

# DESCRIPTION OF NUTRITIONAL INTAKE OF PREGNANT WOMEN BASED ON EDUCATION, EMPLOYMENT STATUS, AND FAMILY EXPENDITURE IN TRIMULYO VILLAGE

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## ABSTRACT

**Background** : Adequate nutrient intake is important to prevent nutritional problems in pregnant women. Educational factors, employment status, and family expenditure have a significant influence on the consumption patterns of pregnant women in relation to the adequacy of nutrients received. Bantul Regency still faces challenges in handling pregnant women with malnutrition status, including anemia and chronic energy deficiency (CED).

**Objective** : This study aims to describe the nutrient intake of pregnant women based on education level, employment status, and family expenditure in Trimulyo sub-district.

**Method** : This study used a quantitative descriptive design with a cross-sectional approach. The study sample amounted to 25 pregnant women selected from a population of 97 people. Data were collected using the 24-hour recall method to determine the nutrient intake of pregnant women and analyzed descriptively.

**Results** : The results showed that the majority of pregnant women had high education as many as 21 people (84%) with less energy, protein, and carbohydrate intake, the majority of the employment status of pregnant women was not working as many as 14 people (56%) with less energy, protein, fat, and carbohydrate intake, the majority of food expenditure was in the high category as many as 18 people (72.0%) with less energy, protein, fat, and carbohydrate intake, and the majority of pregnant women had high non-food expenditure as many as 14 pregnant women (56.0%) with less energy, protein, fat, and carbohydrate intake.

**Conclusion** : The majority of pregnant women in Trimulyo sub-district have low energy, protein, fat, and carbohydrate intake.

**Keywords** : Nutrient intake, pregnant women, education, occupation, family expenditure.

# **GAMBARAN ASUPAN ZAT GIZI IBU HAMIL BERDASARKAN PENDIDIKAN, STATUS PEKERJAAN, DAN PENGELUARAN KELUARGA DI KALURAHAN TRIMULYO**

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## **ABSTRAK**

**Latar Belakang** : Asupan zat gizi yang tercukupi merupakan hal yang penting untuk mencegah masalah gizi pada ibu hamil. Faktor pendidikan, status pekerjaan, dan pengeluaran keluarga memiliki pengaruh signifikan terhadap pola konsumsi ibu hamil yang berhubungan dengan kecukupan zat gizi yang diterima. Kabupaten Bantul masih menghadapi tantangan dalam menangani ibu hamil dengan status gizi kurang, termasuk anemia dan kekurangan energi kronik (KEK).

**Tujuan** : Penelitian ini bertujuan untuk menggambarkan asupan zat gizi ibu hamil berdasarkan tingkat pendidikan, status pekerjaan, dan pengeluaran keluarga di Kalurahan Trimulyo.

**Metode** : Penelitian ini menggunakan desain deskriptif kuantitatif dengan pendekatan *cross-sectional*. Sampel penelitian berjumlah 25 ibu hamil yang dipilih dari populasi 97 orang. Data dikumpulkan menggunakan metode recall 24 jam untuk mengetahui asupan zat gizi ibu hamil dan dianalisis secara deskriptif.

**Hasil Penelitian** : Hasil penelitian menunjukkan bahwa mayoritas ibu hamil memiliki pendidikan tinggi sebanyak 21 orang (84%) dengan asupan energi, protein, dan karbohidrat yang kurang, mayoritas status pekerjaan ibu hamil yaitu tidak bekerja sebanyak 14 orang (56%) dengan asupan energi, protein, lemak, dan karbohidrat kurang, mayoritas pengeluaran pangan yaitu dalam kategori tinggi sebanyak 18 orang (72,0%) dengan asupan energi, protein, lemak, dan karbohidrat kurang, dan mayoritas ibu hamil memiliki pengeluaran non-pangan tinggi sebanyak 14 ibu hamil (56,0%) dengan asupan energi, protein, lemak, dan karbohidrat kurang.

**Kesimpulan** : Ibu hamil di Kalurahan Trimulyo mayoritas memiliki asupan energi, protein, lemak, dan karbohidrat kurang.

**Kata Kunci** : Asupan zat gizi, ibu hamil, pendidikan, pekerjaan, pengeluaran keluarga