really helps the community, both the elderly, pregnant women, toddlers and even ordinary people to get good service" (Interview on Thursday, October 13, 2022).*

From the results of the interview above, with one of the people in the village, the researcher saw that the posyandu held in Blang Sapek village was very helpful, especially for people who wanted blood pressure, blood checks and so on.

*"Very good, because apart from being useful for pregnant women, it is also useful for ordinary people." (Interview on Monday, 17 October 2022).*

From the results of the interview above, the posyandu held in Blang Sapek village is very useful and has positive value for the community. The efforts made by Tuha Peut in reducing KEK in Blang Sapek village are by providing additional food (PMT) which has been carried out since 2018 until now. This PMT is in the form of biscuits which are given to all pregnant women in the village. Provision of foods such as milk for pregnant women, fruits, vegetables and so on are all borne by the budget provided by the village.

The results of the interview with the chairman of tuha peut in Balang Sapek village related to the services carried out to reduce KEK problems. According to him, it is because of their awareness of themselves in paying attention to their health, both in maintaining their diet or maintaining nutritional intake and nutrition. Pregnant women really have to be extra in maintaining their health, don't equate the conditions when they are pregnant with the condition of being non-pregnant as well as their diet. Because of this, in the village of Blang Sapek, not a single pregnant woman has Chronic Energy Deficiency (KEK).

**Number of Tuha Peut Members in Blang Sapek Village, Suka Makmue District, Nagan Raya Regency**

NO	Name	Gender	Age	Position	last education
1	M. Raleb Husen	Man	65 Year	Chairman	D2
2	Abdul Hamid	Man	52 Year	Vice Chairman	D3
3	Yuliana	Woman	42 Year	Member (Women's field/PKK)	S1
4	Hasan Basri	Man	31 Year	Member (Ulama Elementary Field)	SMA
5	Saipullah	Man	41 Year	Member (Youth Element Field)	SMA
6	Samsuar Anas	Man	51 Year	Member (Ulama Element)	SMA
7	Suardi	Man	34 Year	Member (Smart Clever Field)	SMP

**Number of Pregnant Women in Blang Sapek Village, Suka Makmue District, Nagan Raya Regency.**

The number of pregnant women in Blang Sapek village are pregnant women aged 26-37 years with a total of 10 people. Look at the table below.

NO	Name	Age of Respondents	Gestational Age	Upper arm circumference
1	Suri Ani	39 Year	39 Weak	31 cm
2	Opa SalmiYullianda	30 Year	16 Weak	30 cm
3	Nurjani	32 Year	12 Weak	34 cm
4	Marlinda	29 Year	16 Weak	26,5 cm
5	Nurlita	32 Year	32 Weak	27,5 cm
6	Nurmawan	31 Year	28 Weak	28,5 cm
7	Anita Satria	32 Year	26 Weak	25 cm

8	Siti Hardi Yanti	29 Year	28 Weak	32 cm
9	Ria Herida	26 Year	26 Weak	26 cm
10	Ernawati	37 Year	16 Weak	24 cm

#### 4. CONCLUSION

Chronic Energy Deficiency in pregnant women is a health problem that must receive important attention from village midwives, cadres, KPM, Tuha Peut or from other gampong officials. Therefore, god peut and village midwives must first know the main causes of KEK in pregnant women and find a way out and then provide good services for them. The main cause of KEK is their diet, nutritional intake and behavior that is less in maintaining health. Balang Sapek Village is one of the villages that cares about KEK for pregnant women, so that in the village there is not a single pregnant woman who has Chronic Energy Deficiency (KEK). The acceptance of caring services made by Tuha Peut in Balang Sapek village in reducing KEK is very appropriate and in line with expectations.

The author hopes that this research can be a reference or constructive input for health members in Nagan Raya in reducing KEK for pregnant women in the future, so KEK will not be a serious problem anymore. In addition, hopefully this research can add insight into knowledge in dealing with nutritional problems in the general public and KEK problems in pregnant women in particular. And this research can also be a reference for further research related to the causes of KEK.

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