

# Gambaran Pengetahuan dan Sikap Primigravida mengenai Konsumsi Suplemen Asam Folat di Kecamatan Cipayung, Jakarta Timur = Descriptive study of Primigravid's knowledge and attitude towards Folic Acid Supplementation in Cipayung District, East Jakarta

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## Abstrak

Tingkat konsumsi suplemen asam folat pada wanita hamil masih rendah. Penelitian ini bertujuan untuk memberikan gambaran pengetahuan dan sikap primigravida mengenai konsumsi suplemen asam folat di Kecamatan Cipayung, Jakarta Timur. Desain penelitian yang digunakan deskriptif sederhana dengan metode analisis univariat. Jumlah sampel sebanyak 62 responden, ditentukan dengan teknik consecutive sampling.

Hasil penelitian menunjukkan mayoritas responden memiliki pengetahuan cukup (48,4%) dan responden paling banyak memiliki sikap baik terhadap konsumsi suplemen asam folat (79%). Pengetahuan cukup karena sumber informasi mudah didapat. Sikap baik dipengaruhi pengetahuan cukup, akses informasi mudah, dan pengalaman significant others. Penelitian ini merekomendasikan adanya penyuluhan mengenai asam folat pada wanita usia muda.

.....There is still low rate of folic acid supplementation by expectant mothers. This study purpose was to provide an overview about knowledge and attitude of primigravid about folic acid supplementation in Cipayung District, East Jakarta. The research design was a simple descriptive with univariate analysis method. The total samples were 62 respondents, determined by consecutive sampling technique.

The results showed most respondents had sufficient knowledge (48,4%) and the majority respondents had good attitude toward folic acid supplementation (79%). The good knowledge and attitude caused by significant others' experiences, and rich information sources. This study suggests to hold a more massive information about folic acid given to younger women.