

# GAMBARAN TINGKAT PENGETAHUAN IBU NIFAS TENTANG KEBUTUHAN GIZI IBU NIFAS DI RSUD PANEMBAHAN SENOPATI BANTUL

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## INTISARI

**Latar Belakang** : Kesehatan ibu nifas merupakan hal penting yang harus diperhatikan. Ibu nifas yang kurang mengetahui tentang kebutuhan gizi masa nifas dapat mengakibatkan penghambatan dalam proses pengembalian organ-organ kandungan, penyembuhan luka pasca persalinan, hingga dapat menimbulkan risiko terjadinya infeksi. Hal tersebut dapat dicegah oleh ibu nifas salah satunya dengan pemenuhan kebutuhan nutrisi baik selama masa nifas. Angka Kematian Ibu (AKI) khususnya pada masa nifas di Kabupaten Bantul tahun 2013 sebanyak sembilan orang, tahun 2014 mengalami penurunan menjadi delapan orang, dan tahun 2015 angka kematian ibu pada masa nifas menjadi dua orang.

**Tujuan Penelitian** : Untuk mengetahui tingkat pengetahuan ibu nifas tentang kebutuhan gizi ibu nifas di RSUD Panembahan Senopati Bantul.

**Metode Penelitian** : Jenis Penelitian adalah deskriptif kuantitatif. Penelitian ini dilaksanakan di RSUD Panembahan Senopati Bantul pada 16 Mei 2018 – 23 Mei 2018 dengan sampel yaitu ibu nifas sebanyak 70 orang menggunakan tehnik pengambilan sampel *Accidental Sampling*. Instrumen yang digunakan yaitu kuesioner dan wawancara sedangkan tehnik analisis data menggunakan analisis *univariat*.

**Hasil Penelitian** : Hasil analisis karakteristik responden mayoritas berumur 20-35 tahun sebanyak 20 orang (29%) ibu post SC dan sebanyak 35 orang (50%) ibu bersalin normal, tingkat pendidikan responden mayoritas berpendidikan SMA/SMK sebanyak 11 orang (16%) ibu post SC dan sebanyak 27 orang (40%) ibu bersalin normal, pekerjaan mayoritas responden sebagai IRT sebanyak 14 orang (20%) ibu post SC dan sebanyak 31 orang (44%) ibu bersalin normal, paritas mayoritas responden memiliki >1 anak sebanyak 16 orang (23%) ibu post SC dan sebanyak 24 orang (34%) ibu bersalin normal, serta berdasarkan tingkat pengetahuan ibu nifas tentang kebutuhan gizi ibu nifas dengan pengetahuan baik sebanyak 16 responden (30%) ibu post SC dan sebanyak 37 responden (70%) ibu bersalin normal, pengetahuan cukup sebanyak 9 responden (53%) ibu post SC dan sebanyak 8 responden (47%).

**Kesimpulan** : Tingkat Pengetahuan Ibu Nifas Tentang Kebutuhan Gizi Ibu Nifas Di RSUD Panembahan Senopati Bantul post Sectiao Caesarea dan bersalin normal mayoritas dalam kategori pengetahuan baik.

**Kata Kunci** : Pengetahuan, Nifas, Gizi Ibu Nifas.

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# OVERVIEW OF POSTPARTUM MOTHER'S KNOWLEDGE ABOUT NUTRITION NEEDS OF POSTPARTUM MOTHERS IN REGIONAL GENERAL HOSPITAL OF PANEMBAHAN SENOPATI BANTUL

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## ABSTRACT

**Background:** Postpartum mother's health is an important thing to be considered. Postpartum mothers who are less aware of the postpartum mothers' nutritional needs can lead to inhibition in the process of returning the uterine organs, wound healing after childbirth, to the risk of infection. It can be prevented by postpartum mothers, one of them is with the fulfillment of good nutritional needs during the puerperium period. Maternal Mortality Rate (AKI), especially during childbirth in Bantul regency in 2013 was as many as nine people, in 2014, it decreased to eight people. In 2015, maternal mortality rate in postpartum mothers decreased into two people.

**Research Objectives:** To determine the level of knowledge of postpartum mother about the nutritional needs of postpartum mother in Regional General Hospital of Panembahan Senopati Bantul.

**Research Methods:** The type of this research was descriptive quantitative. This research was conducted in Regional General Hospital of Panembahan Senopati Bantul on May 16, 2018 - May 23, 2018 with the sample of postpartum mothers, as much as 70 people by using accidental sampling technique. The instrument used was questionnaire and interview, and the data was analysed by using univariate analysis.

**Research Results:** The results of characteristic analysis of respondents were as follows: majority of respondents were 20-35 years old: the number of post SC mothers was 20 people (29%), while the number of normal maternity mothers was 35 people (50%); majority of respondents' education level was high school/vocational school graduates: the number of post SC mothers was 11 people (16%) and the number of normal maternity mothers was 27 people (40%); the majority of respondents worked as housewives: the number of post SC mothers was 14 people (20%) and the number of normal maternity mothers was (44%); majority of respondents' parity was having >1 child: the number of post SC mothers was 16 people (23%) and the number of normal maternity mothers was 24 people (34%); as well as based on postpartum mothers' knowledge about nutritional needs of postpartum mothers with *good knowledge*: the number of post SC mothers was 16 respondents (30%) and the number of normal maternity mothers was 37 respondents 70%); and with *enough knowledge*: the number of post SC mothers was 9 respondents (53%) and the number of normal maternity mothers was 8 respondents (47%).

**Conclusion:** Knowledge level of postpartum mother about nutrition needs of postpartum mother in Regional General Hosiptal of Panembahan Senopati Bantul, in post Sectiao Caesarea maternity and normal maternity was majority in good knowledge category.

**Keywords:** Knowledge, Childbirth, Nutrition of Postpartum Mothers

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