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**PENGETAHUAN IBU HAMIL TENTANG NUTRISI PADA KEHAMILAN
NORMAL DI WILAYAH KERJA POSKESDES PIJOT KECAMATAN
KERUAK KABUPATEN LOMBOK TIMUR**

ABSTRAK

Latar Belakang : Nutrisi berpengaruh untuk proses kehamilan ibu dan tumbuh kembang janin. Nutrisi ibu hamil tidak dilihat dari banyak porsi yang dimakan melainkan kandungan yg di konsumsi. Ketika ibu hamil mengalami kekurangan asupan nutrisi akan sangat mudah ibu hamil menderita defisiensi zat besi tersebut. Adapun unsure zat gizi yang dibutuhkan ibu hamil yaitu, karbohidrat, protein, lemak, vitamin dan mineral. Tujuan penelitian Mendiskripsikan pengetahuan ibu hamil tentang nutrisi pada kehamilan normal di wilayah kerja puskesmas Pijot kecamatan Keruak kabupaten Lombok Timur.

Metode : Jenis penelitian menggunakan penelitian kuantitatif dengan metode deskriptif, teknik pengambilan dengan total sampling 81 sampel, dengan instrument penelitian kuesioner menggunakan analisis univariat

Hasil : Hasil penelitian menunjukkan dari 81 ibu hamil sebagian besar memiliki pengetahuan yang cukup tentang nutrisi pada kehamilan normal yaitu pengetahuan baik 5 (6,2%), cukup 62 (76,5%), kurang 14 (17,3%) pada mayoritas karakteristik Ibu Rumah Tangga (IRT) dan paritas multigravida.

Kesimpulan : Penelitian dari 81 ibu hamil sebagian besar memiliki pengetahuan yang cukup sebanyak 62 (76,5%)

Kata Kunci : Tingkat Pengetahuan, Ibu Hamil, Nutrisi Kehamilan Normal

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**KNOWLEDGE OF PREGNANT WOMEN ABOUT NUTRITION IN
NORMAL PREGNANCY IN THE PUBLIC HEALTH CENTER OF VILLAGE
PIJOT AT THE WORKING AREA IN KERUAK DISTRICT, EAST
LOMBOK DISTRICT**

ABSTRACT

Background: *Nutrition affects the process of maternal pregnancy and fetal growth. Nutrition of pregnant women is not seen from the number of portions eaten but the content consumed. When pregnant women experience a lack of nutritional intake, it is very easy for pregnant women to suffer from iron deficiency. The nutritional elements needed by pregnant women are carbohydrates, proteins, fats, vitamins and minerals. The research objective was to describe the knowledge of pregnant women about nutrition in normal pregnancy at the working area of the public health center of village Pijot, Keruak district, East Lombok district.*

Methods: *This type of research uses quantitative research with descriptive methods, sampling techniques with a total sampling of 81 samples, with a questionnaire research instrument using univariate analysis*

Results: *The results showed that most of the 81 pregnant women had sufficient knowledge about nutrition in normal pregnancy, namely good knowledge 5 (6.2%), sufficient 62 (76.5%), less 14 (17.3%) on the majority. characteristics of housewives (IRT) and multigravida parity.*

Conclusion: *The research from 81 pregnant women mostly had sufficient knowledge as much as 62 (76.5%)*

Keywords: Knowledge Level, Pregnant Women, Normal Pregnancy Nutrition