

ABSTRACT

THE EFFECT OF ZINC CAPSULE SUPPLEMENTATION OF THE THIRD SEMESTER PREGNANT WOMEN WITH MALNUTRITION ON THE INFANT'S PHYSICAL SIZE IN BOJONEGORO REGENCY, EAST JAVA

Malnutrition is not only undermining the physical and mental harm to the mother, but also threatens the safety of the fetus. Mothers who insisted pregnant with malnutrition status, are at risk of giving birth to low birth weight babies of 2-3 times larger than mothers with good nutritional status, in addition to the possibility of mortality by 1,5 times. This study is an experimental research with pretest-posttest control group design. The goal of this study is to analyze the effect of Zinc capsule supplementation of pregnant women with malnutrition in third semester of pregnancy on the physical size of born infants in Bojonegoro Regency, East Java province. The data was collection through a questionnaire, food recall, food frequency, monitoring card, anthropometry, blood sampling, and laboratory tests. The population was pregnant women living in 27 different locations in Bojonegoro Regency. The samples in this study were 32 pregnant women with malnutrition of third semester pregnancy registered in 6 health clinics. The sampling technique is done by simple random sampling. Samples are divided into two groups, namely the treatment group of 16 women, and the control group of 16 women. The results showed there is a significant difference in treatment and control group regarding the weight ($p = 0,000$), length ($p = 0,000$), and head circumference ($p = 0,029$) of the birth. The results suggested a conclusion that zinc supplementation has positive effect on the physical size of the birth.

Keywords : zinc supplementation, newborn physical size.