

PENGARUH DUKUNGAN SUAMI, DAN POLA ASUPAN GIZI TERHADAP DERAJAT KESEHATAN IBU HAMIL DI DESA TOBU KECAMATAN TOBU

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ABSTRAK

Latar Belakang: Kehamilan merupakan periode penting dalam kehidupan seorang wanita yang memerlukan perhatian khusus, terutama dukungan sosial dan asupan gizi yang memadai. Tujuan penelitian ini adalah untuk mengetahui pengaruh dukungan suami, dan pola asupan gizi terhadap derajat kesehatan ibu hamil di Desa Tobu, Kecamatan Tobu.

Metode: Penelitian ini menggunakan desain *cross sectional*, Populasi penelitian ini adalah seluruh ibu hamil di desa Tobu Kec. Tobu berjumlah 30 orang, sampel 28 orang dengan teknik *sampling random sampling*. Instrumen penelitian menggunakan observasi. Uji yang digunakan dalam penelitian ini adalah *uji chi square*.

Hasil: Hasil penelitian menunjukkan Sebagian besar (71,4%) responden dukungan suami mendukung, Sebagian besar (64,3%) responden pola asupan gizinya baik, hampir seluruhnya (78,6%) responden derajat kesehatan ibu hamil kategori baik, nilai Asym Sig (2-sided) $0,001 < 0,05$, yang artinya ada pengaruh dukungan suami terhadap derajat kesehatan ibu hamil. Nilai Asym Sig (2-sided) $0,000 < 0,05$, yang artinya ada pengaruh pola asupan gizi terhadap derajat kesehatan ibu hamil. Pada data uji *F* sebesar 0,000. Karena nilai Asym Sig (2-sided) $0,000 < 0,05$, yang artinya ada pengaruh secara signifikan antara dukungan suami dan pola asupan gizi terhadap derajat kesehatan ibu hamil secara bersama - sama.

Pembahasan : Hasil menunjukkan bahwa terdapat hubungan yang signifikan antara dukungan suami dan pola asupan gizi terhadap derajat kesehatan ibu hamil di Desa Tobu. Hal ini menguatkan bahwa faktor lingkungan sosial dan kebiasaan konsumsi makanan memiliki peranan penting dalam menjaga kesehatan ibu selama kehamilan.

Kesimpulan : Dukungan suami dan pola asupan gizi merupakan faktor penting yang saling melengkapi dalam meningkatkan derajat kesehatan ibu hamil. Oleh karena itu, diperlukan peran aktif suami, serta edukasi gizi yang berkelanjutan untuk kehamilan yang sehat.

Kata Kunci : Asupan Gizi, Derajat Kesehatan, Dukungan Suami

THE EFFECT OF HUSBAND'S SUPPORT, AND NUTRITION INTAKE PATTERNS ON THE HEALTH DEGREE OF PREGNANT WOMEN IN TOBU VILLAGE, TOBU SUB-DISTRICT

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ABSTRACT

Background: Pregnancy is an important period in a woman's life that requires special attention, especially social support and adequate nutritional intake. The purpose of this study was to determine the effect of husband's support and nutritional intake patterns on the health status of pregnant women in Tobu Village, Tobu District.

Method: This study used a cross-sectional design. The population in this study were all pregnant women in Tobu Village, Tobu District, totaling 30 people, a sample of 28 people with a random sampling technique. The research instrument used observation. The test used in this study was the chi square test.

Results: The results of the study showed that most (71.4%) respondents had husband support, most (64.3%) respondents had good nutritional intake patterns, almost all (78.6%) respondents had good maternal health, Asym Sig (2-sided) value $0.001 < 0.05$, which means that there is an influence of husband support on the health of pregnant women. Asym Sig (2-sided) value $0.000 < 0.05$, which means that there is an influence of nutritional intake patterns on the health of pregnant women. In the F test data of 0.000. Because the Asym Sig (2-sided) value $0.000 < 0.05$, which means that there is a significant influence between husband support and nutritional intake patterns on the health of pregnant women together.

Discussion: The results show that there is a significant relationship between husband's support and nutritional intake patterns on the health status of pregnant women in Tobu Village. This confirms that social environmental factors and food consumption habits have an important role in maintaining maternal health during pregnancy.

Conclusion: Husband's support and nutritional intake patterns are important factors that complement each other in improving the health of pregnant women. Therefore, an active role from the husband is needed, as well as ongoing nutritional education for a healthy pregnancy.

Keywords: Nutritional Intake Pattern, Health Degree, Husband Support