

**ABSTRACT**

One of the aims of carrying out the pregnant women class is to increase knowledge, change the behavior of maternal about preventing nutritional disorders, so nutrition education is important. The purpose of this study was to evaluate the implementation of nutrition education in the pregnant women class in Surabaya in 2019. his research is a qualitative descriptive study using simple random sampling technique to all health centers (Puskesmas) in central, northern, western and southern Surabaya which are Kedungdoro, Wonokusumo, Siwalankerto and Asemworo Health Centers. Data collection took place in May-July 2020 from program designers, implementers and program targets using in-depth interviews and document review techniques.

The results showed from the input aspect that the available of nutrition personnel, budget and regulation of local government of classes for pregnant women were limited, and the nutrition material in the facilitator's handbook was still inadequate, while the nutrition material on the flipchart was general and brief. From the aspect of the process that nutrition education was only carried out by facilitator midwives and that the nutritional material presented was limited to the flipchart. From the output aspect that the number of classes was limited, the number of meetings was less than the guideline, there were pregnant women who not attended all meetings, most of the husbands/families of pregnant women had not been involved. From the outcome aspect that the presence of mothers in the class of pregnant women affected the diet during pregnancy and breastfeeding, EIB practice, exclusive breastfeeding, but also influenced by other factors. From the aspect of impact that nutrition education in classes for pregnant women has not been able to affect nutrition problems and maternal or infant mortality.

The conclusion of this research is the implementation of nutrition education on pregnant women class in Surabaya 2019 is not optimal. The advice given are reviewing the nutrition material in the facilitator's handbook, making local regulations that regulate the pregnant women class, funding consumption for husbands/families of pregnant women, providing training pregnant women classes that consists of 4 meetings, involving nutrition personnel has at least 1 meeting, holding 1 meeting on weekends and formally invite the mother's husband/family on that day.

**Keywords:** Nutrition Education, Pregnant Women Class

**ABSTRAK**

Salah satu tujuan kelas ibu hamil adalah meningkatkan pengetahuan, merubah perilaku ibu hamil tentang pencegahan gangguan gizi, sehingga pendidikan gizi penting dilakukan. Tujuan penelitian ini adalah mengevaluasi implementasi pendidikan gizi dalam kelas ibu hamil di Kota Surabaya tahun 2019. Penelitian ini merupakan studi deskriptif kualitatif dengan teknik *simple random sampling* kepada seluruh puskesmas di Surabaya bagian pusat, utara, barat dan selatan didapatkan Puskesmas Kedungdoro, Wonokusumo, Siwalankerto dan Asemrowo. Pengumpulan data berlangsung pada Bulan Mei-Juli 2020 kepada perancang, pelaksana serta sasaran program dengan teknik *indepth interview* dan telaah dokumen.

Hasil penelitian menunjukkan dari aspek *input* ditemukan tenaga gizi, dana dan peraturan yang mengatur kelas ibu hamil terbatas, serta materi gizi pada buku pegangan fasilitator masih kurang sesuai, dan materi gizi pada lembar balik umum dan singkat. Dari aspek *process* ditemukan pendidikan gizi hanya dilakukan bidan fasilitator dan materi gizi yang disampaikan sebatas yang terdapat di lembar balik. Dari aspek *output* ditemukan jumlah kelas terbatas, jumlah pertemuan kurang dari pedoman, terdapat ibu hamil hanya mengikuti sebagian pertemuan, sebagian besar suami/keluarga ibu hamil belum terlibat. Dari aspek *outcome* ditemukan kehadiran ibu dalam kelas ibu hamil mempengaruhi pola makan saat hamil dan menyusui, praktik IMD, pemberian ASI eksklusif, namun juga dipengaruhi faktor lain. Dari aspek *impact* ditemukan pendidikan gizi dalam kelas ibu hamil belum dapat menurunkan masalah gizi serta kematian ibu dan bayi.

Kesimpulan Implementasi Pendidikan Gizi dalam Kelas Ibu hamil di Kota Surabaya pada tahun 2019 belum optimal. Saran yang diberikan ialah mengkaji kembali materi gizi pada buku pegangan fasilitator, merancang peraturan daerah yang mengatur kelas ibu hamil, menganggarkan konsumsi suami/keluarga ibu hamil, memberikan pelatihan kelas ibu hamil yang terdiri dari 4 kali pertemuan, melibatkan petugas gizi setidaknya 1 kali pertemuan, merencanakan 1 pertemuan pada hari libur serta mengundang suami/keluarga secara formal pada hari tersebut.

**Kata Kunci** : Pendidikan Gizi, Kelas Ibu Hamil.