

Universitas Ngudi Waluyo

Program Studi Kebidanan Program Sarjana, Fakultas Kesehatan

Skripsi

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152212013

“PENGARUH PENYULUHAN GIZI PRAKONSEPSI TERHADAP PENGETAHUAN WANITA PRANIKAH DI WILAYAH KERJA KUA KECAMATAN UNGARAN BARAT”

ABSTRAK

Latar Belakang: Pengetahuan mengenai gizi berperan penting dalam pemenuhan kecukupan gizi seseorang. Tingkat pengetahuan akan mendorong seseorang memiliki kemampuan yang optimal berupa perubahan sikap dan perilaku. Kurangnya pengetahuan terhadap gizi akan mempengaruhi seseorang dalam memahami konsep dan prinsip serta informasi yang berhubungan dengan gizi. Tujuan penelitian untuk menganalisis Adanya Pengaruh Pengetahuan Wanita Pranikah Tentang gizi Prakonsepsi Sebelum Dan Sesudah di Lakukan Penyuluhan di Wilayah Kerja KUA Kecamatan Ungaran Barat.

Motode: Desain penelitian ini menggunakan *One Group Pre Test—Posttest* yaitu rancangan yang dilakukan dengan cara mengisi kuesioner (*pre-test*) setelah mengisi kuesioner *pre test* kemudian di lakukan (*post-test*) dengan mengisi kuesioner. sampel dalam penelitian ini adalah *total sampling*. Peneliti Mengambil Sampel yaitu sebanyak 30 sampel.

Hasil: Berdasarkan tabel 4.3 menunjukkan hasil analisis uji T data diperoleh hasil nilai $p = 0,000$. Angka tersebut menunjukkan bahwa nilai $p < 0,05$, artinya ada pengaruh penyuluhan gizi prakonsepsi terhadap pengetahuan Wanita pranikah di wilayah kerja KUA Kecamatan Ungaran Barat.

Kesimpulan: Adanya pengaruh penyuluhan gizi prakonsepsi terhadap pengetahuan Wanita pranikah di wilayah kerja KUA Kecamatan Ungaran Barat.

Kata Kunci: Gizi Prakonsepsi, Pengetahuan Wanita Pranikah

Keputustakaan: (2015-2018)

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"THE EFFECT OF PRECONCEPTIONAL NUTRITION COUNSELING ON THE KNOWLEDGE OF PRE-MARRIAGE WOMEN IN THE WORKING AREA OF KUA, UNGARAN BARAT DISTRICT"

ABSTRACT

Background: Knowledge of nutrition plays an important role in fulfilling a person's nutritional adequacy. The level of knowledge will encourage someone to have optimal abilities in the form of changes in attitudes and behavior. Lack of knowledge about nutrition will affect a person's understanding of concepts and principles as well as information related to nutrition. The aim of the study was to analyze the influence of pre-marital women's knowledge about pre-conception nutrition before and after counseling in the KUA Work Area, West Ungaran District.

Method: The design of this study used the One Group Pre Test—Posttest, which is a design carried out by filling out a questionnaire (pre-test) after filling out the pre-test questionnaire and then carrying out (post-test) by filling out the questionnaire. the sample in this research is total sampling. Researchers took samples, namely as many as 30 samples.

Results: Based on table 4.3 shows the results of the analysis of the T-test data obtained by the value of $p = 0.000$. This figure indicates that the p value < 0.05 , meaning that there is an influence of preconception nutrition counseling on the knowledge of premarital women in the working area of KUA, West Ungaran District.

Conclusion: There is an influence of preconception nutrition counseling on the knowledge of premarital women in the working area of the Office of Religious Affairs, West Ungaran District.

Keywords: Preconception Nutrition, Knowledge of Premarital Women

Decision: (2015-2018)