

Description of the Nutritional Status of Pregnant Women in the Work Area of Malintang Community Health Center

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Article Info

Article history:

Received March 07,2022

Revised April 03, 2022

Accepted April 18, 2022

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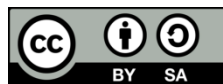
ABSTRACT

Nutritional status is an expression of a state of balance in the form of certain variables, or the manifestation of nutrition in the form of certain variables. In Indonesia, the LBW threshold with the risk of SEZ is estimated to give birth to LBW babies. If the baby is born with low birth weight (LBW) will have a risk of death, malnutrition, growth disorders, and child development disorders. To prevent the risk of CED in pregnant women before pregnancy, women of childbearing age must have good nutrition. This study aims to determine the nutritional status of pregnant women in the working area of the Malintang Public Health Center, Bukit Malintang District, Mandailing Natal Regency . This research is descriptive, as many as 35 respondents. From the results of the study, it was found that the nutritional status of pregnant women based on normal weight gain was 30 respondents (85.71%) and less weight gain was 5 respondents (14.28%), based on LBW the majority of normal LBW were 30 respondents (85.71). % and LBW less than 23.5 cm as many as 5 respondents (14.28%), and based on the adequacy of adequate nutritional intake as many as 30 respondents (85.71%) and the adequacy of insufficient nutritional intake as many as 5 respondents (14.28%). Based on the results of the study, it can be concluded that the nutritional status of pregnant women in the Malintang Health Center Work Area is to further improve the health service program for pregnant women.

Keywords:

Nutritional, Pregnant, Women

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1. INTRODUCTION

1.1 Background

Pregnancy is a period that greatly determines the quality of future human resources, because the growth and development of children is very much determined by the condition of the fetus in the womb. Nutrition is a process of organisms using food that is consumed normally through the processes of digestion, absorption, transportation, storage, metabolism, and excretion of substances that are not used to maintain life, growth and normal function of organs and produce energy [22]. Nutritional status is socio-economic, knowledge, culture and food production that is not sufficient.

According to the World Health Organization recommends an additional amount of 150 Kcal a day in the first trimester, 350 Kcal a day in the second and third trimesters. In Canada, the addition for the first trimester is 100 Kcal and 300 Kcal for the second and third trimesters [5].

Nutrition of pregnant women needs attention because it greatly affects the development of the fetus they contain. Since the fetus until the child is two years old or the first 1000 days of life, nutritional adequacy greatly affects physical and cognitive development and diabetes.

1.2 Problem Formulation

Based on the above background, the formulation of the problem in this study is "How is the Description of the Nutritional Status of Pregnant Women in the Working Area of the Malintang Health Center, Bukit Malintang District, Mandailing Natal Regency in 20 22 "

1.3 Nutritional Status

Nutritional status is an expression of a state of balance in the form of certain variables, or the embodiment of nutrition in the form of certain variables, for example, endemic goiter is a state of imbalance in the intake and output of iodine in the body [22].

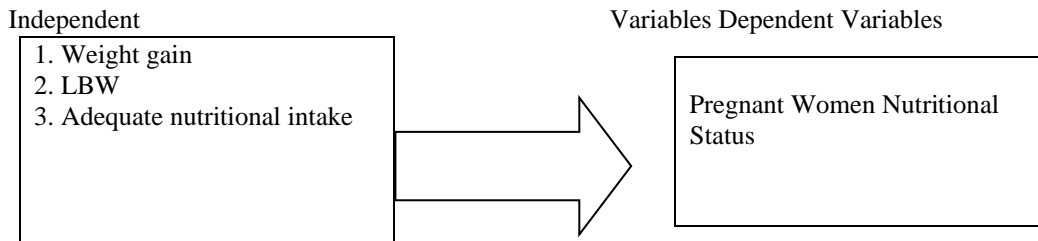
1.4 Nutrition in pregnancy

Pregnancy in general is a process of continuing offspring that occurs naturally. During pregnancy, a woman needs more nutrition. Considering in addition to the nutritional needs of the body, pregnant women must provide adequate nutrition for the fetus

2. METHOD

2.1 Conceptual Framework

The conceptual framework of this research is a description of the nutritional status of pregnant women as follows:



2.2 Types of Research

The research conducted is a descriptive survey research

2.3 Population

The population is the entire object of research or the object under study [16]. The population in this study were all pregnant women at the Malintang Public Health Center, Bukit Malintang District, Mandailing Natal Regency for the January-July period of 20-22 as many as 140 people.

2.4 Sample

The sample is the object under study and is considered to represent the entire population [16]. Sampling in this study was done by means of random sampling technique, as many as 35 people.

3. RESULTS AND DISCUSSION

3.1. Results

Table 1
Frequency Distribution of Nutritional Status of Pregnant Women Based on Mother's Weight Gain in the Working Area of Malintang Health Center

No	Weight Gain	F	%
1	Not enough	5	14.28%
2	Normal	30	85.71%
3	More	-	-
Amount		35	100

Table.2
Frequency Distribution of Nutritional Status of Pregnant Women by LBW in the Working Area of Malintang Health Center

No	Nutritional Status Based on LBW	F	%
1	Normal	30	85.71%
2	Not enough	5	14.28%
Amount		35	100 %

Table 3
Frequency Distribution of Nutritional Status of Pregnant Women Based on Adequacy of Nutritional Intake in the Working Area of the Malintang Health Center

No	Nutritional Status Based on Adequate Nutritional Intake	F	%
1	Not enough	4	11.42%
2	Enough	31	88.57%
Amount		35	100%

3.2 Discussion

From the results of research on the Overview of the Nutritional Status of Pregnant Women in the Working Area of the Malintang Health Center, Bukit Malintang District, Mandailing Natal Regency in 2022 .

3.2.1 Overview of Nutritional Status Based on Weight Gain

Based on research conducted at the Malintang Public Health Center, Bukit Malintang District in 20–22 , it showed that of the 35 pregnant women who were examined regarding the description of nutritional status, it was found that the majority of normal weight gain were 30 respondents (85.71%) and a minority of underweight gain was 5 respondents (14.28%). Based on the author's assumptions, from the research that has been done regarding maternal weight gain will affect the fetus in the womb.

3.2.2 Overview of the nutritional status of pregnant women based on LBW

The results of this study discuss about pregnant women based on LBW. The majority of normal LBW as many as 30 people (85.71%) and minority LBW less as many as 4 respondents (14.28%). From the author's assumptions, from the data above, the measurement of LBW in pregnant women affects nutritional status if the LBW is less than 23.5 cm, it is likely that pregnant women are at risk of CED.

3.2.3 Description of the nutritional status of pregnant women based on the adequacy of nutritional intake

The results of this study discuss about pregnant women based on the adequacy of adequate nutritional intake as many as 30 people (85.71%) and the adequacy of nutritional intake of 5 people (14.28%). According to the author's assumption, the adequacy of nutritional intake affects the nutritional status of pregnant women and has something to do with nutritional needs before and during pregnancy.

4. CONCLUSION

From the results of the study "Overview of the Nutritional Status of Pregnant Women in the Working Area of the Malintang Health Center, Bukit Malintang District, Mandailing Natal Regency in 20-22 "

1. The results of the study obtained "Overview of the Nutritional Status of Pregnant Women in the Working Area of the Malintang Health Center, Bukit Malintang District, Mandailing Natal Regency in 20-22 " showed that the nutritional status based on weight gain was the majority of pregnant women with normal nutritional status of 30 people (85.71%).
2. The results obtained from the "Overview of the Nutritional Status of Pregnant Women in the Working Area of the Malintang Health Center, Bukit Malintang District, Mandailing Natal Regency in 20-22 " showed that the nutritional status based on the LBW was the majority of pregnant women with a normal LBW of 30 people (85.71%).
3. The results obtained from the "Description of the Nutritional Status of Pregnant Women in the Working Area of the Malintang Health Center, Bukit Malintang District, Mandailing Natal Regency in 20-22 " showed that the nutritional status based on the Adequacy of Nutritional Intake, the majority of people had adequate nutrition for 30 people (85.71%).

ACKNOWLEDGEMENTS

Author thanks to all my team until the completion of the article writing

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