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PERSEPSI IBU DALAM PEMENUHAN GIZI PADA IBU HAMIL UPAYA PENCEGAHAN STUNTING DI PUSKESMAS GLUGUR DARAT

ABSTRAK

Latar Belakang: Stunting adalah masalah kesehatan serius yang disebabkan oleh malnutrisi kronis, terutama sejak masa kehamilan hingga usia dua tahun. Stunting adalah salah satu malnutrisi serius. Anak yang mengalami stunting dapat mengalami kerusakan fisik dan kognitif yang parah. Stunting juga berdampak sepanjang hidup dan dapat memengaruhi generasi berikutnya. Prevalensi stunting di Indonesia masih menjadi tantangan signifikan, dengan angka nasional mencapai 24,4% pada tahun 2021 dan 21,6% pada tahun 2022. Pemenuhan gizi yang baik pada ibu hamil sangat penting sebagai upaya pencegahan stunting pada anak, namun masih banyak ibu hamil yang menghadapi kendala dalam memenuhi kebutuhan gizinya. **Tujuan Penelitian:** bertujuan untuk menganalisis persepsi ibu hamil mengenai pentingnya pemenuhan gizi selama kehamilan sebagai upaya pencegahan stunting, mengidentifikasi hambatan yang dihadapi ibu hamil dalam memenuhi kebutuhan gizinya, serta memahami tingkat pengetahuan ibu hamil mengenai stunting dan pencegahannya melalui gizi yang baik. Selain itu, penelitian ini juga mengidentifikasi upaya-upaya yang telah dilakukan ibu hamil untuk mencukupi gizi sebagai pencegahan stunting. **Metode:** Penelitian ini menggunakan pendekatan kualitatif dengan metode fenomenologi. Data dikumpulkan melalui wawancara mendalam (in-depth interview) kepada tujuh informan ibu hamil di Puskesmas Glugur Darat. Wawancara direkam dan ditranskripsikan, kemudian dianalisis secara tematik untuk mengidentifikasi pola dan makna dari pengalaman informan. **Hasil:** penelitian menunjukkan bahwa sebagian besar ibu hamil memiliki persepsi positif mengenai pentingnya gizi selama kehamilan untuk kesehatan janin dan ibu, meskipun pemahaman mereka tentang definisi gizi dan stunting masih bersifat dasar. Hambatan utama dalam pemenuhan gizi meliputi keterbatasan pengetahuan dan edukasi yang memadai, kendala ekonomi, penurunan selera makan (mual/muntah), serta adanya pantangan budaya. Tingkat pengetahuan ibu hamil tentang stunting dan cara pencegahannya melalui gizi yang baik masih tergolong rendah. Meskipun demikian, sebagian besar ibu hamil telah berupaya menjaga pola makan teratur, mengonsumsi suplemen (seperti tablet zat besi dan susu), serta rutin melakukan pemeriksaan kehamilan (ANC) di fasilitas kesehatan. **Kesimpulan:** Persepsi positif ibu hamil terhadap pentingnya gizi merupakan modal awal yang baik, namun masih terdapat kesenjangan pengetahuan dan hambatan signifikan dalam praktik pemenuhan gizi optimal serta pemahaman mendalam tentang stunting. Peningkatan edukasi gizi yang komprehensif dan dukungan sosial-ekonomi yang intensif sangat diperlukan untuk membantu ibu hamil mengatasi kendala tersebut, sehingga pencegahan stunting pada anak dapat tercapai secara efektif.

Kata Kunci: Persepsi ibu hamil, pemenuhan gizi, pencegahan stunting, kesehatan ibu, gizi kehamilan

Mothers' Perceptions of Nutritional Fulfillment in Pregnant Women as an Effort to Prevent Stunting at Glugur Darat Public Health Center "

ABSTRACT

Background: Stunting is a serious health problem caused by chronic malnutrition, especially from pregnancy to the age of two. Stunting is a serious form of malnutrition. Children who experience stunting can experience severe physical and cognitive impairment. Stunting also has lifelong impacts and can affect the next generation. The prevalence of stunting in Indonesia remains a significant challenge, with the national figure reaching 24.4% in 2021 and 21.6% in 2022. Fulfilling good nutrition for pregnant women is very important as an effort to prevent stunting in children, but many pregnant women still face obstacles in meeting their nutritional needs. **Research Objectives:** The aim is to analyze pregnant women's perceptions regarding the importance of fulfilling nutrition during pregnancy as an effort to prevent stunting, identify obstacles faced by pregnant women in meeting their nutritional needs, and understand the level of knowledge of pregnant women about stunting and its prevention through good nutrition. In addition, this study also identifies efforts that have been made by pregnant women to fulfill nutrition as a stunting prevention. **Methods:** This study uses a qualitative approach with a phenomenological method. Data were collected through in-depth interviews with seven pregnant women informants at the Glugur Darat Community Health Center. Interviews were recorded and transcribed, then analyzed thematically to identify patterns and meanings of the informants' experiences. **Results:** The study showed that most pregnant women had a positive perception of the importance of nutrition during pregnancy for fetal and maternal health, although their understanding of the definitions of nutrition and stunting was still basic. The main obstacles to fulfilling nutritional needs included limited knowledge and adequate education, economic constraints, decreased appetite (nausea/vomiting), and cultural taboos. The level of knowledge of pregnant women about stunting and how to prevent it through good nutrition was still relatively low. Nevertheless, most pregnant women had made efforts to maintain a regular diet, consume supplements (such as iron tablets and milk), and regularly attend prenatal checkups (ANC) at health facilities. **Conclusion:** While pregnant women's positive perception of the importance of nutrition is a good starting point, there are still significant knowledge gaps and obstacles in the practice of fulfilling optimal nutrition and in-depth understanding of stunting. Improving comprehensive nutrition education and intensive socio-economic support is essential to help pregnant women overcome these obstacles, so that stunting prevention in children can be achieved effectively.

Keywords: Pregnant women's perception, nutritional fulfillment, stunting prevention, maternal health, pregnancy nutrition