

Pengaruh *Food Taboo* Terhadap Tingkat Konsumsi Zat Gizi dan Pola Makan Ibu Nifas di Desa Kedungsari Kecamatan Kemlagi Kabupaten Mojokerto (*The influence of Food Taboos against the Consumption levels of Nutrients and diet of the mother in the village of Kedungsari sub-district of Kemlagi Mojokerto*)

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ABSTRACT

Puerperal period is a period of recovery, ranging from the delivery is completed to the organs in the womb back in such circumstances long before pregnancy and postpartum period is 6-8 weeks. One factor to prevent bleeding and infection in the postpartum mother is fulfilling the nutritional needs and eating patterns and food taboo postpartum mother that they trust. This study aims to know the effect of food taboo on the level of nutrient consumption and eating habits in the postpartum mother Kedungsari Village, District Kemlagi, Mojokerto. This research uses quantitative study using cross sectional design with the design of the sampling technique using saturated sampling and the number of research subjects were 28 orang. Techniques of analysis applied that test Spearman Rank correlation test followed by logistic regression. Spearman rank test result 0.078 <0.05 so it was not a significant difference between the food taboo with the level of energy consumption, 0.547 <0.05 so it was not a significant difference between the food taboo with the level of protein intake. Spearman rank test results obtained significance value of 0.034 <0.05, so there is significant relationship between food taboo with diet. Multivariate analysis with multiple logistic regression test ($p = 0.040 < 0.05$), while the food ($0.078 > 0.05$) and protein consumption level ($0.547 > 0.05$).

Keywords: *The time of parturition, Food Taboos, the level of consumption of Nutrients, eating patterns*