

Literature Review: Pregnant Women's Knowledge Of Nutrition During Pregnancy

Lilis Setiowati, Emi Nurlaela

Nursing Professional Program, Faculty of Health Science, University of Muhammadiyah Pekajangan Pekalongan

July,2020

ABSTRAK

The Background: Nutrition in pregnant women is very important for fetal growth and development. If a mother gets adequate and balanced nutritional intake, the fetus will also be healthy. One of the factors that cause pregnancy anemia is knowledge. Knowledge of the nutrition of a pregnant woman will influence the decision making in providing adequate nutrition for the mother and her baby in order to prevent and overcome anemia during pregnancy.

The Research Objectives: This study aimed to identify the knowledge of pregnant women about nutrition during pregnancy through literature review.

The Research Methods: The research method used was literature review by searching for journals related to the theme taken from Google Scholar. In the search, the words used were pregnant women knowledge, nutrition during pregnancy, anemia in pregnant women.

The Results: From the six articles, it was found that the respondents' knowledge had a good level of knowledge. The average age of most respondents was from the age of reproduction, namely from the age of 20-35 years (58,8%). Most respondents were in high school education, namely 45,2%. Most of them were housewives (33,1%).

Keywords: *Knowledge, Nutrition of Pregnant Women, Anemia*

Bibliography: 15 books, 6 articles.