

Program Studi Sarjana Kebidanan

Universitas Imelda Medan 2025

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**Persepsi Ibu Hamil Tentang Nutrisi Selama Masa Kehamilan Di
UPT Puskesmas Glugur Darat Kecamatan Medan Timur**

ABSTRAK

Latar belakang: Kehamilan merupakan masa yang membutuhkan perhatian khusus, terutama dalam pemenuhan nutrisi. Kekurangan nutrisi dapat berdampak pada kesehatan ibu, seperti kelelahan dan anemia, serta mengganggu tumbuh kembang janin hingga risiko stunting dan cacat. Namun, persepsi ibu hamil mengenai nutrisi masih beragam, dipengaruhi oleh pemahaman, pengalaman, dan sumber informasi yang dimiliki. **Tujuan:** Penelitian ini bertujuan untuk mengidentifikasi persepsi ibu hamil tentang nutrisi kehamilan, meliputi pemahaman, pentingnya nutrisi, zat gizi yang dibutuhkan, jenis makanan yang dianggap penting, dampak kekurangan nutrisi, serta upaya pencegahan. **Metode:** Penelitian ini menggunakan desain deskriptif kualitatif dengan pendekatan wawancara mendalam. Informan dipilih menggunakan teknik purposive sampling sesuai kriteria yang ditetapkan. Data dikumpulkan melalui wawancara, observasi, dan dokumentasi, kemudian dianalisis secara tematik. **Hasil:** Hasil penelitian menunjukkan bahwa sebagian besar ibu hamil memaknai nutrisi sebagai makanan sehat yang penting bagi kesehatan ibu dan perkembangan janin. Nutrisi dipersepsikan sebagai faktor utama dalam mencegah kelelahan, anemia, serta gangguan tumbuh kembang janin. Jenis makanan yang dianggap penting meliputi nasi, sayur-sayuran, buah-buahan, ikan, daging, susu, dan kacang hijau. Zat gizi yang sering disebut antara lain vitamin, tablet Fe, asam folat, protein, dan susu. Sumber informasi utama diperoleh dari bidan, tenaga kesehatan, serta didukung oleh keluarga, teman, dan media sosial. **Kesimpulan:** Persepsi ibu hamil mengenai nutrisi pada umumnya positif, meskipun pemahaman masih sederhana dan lebih banyak berdasarkan pengalaman praktis dibandingkan konsep teoritis. Edukasi dari tenaga kesehatan sangat dibutuhkan untuk memperkuat pemahaman yang komprehensif mengenai nutrisi kehamilan.

Kata Kunci: persepsi, nutrisi, ibu hamil, kehamilan

Undergraduate Midwifery Program

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**PREGNANT WOMEN'S PERCEPTION OF NUTRITION DURING
PREGNANCY AT GLUGUR DARAT COMMUNITY HEALTH CENTER,
MEDAN TIMUR DISTRICT**

ABSTRACT

Background: *Pregnancy is a crucial period that requires special attention to maternal nutrition. Poor nutritional intake may lead to health problems for the mother, such as fatigue and anemia, and may also interfere with fetal growth and development, including the risk of low birth weight, stunting, and congenital abnormalities. Pregnant women's perceptions of nutrition vary and are influenced by their knowledge, experiences, and sources of information.* **Objective:** *This study aims to identify pregnant women's perceptions of nutrition during pregnancy, including their understanding, the importance of nutrition, essential nutrients, types of important foods, the perceived impacts of nutritional deficiency, and prevention efforts.* **Method:** *This research employed a qualitative descriptive design using in-depth interviews. Informants were selected through purposive sampling based on predetermined criteria. Data were collected through interviews, observations, and documentation, and were analyzed thematically.* **Results:** *The findings indicate that most pregnant women perceive nutrition as healthy food that plays an important role in maintaining maternal health and supporting fetal development. Nutrition is viewed as essential to prevent fatigue, anemia, and fetal growth disorders. Important food types mentioned include rice, vegetables, fruits, fish, meat, milk, and mung beans. Frequently identified nutrients were vitamins, iron tablets, folic acid, protein, and milk. Sources of information were mainly obtained from midwives and healthcare workers, complemented by family, peers, and social media.* **Conclusion:** *Pregnant women's perceptions of nutrition are generally positive, although their understanding remains basic and more practical than theoretical. Continuous education from healthcare providers is needed to enhance a more comprehensive understanding of nutrition during pregnancy.*

Keywords: *perception, nutrition, pregnant women, pregnancy*