

The Health Counseling on Nutrition for Pregnant Women at Posyandu Majang , Bone Regency

Sumarni¹, Andi Ria Metasari², Ermawati³, Fitrah Ramadani⁴, Dewi Mulfiyanti⁵

^{1,2,3} Akademi Kebidanan Lapatau Bone, Indonesia

^{4,5} Akademi Keperawatan Lapatau Bone, Indonesia

ABSTRACT

Maternal nutritional status before and during pregnancy can affect the growth of the fetus being conceived. If the mother's nutritional status is normal before and during pregnancy, it is likely that she will give birth to a healthy, full-term baby with normal birth weight. The quality of the baby being born is highly dependent on the nutritional state of the mother before and during pregnancy. If the nutritional needs of pregnant women are not met, nutritional disorders and pregnancy complications can arise. complications of pregnancy, one of which is the incidence of anemia. The purpose of this counseling is to increase the knowledge of pregnant women about nutrition in pregnant women. After getting counseling about nutrition for pregnant women at Posyandu Majang Kab.Bone , carried out with the hope of preventing and avoiding problems as a reventive and promotive effort in the form of counseling and socialization regarding nutrition in pregnant women. The counseling method used is the lecture, simulation and question and answer method and will be carried out in October 2020. Evaluation of this activity is carried out by asking questions according to the evaluation guide on nutrition in pregnant women. The results showed that 90% of the participants understood and were able to explain again about the material that had been presented. This Community Service Activity runs in an orderly and smooth manner the participants looked enthusiastic about this activity.

Keywords: Nutrition, Pregnant Women, Knowledge.

Received:	Revised:	Accepted:	Available online:
13.11.2020	25.11.2020	22.12.2020	29.12.2020

Suggested citations:

Sumarni., & et al. (2020). The Health Counseling on Nutrition for Pregnant Women at Posyandu Majang , Bone Regency. *International Journal of Community Service*, 01 (02), 128-132. DOI: 10.55299/ijcs.v1i2.271

Open Access | URLs:

<https://ejournal.ipinternasional.com/index.php/ijcs/OpenAccessPolicy>

INTRODUCTION

One of the indicators of sustainable development in 2030 or what is commonly called the *Sustainable Development Goals* (SDGs) is the implementation of good health. The purpose of these indicators is to ensure healthy lives and promote well-being for all people at all ages. One of the targets that can be used as a measure is a reduction in the Maternal Mortality Rate (MMR) (SDGs, 2015). The Ministry of Health stated that the gestation period is a period that greatly determines the quality of future human resources, because the child's development is largely determined by the condition of the fetus in the womb. The problem of balanced nutrition in Indonesia is still quite a serious problem, a lack or excess of food during pregnancy can have adverse consequences for the mother and fetus (Utami and Mubasyiroh, 2019).

Pregnant women are one of the most vulnerable groups to nutritional problems. Nutritional problems experienced by pregnant women before or during pregnancy can affect the growth of the fetus that is being conceived (Umniyati, 2013). Determining the nutritional status of pregnant women can be done in two ways, namely by calculating BMI or measuring LILA (upper arm circumference). A pregnant woman is said to have a normal nutritional status if she has a BMI of 18.5 to 24.9 kg/m² during pregnancy or is marked by a LILA measurement result of more than or equal to 23.5 cm which is an indicator that a mother does not experience Caloric Energy Deficiency (KEK).

Maternal nutritional status before and during pregnancy can affect the growth of the fetus being conceived. If the nutritional status of the mother is normal before and during pregnancy, it is very likely that it will give birth to a healthy, full-term baby with normal birth weight. In other words, the quality of the baby being born is highly dependent on the nutritional state of the mother before and during pregnancy (Andriani, 2015). On the other hand, if the mother's nutritional status is poor, both before and during pregnancy, cause low birth weight (LBW). Besides that, it will result in inhibition of fetal brain growth, anemia in newborns, newborns are easily infected, abortion and so on (Supariasa, 2012). Knowledge of nutrition in pregnant women affects weight gain during pregnancy, pregnant women with good nutritional knowledge can choose food intake that has good nutritional value and is balanced (Ilmiani, et al, 2020). Therefore, the role of the lecturer in providing counseling regarding the nutrition of pregnant women is very much needed especially as a tri obligation college dharmas.

Good knowledge of the mother will have an impact on fulfilling intake during pregnancy which is useful for the growth and development of the fetus (Juwairiyah, 2017). Knowledge of pregnancy nutrition is very important for fulfilling nutrition during pregnancy. Various methods have been developed in the world of education in conveying messages aimed at increasing knowledge, attitudes and skills. Lectures and questions and answers are quite effective methods of conveying messages. Increasing the knowledge of pregnant women can be done by providing counseling.

METHOD

The counseling method used is the lecture, simulation and question and answer methods. The lecture method uses leaflets. The second method is discussion/question and answer. This method is used both at the time of counseling or at the end of counseling which allows pregnant women to express things they have not understood. Extension activities were carried out in October at the Posyandu Majang Kab . Bone . After the implementation of health education activities, evaluation and monitoring are carried out to find out the success of implementing community service and to find out whether this activity is in accordance with the expected targets and outcomes.

RESULTS AND DISCUSSION

Counseling activities on nutrition for pregnant women to improve nutritional status during pregnancy take place at Posyandu At Posyandu Majang Kab. Bone in general it went smoothly assisted by officers at the posyandu in preparing the place.

Before carrying out the activities, the presenters introduced themselves first and then tried to dig up basic knowledge about nutrition for pregnant women. Based on the pre-test before giving the material, it was found that approximately 70% of the participants did not know about Nutrition in Pregnant Women. Extension activities are carried out using lecture, discussion and question and answer methods. During the extension activities, the participants seemed enthusiastic about participating until the end of the event and gave lots of questions about the nutrition of pregnant women. The presenters asked several questions regarding nutrition, the purpose of consuming nutrition in pregnancy, examples of nutritious food menus in pregnancy, choosing a good food menu to be consumed during pregnancy does not need to be expensive, avoiding foods that are not properly consumed during pregnancy.

After counseling about the nutrition of pregnant women, the survey results stated that 90% of pregnant women knew the importance of nutrition needed during pregnancy. During pregnancy, mothers should regularly eat foods that contain lots of nutrients. Among them are carbohydrates, fats, proteins and other nutrients that are included in the principle of balanced nutrition. Not only that, mothers should also meet other body needs through vitamins and minerals.



Figure 1. Provision of Materials About Nutrition for Pregnant Women



Figure 2. Discussion and Question and Answer Process

For this reason, it is very necessary to carry out counseling activities for pregnant women to increase the knowledge of pregnant women, especially about the nutrition of pregnant women which will support the growth and development of the fetus they contain. A person's nutritional knowledge can influence attitudes and behavior related to nutrition (Bedy et al, 2018). Knowledge of good nutrition is one of the factors in determining a person's attitude and behavior towards food. The higher the nutritional knowledge one has, the more a person will consider the type and quality of food to be consumed (Ni Wayan, 2018). In addition, the knowledge possessed by pregnant women is also influenced by the level of education. Pregnant women who have a better level of education will also have better abilities in receiving, processing, and using the information obtained (Edison, 2019). There were no obstacles in carrying out the counseling activities and the activities ran in an orderly and smooth manner while adhering to the health protocol during the activity process.

CONCLUSION

The expected results are in accordance with the plan where pregnant women are able to understand what is the meaning of nutrition, the benefits of nutrition in pregnant women, the factors that affect the nutrition of pregnant women, the nutritional needs of pregnant women, the vitamins needed during pregnancy, the nutritional status of pregnant women, the foods that should be attention to pregnant women and the impact of malnutrition on pregnant women.

Thank-you note

Thank you to all of my team who have worked well together in writing this article to completion and especially to my institution

REFERENCES

Andriani, RAD (2015). Relationship between Reproductive Health Knowledge and Family Social Support with Premarital Sex Behavior in Adolescents in the Work

- Area of the Public Health Center in Surabaya City. [Thesis]. Surakarta: Eleven March University.
- Bedy Muhammad, H. Hidayanty and S. Fatimah. (2018). The Effect of Education Using Booklets on Adolescents' Knowledge, Attitudes, Consumption of Vegetables and Fruits. *Research Articles* . Hassanuddin University.
- Ni Wayan. (2018). Level of Knowledge, Attitudes and Fast Food Consumption Patterns of SMA Negeri 8 Denpasar Students. *Journal of Nutrition Science* . 7(1).
- Ilmiani, et al, 2020. The Relationship between Nutritional Knowledge of Pregnant Women and Weight Gain During Pregnancy at the Bandar Lampung Health Center. *Majority Journal*. Volume 9 Number 1 July
- Juwairiyah, S. (2017). Relationship of Knowledge, Attitudes and Parity with Chronic Energy Deficiency (KEK) Incidence in Pregnant Women in the Working Area of the Spirit Health Center in 2017. Faculty of Public Health, Kalimantan Islamic University Muhammad Arsyad Al Banjari.
- Ministry of Health. (2015). *Health in the Framework of Sustainable Development Goals (SDGs)* . Ministry of Health of the Republic of Indonesia.
- Ni Wayan. (2018). Level of Knowledge, Attitudes and Fast Food Consumption Patterns of SMA Negeri 8 Denpasar Students. *Journal of Nutrition Science* . 7(1).
- Supariasa I Dewa Nyoman, et al. 2012, *Assessment of Nutritional Status*. EGC Medical Book Publisher, Jakarta
- Utami, NH and Mubasyiroh, R., (2019). Toddler nutrition problems and their relationship with the public health development index. *Nutrition and Food Research (The Journal of Nutrition and Food Research)*, 42(1), pp.1-10.
- Umniyati, Syarifah. (2013). The Relationship between Knowledge of Nutrition, Attitudes, Food Patterns of Pregnant Women and Stress Levels with Maternal Weight Gain at the Midwifery Polyclinic at Mitra Keluarga Hospital in Bekasi [Thesis]. Depok: University of Indonesia.

Copyright and License



This is an open access article distributed under the terms of the Creative Commons Attribution 4.0 International License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited.

© 2020 Sumarni¹, Andi Ria Metasari², Ermawati³, Fitrah Ramadani⁴, Dewi Mulfiyanti⁵