

ABSTRACT

Background: *Low pregnancy planning during preconception can increase stress and may result in poor nutrition and anemia in Fertile Women. In Indonesia, the number of chronic energy deficiency (CED) on fertile woman are 20.8% and anemia 35.3%. In province of East Java chronic energy deficiency number was 19.1%. Pregnant women with chronic energy deficiency and anemia have risk having a baby with low birth weight (LBW), stunting if left untreated. This study was aim to determine the association between stress and nutritional status with pregnancy readiness in preconception period.* **Method:** *This study used observational analytic research with cross sectional approach. The research population were 43 midwife students from semester VIII and profession education of midwife in Airlangga University, who fulfilled the inclusion criteria. Total sampling technique was used. To find out the significant level, the collected data was tested by Chi-square and the correlation rate was tested using contingency coefficient.* **Result:** *The study showed that most respondents were unmarried (97.2%) in the age range between 21-35 years old. Most respondents had normal nutritional status (65.1%) and almost half of respondents had anemia (48.8%). Stress Level of respondents showed that almost all respondents experienced moderate stress level (94.9%) in the age range 21-35 years, almost all respondents with moderate stress level (84.6%) unmarried. Pregnancy readiness showed (94.6%) of the respondents are ready to get pregnant in the age range 21-35 years.* **Conclusion:** *This study showed that stress was associated with pregnancy preparedness.*

Keywords: *preconception, stress, pregnancy planning, pregnancy readiness, nutritional status of women in reproductive ages.*