

HUBUNGAN ANTARA DUKUNGAN SOSIAL DENGAN POLA KONSUMSI MAKANAN PADA IBU HAMIL TRIMESTER III

Dina Amalina¹, Toto Sudargo¹, Sumarni D. W.²

INTISARI

Latar Belakang : Ibu hamil merupakan salah satu kelompok rawan kekurangan gizi. Pola makan yang salah pada ibu hamil membawa dampak terhadap terjadinya gangguan gizi antara lain anemia, penambahan berat badan yang kurang pada ibu hamil dan gangguan pertumbuhan janin. Oleh karena itu, penting bagi ibu hamil untuk memperhatikan kualitas dan kuantitas makanan yang dikonsumsi setiap hari. Dukungan sosial berhubungan positif dengan kualitas diet.

Tujuan: Untuk mengetahui hubungan antara dukungan sosial dengan pola konsumsi makanan (jumlah, jenis, dan frekuensi) pada ibu hamil trimester III.

Metode: Desain penelitian kuantitatif menggunakan metode cross sectional. Populasi penelitian adalah ibu hamil trimester III di Daerah Istimewa Yogyakarta. Sebanyak 78 subjek yang memenuhi kriteria inklusi dan eksklusi mengisi kuesioner yaitu: kuesioner *social support* (SSQ) dan *semi quantitative food frequency quesioner* (SQFFQ). Data penelitian dianalisis dengan uji *chi square*.

Hasil: Sumber dukungan sosial yang diterima ibu hamil trimester III banyak berasal dari primer terutama suami (93,1%). Dukungan informasional merupakan bentuk dukungan yang paling banyak diterima ibu hamil trimester III (55,1%). Pola konsumsi makanan ibu hamil trimester III yaitu jumlah asupan energi dan protein adekuat (76,9% dan 84,6%), jenis konsumsi beragam (61,5%), frekuensi makanan pokok yang paling sering adalah beras (80,8%), dan frekuensi makanan sumber protein hewani sering (55,9%). Tidak ada hubungan antara dukungan sosial dengan energi ($p=0,481$) dan protein ($p=0,333$). Ada hubungan antara dukungan sosial dengan jenis konsumsi ($p=0,024$). Ada hubungan antara dukungan sosial dengan frekuensi konsumsi makanan pokok mie ($p=0,014$). Tidak ada hubungan antara dukungan sosial dengan frekuensi konsumsi beras, jagung, biskuit, roti, dan sumber protein hewani ($p>0,05$).

Kesimpulan: Tidak ada hubungan antara dukungan sosial dengan jumlah energi dan protein. Ada hubungan antara dukungan sosial dengan jenis konsumsi. Ada hubungan antara dukungan sosial dengan frekuensi konsumsi makanan pokok mie. Tidak ada hubungan antara dukungan sosial dengan frekuensi konsumsi beras, jagung, biskuit, roti, dan sumber protein hewani.

Kata kunci : dukungan sosial, pola konsumsi , ibu hamil trimester III

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1. Program Studi Gizi Kesehatan, Fakultas Kedokteran, Universitas Gadjah Mada
 2. Bagian Jiwa Rsup Dr. Sardjito/Fakultas Kedokteran, Universitas Gadjah Mada

ASSOCIATION BETWEEN SOCIAL SUPPORT AND FOOD PATTERN OF THIRD TRIMESTER PREGNANT WOMEN

Dina Amalina¹, Toto Sudargo¹, Sumarni D. W.²

ABSTRACT

Background: Pregnant women are vulnerable to malnutrition. Improper diet in pregnant women has an impact on the occurrence of nutritional disorders, including anemia, insufficient weight gain in pregnant women and fetal growth restriction. Therefore, it is important for pregnant women to pay attention to the quality and quantity of the food they consume each day. Social support affects health behaviors, such as diet. Social support is positively associated with quality of the diet.

Objective: To determine the association between social support and food patterns (amount, type, and frequency) in the third trimester pregnant women.

Methods: The research is a quantitative research using cross sectional method. The study population third trimester pregnant women in Yogyakarta. A total of 78 subjects who meet the inclusion and excluded from exclusion criteria filled out questionnaires : social support questionnaire (SSQ) and a semi-quantitative food frequency questionnaires (SQFFQ). Data was analyzed using chi square test.

Results: Social support received by third trimester pregnant women mostly came from the primary, especially husband (93.1%). Form of support which is mostly received by third trimester pregnant women is informational support (55.1%). Based on food pattern analysis, third trimester pregnant women consumed adequate energy and protein (76.9% and 84.6%), diverse food consumption (61.5%), mostly consumed staple food is rice (80.8%) and consumption frequency of animal protein is often (55.9%). There is no association between social support and energy ($p = 0.481$) and protein ($p = 0.333$). There is association between social support and type of consumption ($p = 0.024$). There is association between social support and consumption frequency of noodles ($p = 0.014$). There is no association between social support and consumption frequency of rice, maize, biscuits, bread, and source of animal protein ($p > 0.05$).

Conclusion: There is no association between social support and the amount of energy and protein intake. There is association between social support and type of consumption. There is association between social support and the consumption frequency of noodle. There is no association between social support and the consumption frequency of rice, maize, biscuits, bread, and source of animal protein.

Keywords: social support, food pattern, the third trimester pregnant women

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1. Health Nutrition Studies Program, Faculty of Medicine, Gadjah Mada University
 2. Departement of Psychiatry, Faculty of Medicine, Gadjah Mada University