

NUTRITION OF NUTRITIONAL MOTHER KNOWLEDGE IN THE BEGINNING IN THE HEALTH CENTER OF KAB PANGKEP

Dahnir¹

¹Department of Midwifery, Nani Hasanuddin Health Science Academy, Makassar, Indonesia (Email: dahnir@stikesnh.ac.id/085394434695)

ABSTRACT

Background: According to WHO, the majority of 80% of the main causes of maternal death are related to pregnancy, childbirth and the puerperium, 20% of the celebrities are indirect. The puerperium period begins when the placenta is born and ends when the reproductive devices return to their pre-pregnancy condition, which is approximately 6 weeks or 42 days, for which adequate nutrition is needed. Postpartum maternal nutrition is needed to produce breast milk and restore maternal health. The calorie intake needed per day is 500 calories and can be increased to 2,700 calories. Nutritional quality of postpartum mothers can be influenced by the level of knowledge (Astutik, 2015). **Objective:** The purpose of this study was to determine the knowledge of postpartum mothers about nutrition during childbirth in the Segeri Pangkep Health Center on good and lack of knowledge. **Method:** The research method used in this research is descriptive type of research. This research was conducted at Segeri Pangkep Health Center with purposive sampling technique. The sample size in this study was 38 postpartum mothers. **Results:** of this study explain that 38 respondents contained 25 respondents (65.79%) who were well-informed and as many as 13 respondents (34.21%) who lack knowledge. **Conclusion:** With maternal nutrition during childbirth can maintain maternal health, help the healing process and help produce ASI. The need to provide counseling about the importance of nutritional intake during childbirth

Keywords: *Postpartum maternal knowledge, postpartum nutrition*