

ABSTRAK

Irmawati Hamzah. 841 411 130. Hubungan yang bermakna antara *morning sicknes* dengan Status Gizi pada ibu hamil trimester I di Puskesmas Limba B. Skripsi, Jurusan Keperawatan, Fakultas Ilmu-Ilmu Kesehatan dan Keolahragaan, Universitas Negeri Gorontalo. Pembimbing I dr. Nanang Roswita Paramata, M.Kes, Pembimbingan 2 Ns. Andi Mursyidah, S.Kep, M.Kes.

Morning Sickness atau mual dan muntah ini dapat terjadi karena pengaruh estrogen dan progesteron menyebabkan pengeluaran asam lambung yang berlebihan, sehingga menimbulkan mual dan sering dapat mengakibatkan gangguan kesehatan dan mengarah pada pengaruh status gizi ibu hamil. Penelitian bertujuan untuk mengetahui hubungan *morning sicknes* dengan Status Gizi pada ibu hamil Trimester I dipuskesmas limba B Kota Gorontalo.

Jenis penelitian *kuantitatif* dengan pendekatan *cross sectional study*. Populasi adalah seluruh ibu hamil Trimester 1 yang mengalami *morning sickness* yang berada dipuskesmas Limba B yang berjumlah 54 dan sampel sebanyak 34 orang yang diambil dengan teknik *accidental sampling*. Data menggunakan kuisioner dan dianalisis dengan uji *Chi Square Test*.

Hasil penelitian menunjukkan 64,7% memiliki kategori *morning sicknes* sedang dan 91,2% memiliki status gizi normal. Hubungan *morning sicknes* dengan Status Gizi pada ibu hamil trimester I di Puskesmas Limba B dengan nilai *p value* 0,257.

Tidak terdapat hubungan yang bermakna antara *morning sicknes* dengan Status Gizi pada ibu hamil. Untuk itu disarankan agar petugas Puskesmas meningkatkan pelayanan kesehatan yang diberikan kepada ibu hamil khususnya pada ibu hamil trimester I melalui pemberian konseling mengenai upaya dalam meningkatkan status gizi dan bagaimana mengatasi masalah *Morning sickness*.

Kata kunci : *Morning Sickness*, Status Gizi.

Daftar Pustaka : 29 (2005-2015)

ABSTRACT

Irmawati Hamzah. 841 411 130. The Significant Relation between Morning Sickness with Nutrient Status of Trimester I Pregnant Mothers at Puskesmas (Public Health Center) Limba B. Skripsi, Department of Nursing, Faculty of Health Sciences and Sports, State University of Gorontalo. The principal supervisor was dr. Nanang Roswita Paramata, M.Kes, and the co-supervisor was Ns. Andi Mursyidah, S.Kep, M.Kes.

Morning Sickness or queasy and vomit happen because of estrogen and progesterone which causes the production of excessive gastric acid so that it causes queasy and often causes health problem and affect the nutrient status of pregnant mother. This research aimed at investigating the relation between morning sickness with nutrient status of trimester 1 pregnant mothers at Puskesmas Limba B of Gorontalo City.

This research was quantitative research with cross sectional study. The population were all pregnant mothers in trimester 1 who experienced morning sickness amounted to 54 mothers and samples were 34 mothers gained by accidental sampling. The data were collected by questionnaire and analyzed by Chi Square Test.

The research result showed that 64,7% experienced moderate morning sickness and 91,2% had normal nutrient status. The relation between morning sickness with nutrient status of trimester 1 pregnant mothers at Puskesmas Limba B had p value as 0,257.

Thus, there is no relation between morning sickness with nutrient status of pregnant mothers. Therefore, it is suggested that Puskesmas officials should increase the health service for pregnant mothers particularly pregnant mother in trimester 1 through giving counseling related to how to increase the nutrient status and how to overcome the morning sickness problem.

Keywords: Morning Sickness, Nutrient Status

References: 29 (2005-2015)

