

The Knowledge Postpartum About The Importance of Nutrition in Pelambuan City of Banjarmasin, Province of South Kalimantan

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Article

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Abstract

The nutritional needs of postpartum mothers are more because, in addition to the formation of Mother's Milk (ASI) in the breastfeeding process, it is also useful in the process of recovering conditions after giving birth. There are still many postpartum mothers who do not eat nutritious foods, abstain from eating certain foods that should be needed by postpartum mothers. Based on a preliminary study conducted at the Pelambuan Health Center Banjarmasin on 7 postpartum mothers who still abstain from eating fresh fish. This study aims to describe the knowledge of postpartum mothers about the importance of nutrition during the postpartum period at the Pelambuan Health Center, Banjarmasin City, South Kalimantan Province. This study uses a descriptive method with a cross-sectional approach. The total population in October was 182 postpartum mothers and then taken with a 20% sample allowance of 38 postpartum mothers with accidental sampling technique. Data collection is in the form of a questionnaire. The results showed that the knowledge of postpartum mothers who understood the importance of nutrition during the postpartum period was mostly good, as many as 81.6% (31 people) of the respondents. enough category that is equal to 18.4% (7 people) and no one is categorized as less. It can be concluded that the knowledge of postpartum mothers about nutrition during the puerperium at the Pelambuan Health Center Banjarmasin can be categorized as good, namely as much as 81.6% (31 people).

Introduction

The Indonesian Health Profile Report (2018), shows that the Indonesian government has made efforts to reduce the Maternal Mortality Rate, especially after childbirth or postpartum mothers. In South Kalimantan Province itself, the coverage of visits made by the provincial government for the last 10 years from 2008 to 2018 was 86.40%. This achievement is above the average

achievement of Indonesia, which is 85.92%.

Although the post-partum visitation achievement by the Provincial Government of South Kalimantan was good and above the average score, out of the five provinces on the island of Kalimantan, the Postpartum Maternal Mortality Rate in South Kalimantan Province reached 0.097% (the highest after Central Kalimantan and East

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Kalimantan) or about 79 people out of 81,296 mothers gave birth. Although relatively low, the maternal mortality rate should continue to be suppressed and anticipated, so that the potential for postpartum maternal mortality is also reduced, especially in the province of South Kalimantan (Indonesian Health Profile, 2018).

The program for giving vitamin A capsules to postpartum mothers is a target program that gets the target of the vitamin A program. Because during the delivery process, the mother has lost a certain amount of blood, so by consuming vitamin A, postpartum mothers can increase endurance, speed up the recovery process, and prevent anemia. The number of postpartum mothers who received vitamin A in 2020 was 10,897 (81.1%), a relatively lower number when compared to 2019 of 13,301 people (97.6%) (Banjarmasin City Health Office, 2020).

During the puerperium, nutritional problem need to be get serious attention, because with good nutrition it can accelerate the mother healing (Saleha 2009. Diet for postpartum period must high quality with sufficient calories, contain sufficient protein, fluids and fruits because of the woman has hemoconcentration. Nutrition is element helping cell repair

The taboo which is widely believed to be true in the Banjarmasin area is consuming dried fish and cacapan (a mixture of salt, shallots, chilies, shrimp paste, flavoring, tamarind, or ramania fruit, as a substitute for chili sauce) will speed up recovery from the puerperium. Even though this is not recommended because the protein content which is quite low in salted fish will slow down the healing and smoothness of breast milk during childbirth. In addition to the recommendation to consume salted fish, the culture of consuming food for postpartum mothers in the Banjarmasin area is also seen from the fact that

postpartum mothers should not eat yellow rice. Even though yellow rice contains carbohydrates and fats from coconut milk which is processed as the main ingredient for making yellow rice, fruits or vegetables also have limitations in consuming them, because they are afraid of allergies from the food they consume (Susvitasari, 2016).

The nutritional needs that must be met throughout the puerperium are 2900 kcal a day by multiplying nutritious foods such as carbohydrates, vegetables, fruit side dishes, and vitamins, besides that there are no prohibitions that are useful for launching breast milk, speeding up healing, and fulfilling nutrition (Nugraheni, 2014).). The nutritional needs include 600 grams of carbohydrates per day, 210 grams of animal protein per day, 300 grams of vegetable protein per day, 400 grams of fiber per day, 400 grams of fruit per day, 30 grams of oil or fat per day, 20 grams of sucrose (sugar) per day, Minerals 2.8 liters to 3 liters per day. , Vitamin C 30 mg and Vitamin A 850 mg (Kemenkes RI, 2021).

Based on a preliminary study conducted on September 30, 2021, on 7 postpartum mothers, all postpartum mothers still abstain from eating fresh fish and often consume cacapan every day. Then postpartum mothers said that they eat large portions a day (3-4x a day), and there are still families who believe in taboos during the postpartum period.

Based on the explanation above, the researcher is interested in examining the knowledge of postpartum mothers based on nutritional culture factors for postpartum mothers at the Pelambuan Health Center, Banjarmasin City, South Kalimantan Province.

Research Methode

This study uses a descriptive method, namely research conducted to describe a variable in a phenomenon that occurs in society. The approach used in this study is a cross-sectional approach, namely considering the phenomena that occur in



the present or at the time of the research (Notoadmodjo, 2012).

The population in this study were postpartum mothers who gave birth normally at the Pelambuan Health Center Banjarmasin, totaling 182 people. This study uses a sampling technique that is using the Accidental Sampling technique. Accidental sampling is done by taking cases or respondents who happen to be at the research site and in accordance with the research context. The sample in this study amounted to 38

postpartum mothers who came to the health center where the research was conducted. Determination of the number of samples in this study using the 20% allowance formula.

Results and Discussion

The results of the research on the knowledge of postpartum mothers about the importance of nutrition during the postpartum period in the working area of the Pelambuan Health Center, Banjarmasin, South Kalimantan, can be seen in the following description :

Table 1. General Description of the Characteristics of Postpartum Mothers by Age in the Pelambuan Health Center Area, West Banjarmasin

Age	Frekuensi (f)	Presents (%)
High Risk	9	23.7 %
Healthy Reproduction	29	76.3 %
Total	38	100 %

Based on the table above, most of the respondents were of healthy reproductive age as many as 76.3% (29 people), and at high-risk age as many as 23.7% (9 people). As stated by Pangesti (2012), a healthy reproductive age is an age that has an important role related to the level of thinking or individual cognition. Age can also affect the ability of understanding, mindset, and individual comprehension. Increasing age also encourages the development of perception and mindset, thus the knowledge gained by individuals is also

getting better. In the age range of 20-35 years, individuals are required to take an active role in society and social life. In addition, they will spend more time reading by receiving and understanding the information conveyed from any source to become knowledgeable, especially regarding the types of nutrition, nutritional composition, and the impact of dietary restrictions. Based on the characteristics of the respondents, the majority of respondents aged 20-35 years were 76.3% (29 people).

Table 2. General Description of the Characteristics of Postpartum Mothers based on Education in the Pelambuan Health Center Area, West Banjarmasin

Education	Frekuensi (f)	Presents (%)
Low	9	23.7%
High	29	76.3%
Total	38	100%

Based on the table above, it can be seen that the education level of most respondents is the higher education level as much as 76.3% (29 people) and the low education level as much as 23.7% (9 people).

Knowledge is closely related to education. For individuals who receive

education at a higher level, it is expected that these individuals also have broad and deep knowledge. However, this does not mean that individuals with low levels of education have low knowledge. As stated by Supradi, et al (2012), individuals with a high degree of education tend to be more receptive to information and have a lot of knowledge.



This is also in accordance with Alexander's research (2018), mothers with medical/paramedic educational backgrounds will be different during the puerperium and breastfeeding compared to mothers with non-medical/paramedic educational backgrounds. Education is a factor that can affect knowledge, one of which is junior secondary education such as high school that can absorb

information well from various sources and can be applied through information. The information obtained in knowledge includes information from health workers about breast care. However, unlike schools with basic education such as universities and primary schools, it will be difficult for them to receive or obtain information from wider sources to gain sufficient knowledge about nutrition during the postpartum period.

Table 3. General Description of the Characteristics of Postpartum Mothers by Occupation in the Pelambuan Health Center Area, West Banjarmasin

Occupation	Frekuensi (f)	Prosentase (%)
Work	17	44.7%
Not Work	21	55.3%
Total	38	100%

Based on the table above, it is known that the majority of respondents are not working as much as 55.3% (21 people), and 44.7% (17 people) who are working. This is in line with Indrawati's research (2020) which shows that working mothers have sufficient knowledge to receive information because working mothers will seek friendship more so that they have more understanding and insight than mothers who do not work. nutrition during the puerperium.

This is also in line with Alexander's research (2018). Working mothers tend to be more up-to-date in obtaining information and knowledge about nutrition during the puerperium from various media such as electronic newspapers, printed newspapers, and media for medical personnel, so that mothers can fully understand nutrition during the puerperium.

Table 4. General Description of the Characteristics of Postpartum Mothers based on Culture in the Pelambuan Health Center Area, West Banjarmasin

No	Type of taboo	Answer yes (%)	Frekuensi (f)	Answer no (%)	Frekuensi (f)
1	Abstinence from consuming fresh fish can slow down the wound healing process after giving birth and make breast milk fishy	26.3	10	73.7	28
2	Abstinence from consuming excessive caffeine can have an impact on breast milk so that the baby is fussy and has difficulty sleeping	76.3	29	23.7	9
3	Food taboos for postpartum mothers are allowed if the mother has food allergies	89.5	34	10.5	4

Based on the table above, it is known that there is 89.5% (34 people) of postpartum mothers abstain from food if the mother is allergic to certain foods. Besides that,

it is also known that 76.3% (29 people) of the research object, namely postpartum mothers believe that consuming caffeine will have an impact on their babies, and



26.3% (10 people) of postpartum mothers abstain from consuming fresh fish.

This is in line with the theory by Laurensia (2016) nutritional needs during the puerperium because there are still some postpartum mothers limiting the food consumed during the puerperium where this may be due to the encouragement of parents and families who are considered more experienced according to their different backgrounds and cultures. they have. This is in line with research by Rahajeng (2019) At this

time a lot is happening among mothers, namely, 53% of postpartum mothers still believe in the culture of abstinence or taboos from consuming certain foods, which because of the influence of the previous culture, parents who believe it can cause something harmful even though they are still alive. have to breastfeed. This makes them want to abstain, without realizing that their actions can affect the development and growth of their babies and the nutrition of the postpartum mother herself.

Table 5. Description of Knowledge of Postpartum Mothers on Types of Nutrients that must be consumed by Postpartum Mothers

Knowledge	Frekuensi (f)	Persentase (%)
Good	34	89,5
Enough	4	10,5
Jumlah	38	100,0

Based on the table above, it is known that the knowledge of postpartum mothers on the types of nutrition, most of the respondents have good knowledge of 89.5% (34 people), the knowledge is categorized as sufficient by 10.5% (4 people) and none of them has less knowledge about the types of nutrients that must be consumed. during the puerperium.

Types of nutrition during the postpartum period are to consume an additional 500 calories per day and drink at least 3 liters per day. Taking iron pills for 40 days postpartum. Drink Vitamin A (200,000 units) so that the breast milk given to babies also contains vitamin A. According to the Indonesian Ministry of Health (2013), the type of nutrition consumed by postpartum mothers to fulfill their nutritional needs is carbohydrates, consuming food containing 50-60% carbohydrates obtained from rice, sweet potatoes, potatoes, noodles, cassava, and wheat flour. The increased protein needs are met by adding one piece of tofu, tempeh and beans, meat, fish, and other sources of animal protein.

While the need for polyunsaturated fats (PUFA) is needed in the production of breast milk obtained from avocados, almonds, corn oil, olive oil, coconut, butter, coconut milk. Vitamins and minerals, vitamins and minerals are useful in facilitating the body's metabolic processes. Some of the vitamins and minerals found in breast milk can be obtained from fish or meat, which contain phosphorus, calcium, iron, iodine, and zinc. Water, the need for water during the breastfeeding process increases by 200cc per day, especially for mothers who are active and have a large body mass. Mothers are recommended to drink 8-10 glasses of water per day and supplemented with special formula milk for breastfeeding at least two glasses per day.

As stated by Solehati (2020), the nutritional needs of postpartum mothers are a source of building energy, regulating the body in the growth process, developing babies, facilitating breast milk production, maintaining levels of vitamins that are soluble in breast milk, providing vitamin A intake for mothers and babies so that they are avoided. from blindness, increase



immunity, restore the condition and maintain maternal health. This nutrition is related to the type, frequency, and schedule of food consumed. The necessary substances can be obtained from fish, eggs, meat, and so on. Breastfeeding mothers need more nutrition because it is used to produce breast milk and the mother's self-recovery. The type of food consumed greatly affects the production of breast milk produced by the mother, therefore the mother should consume foods that meet the needs of calories, protein, fat, vitamins, and minerals. Postpartum mothers are highly recommended to consume lots of minerals by drinking a lot, especially during breastfeeding and before breastfeeding. Nutrients needed by postpartum mothers are used to increase hemoglobin levels, such as folic acid, vitamin B12, iron, vitamin C, and carbohydrates. Postpartum mothers also need an additional 2900kcal in the first 6 months after giving birth, 700 kcal more than adult women in general.

Furthermore, research conducted by Zakiyuddin (2021) Based on interviews with postpartum mothers who carry out the badapu tradition by using the

frequency of eating, shows that the food consumption patterns of postpartum women who carry out the badapu tradition are slightly different and almost the same every day with the main menu of rice, eggs, and fish. fry. All postpartum mothers (100%) consumed rice as a source of carbohydrates. At least postpartum mothers eat snacks because there are restrictions to be able to consume these foods. The most consumed source of animal protein was fish (84.4%) because it was easy to obtain and did not cause adverse effects on the condition of the postpartum mother and her baby. Among animal dishes, the Indonesian population eats relatively. This is also in line with the theory by Tavares (2013). It was observed that among the foods most consumed by mothers, four of them were milk, beans, rice, and white bread, the last two being cheap foods with low nutritional content. That the diet is limited to a variety of foods and low consumption of vegetables and fruits. Although consumption of alcoholic beverages is discouraged during breastfeeding, an average alcohol intake of 0.85 grams/day was identified, a value less than that found in other studies of 2.8 grams/day on average.

Table 6. Description of Knowledge of Postpartum Mothers on Nutritional Composition during the Postpartum Period

Knowledge	Frequency (f)	Percentage (%)
Good	11	28,9
Enough	25	65,8
Not Enough	2	5,3
Total	38	100,0

Based on the table above, it is known that the knowledge of postpartum mothers on the nutritional composition of most of the respondents has sufficient knowledge of 65.8% (25 people), knowledge in the good category of 28.9% (11 people), and respondents with less knowledge in the category of 5.3% (2 persons).

Nutrients consumed by postpartum mothers must be nutritious, of high quality, and meet caloric needs. Calories are needed for the body's metabolic

processes, the work of organs, and the formation of breast milk. Breastfeeding mothers need 2900 cal in the first 6 months and 2700 cal in the following month.

The composition needs for postpartum mothers are 6 servings of carbohydrates a day or 1 serving is equivalent to 10 grams (3/4 cup of rice). Protein is divided into 2, namely animal protein needed 4 servings a day or 1 portion equivalent to 50gr (1 medium piece of fish), while 1



portion is equivalent to 55gr (1 chicken egg), while vegetable protein needed 4 servings a day or 1 portion equivalent to 50gr (1 medium piece of tempeh). as for 1 serving is equivalent to 100 gr (2 pieces of medium tofu). Vegetables 4 servings a day or 1 serving is equivalent to 100gr (1 bowl of cooked vegetables without sauce). Fruits 4 servings a day or 1 serving is equivalent to 100gr (1 medium slice of banana), while 1 portion is equivalent to 100-190gr (1 large piece of papaya). Oil/Fat 6 servings a day (oil or fat including coconut milk used in processing, fried, sauteed or cooked food with coconut milk) equivalent to 1 serving with 5gr (1 teaspoon sourced from food processing such as frying, sautéing, coconut milk, candlenut, butter and other sources of fat). 2 servings of sugar a day or 1 serving is equivalent to 10gr (1 tablespoon sourced from sweet cakes, drinking sweet tea, and others). It is recommended to meet fluid needs by drinking 2-3 liters of water per day or more than 8 glasses of water a day (12-14 glasses a day). Especially when the air is hot, sweats a lot, and has a fever (Kemenkes RI, 2021).

As stated by Dyah (2014) that the fulfillment of nutritional needs during the postpartum period includes the type, portion, and frequency of eating. The addition of food portions during the postpartum period was reviewed by 2 informants. There are those who say it's the same as during pregnancy and there are also those who suggest increasing the portion of food because it is important for children. Meanwhile, for the food consumed by mothers, some stated that they had fulfilled the nutritional needs of 4 healthy 5 perfect. As for the frequency of eating, some stated times, 4 times a day, or every time they were hungry. The postpartum mother's actions related to the fulfillment of nutrition/nutrition refer to personal experiences and environmental factors that have been believed and have given rise to motivation to act according to her beliefs.

This is also done in a study by Falciglia (2014) Mothers in the intervention group consumed significantly more servings of total vegetables and dark yellow and dark green vegetables, while the usual care group experienced a significant increase in total vegetable intake only. The findings of this study are in line with a systematic review of nutritional interventions to increase vegetable intake which resulted in an average increase of 0.39 servings of vegetables per day. Importantly, when intervention mothers were compared with control mothers, a higher percentage of intervention mothers met the goals for total vegetable intake and there was a significant trend for intake of dark green and dark yellow vegetables.

Meanwhile, a study conducted by Ayubi (2021) showed that postpartum mothers had an intake of energy, macronutrients (protein, fat, saturated fat, monounsaturated fat, polyunsaturated fat, and fiber), and micronutrients (iron, folate, sodium, and fiber) which was higher in postpartum mothers. zinc, magnesium, phosphorus, potassium, niacin, retinol, riboflavin, thiamine, and vitamin E) compared with women > 12 months postpartum. Compared with late postpartum women and women >12 months postpartum, early postpartum women have consumed a lower proportion of energy as protein and a higher proportion as carbohydrate intake. Early postpartum women have consumed a lower proportion of energy as fat compared to women >12 months after delivery. Carbohydrate intake (g/day), glycemic load, calcium, and vitamin C were higher in early postpartum women compared to late postpartum women and also higher in late postpartum women compared to women >12 months postpartum. On the other hand, alcohol intake was highest in women > 12 months postpartum compared with late postpartum women and in late postpartum women compared with early postpartum women. Late postpartum women had significantly higher



cholesterol and beta-carotene intakes and a lower dietary glycemic index (GI)

compared with women >12 months after delivery.

Table 7. Description of Knowledge of Postpartum Mothers about the various impacts if the mother abstains from food during the postpartum period

Knowledge	Frequency (f)	Percentage (%)
Good	25	65,8
Enough	9	23,7
Not Enough	4	10,5
Total	38	100,0

Based on the table above, it was found that the knowledge of postpartum mothers on the impact of dietary restrictions during the postpartum period, most of the respondents had good knowledge of 65.8% (25 people), knowledge was categorized as sufficient by 23.7% (9 people) and respondents with less knowledge were categorized as 10.5% (4 people).

Knowledge of the impact of dietary restrictions during the postpartum period is important for mothers to know because if they do not get adequate nutrition, there will be consequences for their nutritional status, breast milk volume, and the healing process. Indonesia is now faced with nutritional problems, including malnutrition and overnutrition. Malnutrition is caused by poverty, low awareness of health and sanitation. The problem of excess nutrition is caused by the rapid progress of the local economy and a lack of knowledge about nutrition (Waryana, 2010). Abstinence is food ingredients and foods that are not allowed to be eaten by individuals in society for cultural reasons. Challenging customs that are taught from generation to generation and tend to be obeyed even though the individuals being governed do not really understand or believe in the reasons for abstaining from food, the type of taboo (Jannah, 2013). According to Sulistyawati (2009), during breastfeeding, you should not drink coffee because the coffee will increase the work of the kidneys so that the mother will urinate more often, even though she needs more fluids. In addition, avoid foods that taste extreme, such as very

spicy, very bitter, or the mother has taboos. In addition to extreme taste images, it is important to pay attention to foods or drinks whose contents can affect the baby's health. According to Susvitasari (2016), postpartum mothers from the Banjar tribe also have some dietary restrictions that smell fishy, like Iwak Patil (lundu, puyau, catfish). Postpartum mothers should not eat fishy-smelling food and fish because the breast milk will smell fishy, the child and urine will also smell fishy. In addition, postpartum mothers should not eat papuyu/betok fish because it will cause headaches (in-depth interview). This taboo is actually detrimental to health.

This is because according to Manuaba, animal protein is a complete (perfect) protein that contains a complete variety of essential amino acids that can meet biological elements.

This is in line with research conducted by Aimee (2018) To improve health in infants and mothers, breastfeeding women are advised to make changes to their diet, including recommendations about caffeine intake. To ex-sufficiently, the European Food Safety Authority advises that "habitual caffeine consumption at a dose of 200 mg per day consumed by nursing mothers in the general population does not pose a safety concern for nursing infants". The UK's National Health Service (NHS) recently updated its recommendation for breastfeeding women is to limit "intake to less than 200 mg a day" (previously 300 mg/day) as caffeine "can make your baby restless" and "may keep them awake". However, the evidence behind the



suggestion is unclear. Both are major recent systematic reviews of the safety of caffeine consumption.

Caffeine consumed by the mother passes into breast milk, and caffeine has a longer half-life in infancy with more elimination being deposited in breastfed infants. On the other hand, caffeine is not completely contraindicated in infants. The stimulant effect of caffeine is used clinically for the treatment of apnea of prematurity, which is a "stopping" of breathing lasting more than 15 seconds, alarmed by hypoxia or bradycardia".

Furthermore, the research conducted by Diana (First Journal) The second most mentioned food taken during postpartum recovery in this study were fruits and vegetables to increase and restore blood. This result contradicts a study conducted in China, where 18% of participants never ate vegetables, while 78% never ate fruit during the puerperium. "Cold foods" (vegetables) are restricted during postpartum recovery because they decrease milk production. Instead, women are advised to consume "hot foods" which include fruits such as bananas, coconuts, pineapples, and red chilies as they help the mother to recover from the trauma of childbirth. In India, green leafy vegetables are discouraged during breastfeeding as they are considered "cold food" and can cause coughs and colds in children. In this study, it was reported consuming large amounts of tea and coffee during postpartum recovery they believed it stimulated lactation. It also helps them to stay hydrated. However, they need to be informed about the type of tea to be consumed as some teas contain caffeine. The World Health Organization recommends limiting tea and coffee intake during pregnancy and breastfeeding because they interfere with iron absorption. Caffeine can pass into breast milk and cause hyperactivity and sleep problems in babies. Water is said to be very important during the postpartum period as it facilitates lactation. However,

this contradicts a study conducted in India, where the participants reported that water consumption was restricted as it can cause swelling of the baby's stomach. Water restrictions were also mentioned in a study conducted in West Bengal.

This is also in line with the theory by Widowati (2016) The practice of abstaining from eating is not only for certain types of food but also for certain drinks. Postpartum mothers are not allowed to drink milk, tea, or even coffee. Milk can cause itching in the perineal wound, while tea and coffee can cause the taste of the herbal medicine given by the traditional healer to feel bad and the herbal medicine to lose its efficacy. Postpartum mothers are only allowed to drink water and herbs.

When consuming coffee, the caffeine content in it will enter the bloodstream. In breastfeeding mothers, a small part of the caffeine can pass into breast milk (ASI), so that when the baby suckles, he will also consume the caffeine in breast milk. Babies' bodies can't break down and get rid of caffeine like adults, because their kidneys and liver are not fully developed. As a result, the caffeine will accumulate in the baby's body. The younger your baby is, the longer it will take for caffeine to leave his body. In babies under 1-month-old, the time it takes is about 4 days. Caffeine has stimulant properties that can stimulate physical activity. This can make your baby restless, fussy, and have trouble sleeping after feedings.

Then in Juju's (2014) research on pregnant women in Banten, quoted by Intan (2018: 233) for example, it was stated that women should not eat on large plates because they were worried that it would be difficult to give birth. Women who have just given birth are not exempt from food taboos. In addition to being prohibited from eating bananas because he is worried that the penis will come out of his genitals, he is also not allowed to eat catfish because it will bleed.



This study shows that in societies with strong patriarchal systems, including food taboos, it is evident that more women than men apply, and that food taboos are related to the importance of sharing food resources. Contrary to health teachings, women, especially those who are pregnant or breastfeeding, are prohibited from consuming foods from animal groups such as squid, shrimp, crab, mutton, duck eggs, and fish; from vegetable groups such as banana heart, bamboo shoots, basil, and eggplant; and from fruit groups such as jackfruit, pineapple, durian, and banana, for health reasons too.

However, according to Nurbaiti, L. et al. (2014: 111) due to a food taboo that prohibits pregnant or lactating women in Central Lombok from consuming certain foods rich in protein, fiber, and nutrients, beliefs that are contrary to these nutritional principles are continuously practiced. Fish and squid, which are taboo for pregnant women, are actually foods high in protein and zinc which are very good for the formation of long bones and increasing endurance. Inadequate quality of breast milk and minimal knowledge about family nutrition in some Sasak women cause child development not to be optimal and even lead to stunting or short intergenerational children. The long-term impact of stunting is the occurrence of short intergenerational children.

According to Keefe et al. (2008) quoted by Intan (2018:251), in girls, the impact will be seen when they are adults or pregnant. Women who are stunted have a higher risk of experiencing intrauterine growth retardation (IUGR) and giving birth to babies with low birth weight (LBW). The psychologically short body also affects a child's self-esteem in his social life, especially during adolescence.

Eating sea fish is also very good because instead of causing the wound to dry for a long time, it actually helps replace body tissues damaged during childbirth. Fish also contains Omega 3, vitamins, minerals, and high amino acids which are important for the health and development of brain cells. Breastfeeding women, besides being taboo on eating fish, are also not recommended to eat eggs, even though these two foods are very good because they are a source of protein. This taboo will certainly affect nutritional intake if the breastfeeding mother simply obeys the taboos that have been set. Pawitri (2018) quoted in Intan (2018:252) suggests that nursing mothers choose fresh fish and ensure that the water sources in which the fish live are not contaminated with harmful heavy metals. While chili is not good if consumed too much, not because it affects breast milk, but can make breastfeeding mothers experience diarrhea so that it has an impact on the care of their babies.

Table 8. Frequency Distribution of Knowledge of Postpartum Mothers about the Importance of Nutrition during the Postpartum Period in the Work Area of the Pelambuan Health Center, Banjarmasin, South Kalimantan. (N=38)

Knowledge postpartum maternal nutrition	Frequency (f)	Percentage (%)
Good	31	81.6%
Enough	7	18.4%
Not Enough	0	0%
Total	38	100%

Based on the table above, the knowledge of postpartum mothers about nutritional needs during the puerperium at the Pelambuan Health Center Banjarmasin is in a good category, namely 81.6% (31

people), the sufficient category is 18.4% (7 people), and none is in the poor category.



Knowledge is the result of curiosity through sensory processes, especially in the eyes and ears of certain objects. Knowledge is the most important domain in the formation of open behavior (Donsu, 2017). According to research by Mahayati Lina (2015), there are several factors that influence mothers in knowing nutritional needs during childbirth, including knowledge. Nutritional needs not only pay attention to the amount consumed but also pay attention to the nutrients that must be fulfilled including carbohydrates, proteins, fats, and vitamins. Abstinence from food carried out by postpartum mothers is influenced by several factors including, the lack of knowledge about the benefits of high food can affect food consumption patterns. This can be caused by a lack of information so that errors can occur in understanding nutritional needs.

According to the assumption, the researcher confirms that the majority of postpartum mothers have good knowledge about nutritional needs during the puerperium. This is due to several factors including age, education, occupation, and culture obtained by the respondents. Where in this study respondents aged 20-35 years have good knowledge. Based on education, the majority of respondents have high school education. According to researchers, education affects a person's knowledge where the higher a person's education is, the better his knowledge is expected. Based on occupation, where the majority of respondents are domestic workers or not. According to researchers, the higher one's job will affect knowledge because the higher one's job, the more opportunities for respondents to receive information from the work environment and facilities or more advanced information media, for example by attending seminars on health or using electronic media to obtain information. health and this can support the respondent's knowledge of nutritional needs, because the higher a person's job, the more information he gets. Based on

culture, there are still postpartum mothers who believe in taboos on one type of food. If you consume these foods, it will slow down wound healing, breast milk becomes fishy, and so on, when in fact this type of food is actually very good for consumption for the wound healing process and the process of making breast milk.

As for the research conducted by Sundari (2019) on 52 respondents, 35 respondents (67.3%) of postpartum mothers knew about the nutritional needs of the postpartum period correctly, but there were still many of them who abstained from eating due to the influence of culture and the culture of the local community who still apply ancestral culture. Postpartum mothers with sufficient knowledge category as many as 17 people (32,7) stated that they did not know about the needs of mothers during childbirth and tended to follow the culture and follow taboos on some foods and drinks. This can cause bad effects because the postpartum period is a period of recovery for the organs to their pre-pregnancy state. Therefore. Nutritional needs in terms of quality and quantity play an important role for mothers during the puerperium or breastfeeding period. However, social and customary influences in rural communities are still quite strong. Even though postpartum mothers already have good knowledge about nutritional needs during the postpartum period, knowledge alone cannot be a benchmark that the mother can implement this knowledge in her daily life. There are still some postpartum mothers who limit food to be consumed due to encouragement from their closest family and relatives who are considered to have experience and are in accordance with their culture.





Picture 1.1 Documentation of Research Results at Pelambuan Health Center Banjarmasin City

Conclusions and Suggestions

Conclusion

The results of the study with the title "Objection of Knowledge of Postpartum Mothers About the Importance of Nutrition During the Postpartum Period in the Work Area of the Pelambuan Health Center, Banjarmasin City, South Kalimantan" then the results obtained from 38 respondents can be concluded that the knowledge of postpartum mothers about nutrition during the postpartum period is mostly good knowledge as much as 31 (81.6%) and quite knowledgeable as many as 17 (18.4%).

Suggestions

For the community to further increase knowledge about the benefits, types, and amounts of nutritional composition during the puerperium by seeking more information that can be obtained from health workers and actively participating in outreach programs held by the puskesmas

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