

The Influence Of Health Education Counseling Methods On Knowledge Of Preconceptional Nutrition On Future Bride

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ABSTRACT

Nutritional status during the preconception period is one of the determinants of the smooth process of pregnancy to delivery. The premarital period can be associated with the preconception period. The purpose of this research is to determine the effect of health education counseling methods on knowledge about preconception nutrition On Future Bride.

This study used the one-group pretest-posttest design method. The sample in this study was 16 respondents taken using a non-probability sampling technique. The research instruments used were counseling methods and questionnaires. The research results were analyzed using the Wilcoxon statistical test.

The results of the research showed that $p\text{-value} = 0.001 < \alpha (0.05)$ so there is an influence of health education counseling methods on knowledge about preconception nutrition in prospective brides.

It is hoped that health workers can become a reference for applying health education for prospective brides about preconception nutrition as a means to increase knowledge.

I. Introduction

One of the determinants of the quality of human resources is the fulfillment of individual nutritional adequacy. A person who is malnourished will have an impact on impaired physical growth, intellectual development, and decreased immune system which will result in increased morbidity and mortality. Adequacy of nutrition is needed by every individual since they are still in the womb, infants, children, adolescents, and adults to old age (Supriyono et al., 2013). Pre-marital women who are part of the WUS group need to prepare adequate nutrition for their bodies, because as prospective mothers, optimal nutrition in pre-marital women will affect the growth and development of the fetus, the health conditions of the babies born and safety during the birth process (Paratmanitya et al. 2012).

The pre-marital period can be associated with the pre-conception period, because after marriage women will immediately undergo the conception process. The preconception period is the period before pregnancy. The preconception period is the time span from three months to a year before conception and ideally should include the time when the ovum and sperm are mature, which is around 100 days before conception. The nutritional status of pre-marital women for three to six months during the pre-conception period will determine the condition of the baby being born. Perfect nutritional requirements during the pre-conception period are the key to the birth of normal and healthy babies. For expectant mothers, adequate and balanced nutrition will affect overall health conditions during conception and pregnancy and will be able to break the chain of malnutrition problems during pregnancy (Susilowati dkk. 2016).

Chronic energy deficiency (CED) is still a major nutritional problem that often affects WUS. A person can be said to be KEK if the result of measuring the upper arm circumference (LILA) is



below 23.5 cm. The prevalence of SEZ in WUS in Indonesia according to the 2020 Public Health Development Index (IPKM) shows a figure of 20.97%. (IPKM, 2020).

In Indonesia, the Maternal Mortality Rate (MMR) is still relatively high, namely 228 mothers per 100,000 births as well as the Infant Mortality Rate (IMR) of 34 babies per 1,000 births. The World Health Organization (WHO) defines that a baby who is said to be LBW is a baby born weighing less than 2500 grams. In Indonesia, the prevalence of LBW in 2020 has reached 10.2% (Risksdas, 2020).

The impact of pre-married women who suffer from CED, among other things, can lead to anemia, maternal death during childbirth, fetal death, low birth weight babies (LBW), premature birth, and birth defects to death in infants (Stephanie et al. 2016). Impaired fetal growth and poor growth in infancy are currently recognized as important determinants of neonatal and infant mortality, stunting, overweight, and obesity in childhood and adulthood. Therefore, nutrition interventions must be emphasized before pregnancy and during pregnancy (Black, et al in Patimah 2017).

Various factors can affect the nutritional status of premarital women before pregnancy. The influencing factors are age, education, and nutritional status. Meanwhile, during pregnancy, several influencing factors are the frequency of pregnancy, the degree of physical activity, complications of disease during pregnancy, psychological conditions, and food intake (Badriah in Fauziyah 2012).

Knowledge of nutrition plays an important role in fulfilling one's nutritional adequacy. The level of knowledge will encourage someone to have optimal abilities in the form of knowledge and attitudes. A lack of knowledge of nutrition will affect a person's understanding of concepts and principles as well as information related to nutrition (Siwi, 2009). Efforts to increase knowledge can be done by providing nutrition education (Supariasa, 2014). Nutrition education encourages a person in the form of knowledge and changes in attitude (Notoadmojo, 2012).

Based on the results of the description above, the authors are interested in researching "The Influence of Health Education Counseling Methods on Knowledge of Preconception Nutrition in Bride-to-be" in an effort to prevent and improve nutritional status for the development of quality human resources.

II. Methods

Design and Samples

The research was conducted at the Simo Community Health Center, Tulungagung Regency, East Java in February – March 2023. The research design used in this research is a one-group pretest-posttest design. The sampling technique is taken by the total population sampling with a total of 16.

Data Collection

The researcher distributed the pre-test questionnaires to the respondents directly and explained how to fill out the questionnaires. Give the provision of time to fill out the questionnaire approximately 15 minutes. After all the questions were filled in, the questionnaire was asked again and collected to b the researcher. Then Respondents were given a questionnaire about preconception nutrition and then given health promotion through counseling methods. Then a posttest was carried out to measure knowledge about preconception nutrition by filling out the same questionnaire.

Data Analysis

Statistical test for both variables using the Wilcoxon test.

III. Results and Discussion

Table 1. Analysis of the Influence of Health Education Counseling Methods on Knowledge of Preconception Nutrition in prospective brides

Knowledge of Preconception Nutrition	Before to Counseling		After to Counseling	
	F	%	F	%
Excellent	1	6,25	8	50,0
Intermediate	10	62,5	5	31,25
Poor	5	31,25	3	18,75
Total	16	100	16	100

$p\text{-value} = 0,036$ $\alpha = 0,05$

Table 1 above shows that before being given knowledge, most of the respondents (62.5%) had sufficient knowledge about preconception nutrition in prospective brides and after being given knowledge about preconception nutrition in prospective brides. Half of the respondents (50.0%) had good knowledge about preparing for the future. high school Based on statistical tests using the Wilcoxon test it is known that the $p\text{-value} < \alpha$ is $0.036 < 0.05$ so that H_0 is rejected and H_1 is accepted, meaning that there is an influence of health education counseling methods on knowledge about preconception nutrition in prospective brides.

Based on the table above, it shows that before being given knowledge, most of the respondents (62.5%) had sufficient knowledge of Preconception Nutrition for prospective brides and after being given Knowledge about Preconception Nutrition for prospective brides, half of the respondents (50.0%) had good knowledge of preparing for the post-school period. . Based on statistical tests using the Wilcoxon test, it is known that the $p\text{-value} < \alpha$ is $0.036 < 0.05$ so that H_0 is rejected and H_1 is accepted, meaning that there is an influence of health education counseling methods on knowledge about preconception nutrition in prospective brides. This is closely related to the health education method of the bride and groom, which plays an important role in increasing the provision of the bride and groom, one of which is knowledge about health. Education is needed to increase awareness about the importance of pre-conception nutritional preparation in the bride and groom who are planning a pregnancy. Nutritional knowledge plays an important role in fulfilling one's nutritional adequacy. The level of knowledge will encourage a person to have optimal abilities in the form of knowledge and attitudes. Lack of nutritional knowledge will affect one's understanding of concepts and principles as well as information related to nutrition. Efforts to increase knowledge can be done by providing nutrition education. Nutrition education encourages a person in the form of knowledge and changes in attitude. (Doloksaribu, 2019).

The results of this study are in line with the results of Tria Ningsih's research, Arfah Husna (2022) states that there is a very significant influence on the nutritional knowledge possessed by respondents after being given education and based on the tests that have been carried out. This is of course very helpful to overcome this one health problem, namely stunting. And it can be seen that the provision of nutrition knowledge education to the bride and groom or the public during the pre-conception period gives very optimal results.

IV. Conclusion

It can be a provision for preconceptional women regarding the importance of nutrition for expectant mothers and can increase awareness of fulfilling nutrition before pregnancy. The level of knowledge will encourage someone to have optimal abilities in the form of knowledge and attitudes. The existence of preconception nutritional counseling can broaden the respondents' thoughts in addressing problems and add or increase insight into premarital health education.

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