

ABSTRACT

THE INFLUENCE OF FOOD TABOO, NUTRIENT SUFFICIENCY LEVEL, THE CONSUMPTION OF TEA AND IRON TABLET TO PREGNANT WOMEN HEMOGLOBINE IN PEKALONGAN CITY 2006

Afiyah Sri Harnany

Background: One of two pregnant women in Pekalongan suffers from anemia. Anemia in pregnancy gives ill effect to both mother and the baby. Based on the previous study, 83% pregnant women in Pekalongan still practice a food taboo during her pregnancy.

Purpose: This study was aimed to see the influence of food taboo and some other factor, namely the level of nutrient intake, consumption of iron tablet, and the habit of drinking tea to the level of pregnant women hemoglobine in Pekalongan city.

Method: The study used survey method, in a cross sectional design which was preceded with a qualitative study. Samples were 79 pregnant women on their third semester of pregnancy, taken by proportional random sampling. Hypothesis were tested using multiple regression.

Result: More than a half of respondents (60%) had food taboo. Food which were not consumed are ink fish (55,7%), shrimp (54,4%), sembilan fish (51,9%), cat fish (49,4%), all of sea fish (11,4%), egg (24,1%), goat meat (17,7%), pineapple (29,1%), durian (32,9%), heart (30,4%), egg plant (34,2%) and sugar of brown palm (1,3%). Most of pregnancy women had low iron intake (70,9%), with low and deficit protein intake (26,6% and 21,5%) compared to RDA, About of half pregnant women (51,9%) were anemie and had deficit intake of vit C (65,8%) with low iron tablet intake (70,9%), and once a day tea intake (77%). The R Square was 0,599 for all variabells being studied and for food taboo alone ($p=0,001$).

Conclusion and Recommendation: Food taboo gives significant contribution to the Hb level of pregnant women. A set of metrition education should be designed to adrees the practice of harmful taboo

Key word: Taboo, iron tablet, frequency of drinking tea, anemia of pregnant women.