

Analysis Of Diet With The Incidence Of PEB In Pregnant Women At Murjani Sampit Hospital Kotawaringin Timur Regency Kalimantan Tengah Province

Tety Ripursari¹, Riza Tsalatsatul Mufida², Dina Oktavianty³

¹²³Department Of Midwifery, Faculty Of Nursing And Midwifery, Institut Ilmu Kesehatan STRADA Indonesia

*Corresponding author: tetty30578ripursari@gmail.com

ABSTRACT

The high incidence of preeclampsia and eclampsia in developing countries is associated with low socioeconomic status, which has an impact on the inability of family members to buy and provide nutritious food during pregnancy. The purpose of this study was to determine the relationship between diet and the incidence of PEB in pregnant women at Murjani Sampit Hospital, Kotawaringin Timur Regency, Kalimantan Tengah Province. The design of this study is a correlational study with a cross sectional approach. Respondents were taken by accidental sampling technique with a sample of 30 people. The results of statistical tests using Chi Square. The results showed that most of the respondents as many as 22 (73%) in the category of good diet and almost all respondents as many as 26 (87%) in the category of no PEB. The results of data analysis show that the significance level is $0.000 < = 0.05$ so that H_0 is rejected and H_1 is accepted. Thus, there is a relationship between diet and the incidence of PEB in pregnant women at Murjani Sampit Hospital, Kotawaringin Timur Regency, Kalimantan Tengah Province. Recommended that pregnant women can avoid fatty foods and consuming snacks or foods that are high in salt.

Keywords : Diet, PEB, Pregnant Women.

BACKGROUND

The problem that is often faced by pregnant women is the occurrence of severe preeclampsia which is the main cause of maternal death and perinatal mortality which is still high today (Ministry of Health, 2020). The high incidence of preeclampsia and eclampsia in developing countries is associated with low socioeconomic status, which results in the inability of family members to buy and provide nutritious food during pregnancy (Nuryani, 2020). Problems that occur in pregnant women such as food portions that are still the same as when they were not pregnant, the variety of foods consumed by pregnant women, there are still pregnant women who still believe in some taboos on types of food that pregnant women should not consume such as watermelon because they assume that consuming watermelon can cause more amniotic fluid than it should and other foods such as cucumbers because it will cause a lot of vaginal discharge in pregnant women, pregnant women who don't like to consume vegetables from the start and pregnant women who don't like to consume milk (Indriani, 2019).

World Health Organization (WHO) (2021), one of the causes of maternal and fetal morbidity and mortality is severe preeclampsia (PEB), the incidence rate ranges from 0.51% - 38.4%. In developed countries the incidence of pre-eclampsia ranges from 6-7% and 0.1-0.7% for eclampsia. WHO (2021), estimates that preeclampsia is directly responsible for 70,000 maternal deaths every year worldwide. In addition to maternal mortality and morbidity, preeclampsia causes 500,000 infant deaths each year. Causes of maternal death caused by hypertensive pregnancy disorders account for almost 18% of all maternal deaths worldwide, with an estimated 62,000 to 77,000 deaths per year because there are around 127 million births each year. In the United States the rate of severe preeclampsia (PEB) reached 3.8%, an increase from 2.5% in 2019 and in Canada the incidence of preeclampsia has increased from 24.6 per 1,000 births in 2020, to 50.6 in 2021. (WHO, 2021).

Data from the Indonesian Demographic and Health Survey (2020), the maternal mortality rate in Indonesia is still high, at 359 per 100,000 live births, this figure has decreased slightly when compared to the SDKI (2020), which is 390 per 100,000 live births. This figure slightly decreased although not too significant. Eclampsia is one of the top three causes of maternal death in Indonesia. According to the 2011 provincial MCH report, the number of reported maternal deaths was 5,118. Most causes of maternal death are still dominated by bleeding (32%), followed by hypertension in pregnancy (25%), infection (5%), prolonged labor (5%) and abortion (1%). Other causes (32%) are quite large, including non-obstetric causes (Kemenkes RI, 2020).

The initial data survey conducted by researchers at Murjani Hospital found that there were 45 pregnant women in February-March 2022. The results of the preliminary study conducted by researchers on February 8-9 2022 at Murjani Sampit Hospital, Kotawaringin Timur Regency, Kalimantan Tengah Province with interviews with From 10 pregnant women it was known that 5 (50%) mothers said that their habit of eating fatty and salty foods, pregnant women often consume snacks or foods that are high in salt, such as foods that are preserved by salting, chips, and others. Pregnant women often consume fast food such as junk food (unhealthy food) because it has a high amount of fat and little nutrition. 3 (30%) mothers said that the amount and type of food consumed every day remained the same, such as rice and vegetables obtained from farming and even then they would also be processed according to daily food habits, in this case boiling and frying the vegetables in oil fry. So that the large quantity of cooking oil in processed vegetables has an impact on increasing blood pressure in pregnant women. 2 (20%) mothers said that they always pay attention to the food consumed every day such as avoiding fatty and salty foods, exercising regularly so that the mother's condition is always fit and the blood pressure of pregnant women is in the normal category (Results of Preliminary Study with Interviews with Respondents at Home Murjani Sampit Hospital, East Kotawaringin Regency, Kalimantan Tengah Province, 2022).

One of the factors associated with severe pre-eclampsia in pregnant women is the mother's diet (Rozhikan, 2020). Muliarini (2019) revealed that diet is a variety of information that gives an overview of the types and amounts of food eaten every day by a person and is characteristic for a certain community group. The modern lifestyle in urban areas often makes people complacent by consuming food, where previously they had a western diet with a food composition that contains too much protein, fat, sugar and little fiber (Afridayani, 2019). Foods like this are found in many ready-to-eat foods such as pizza, hamburgers, Kentucky and so on. The habit of controlling healthy eating patterns, namely foods that are low in fat and low in salt, can prevent preeclampsia in pregnant women so that adequate nutritional habits can prevent mothers from having preeclampsia. Fast food such as junk food is unhealthy food because it has a high amount of fat and little nutrition (Kusika, 2018).

With the habit of pregnant women consuming fast food such as pizza, hamburgers, Kentucky and so on, it has an impact on the incidence of severe pre-eclampsia which is

characterized by an increase in blood pressure of at least 160 mmHg systolic or 110 mmHg diastolic (Langelo, 2019). Preeclampsia has a negative effect on fetal health caused by decreased utero-placental perfusion, hypovolemia, vasospasm, and damage to the endothelial cells of the placental blood vessels. One of the impacts of preeclampsia on the fetus is prematurity (Prawiroharjo, 2017).

A diet for pregnant women who suffer from pre-eclampsia can consume two low-fat dairy products (milk-based ingredients) to get a source of vitamin D and calcium. In addition, consume at least 2-3 servings of vegetables a day, at least 2 servings of fruit, and at least 2-3 servings of protein sources which can be obtained from lean meat, fish, eggs and poultry. Not only that, protein sources can also be supplemented with vegetable protein sources such as tofu, tempeh, and nuts (Kemenkes RI, 2020).

The solution to be able to overcome the problem above is that pregnant women must consume the five food groups or at every meal. Staple foods, side dishes, vegetables, fruits and drinks are components of the five food groups that pregnant women must consume every day. Consuming more than one type for each food group (staple foods, side dishes, vegetables and fruits) at each meal would be better. Pregnant women must also get enough rest and exercise to maintain body fitness because with lifestyle modifications (diet and exercise), sleep quality is very important in maintaining health.

METHOD

The research design used in research is correlational research, namely a research method to determine the relationship between two or more variables (Notoatmodjo, 2017). The approach used in this research is cross-sectional, namely research that aims to determine the relationship or influence of two or more variables with the data collection process which is only done once for each research variable. This type of research seeks to study the dynamics of the relationship or correlation between risk factors and their impact or effect. The risk factors and their effects or effects were observed at the same time, meaning that each research subject was observed only once and the risk factors and impacts were measured according to the circumstances or status at the time of observation (Sugiyono, 2017).

The population in this study were all pregnant women at the Murjani Sampit Hospital, Kotawaringin Timur Regency, Kalimantan Tengah Province as many as 50 pregnant women. The samples used in this study were 30 pregnant women at the Murjani Sampit Hospital, Kotawaringin Timur Regency, Kalimantan Tengah Province, in Mei 2022. This research instrument uses a questionnaire In this study, researchers took samples using the Accidental Sampling method. This research was conducted at Murjani Sampit Hospital, Kotawaringin Timur Regency, Kalimantan Tengah Province.

RESULT

General Data

Table 1. Age of Pregnant Women at Murjani Sampit Hospital, Kotawaringin Timur Regency, Kalimantan Tengah Province.

	Age	Frequency	Percentage (%)
1	≤ 25 Years	3	10%
2	25-35 Years	25	83%
3	≥ 35 Years	2	7%
	Total	30	100%

(Source of Research Data: May 2-7, 2022)

Based on table 1. Pregnant women at the Murjani Sampit Hospital, Kotawaringin Timur Regency, Kalimantan Tengah Province, it is known that almost all respondents aged 25-35 years, namely 25 (83%) respondents.

Table 2. Education of Pregnant Women at the Murjani Sampit Hospital, Kotawaringin Timur Regency, Kalimantan Tengah Province

No	Education	Frequency	Percentage (%)
1	Elementary School	4	13%
2	Junior High School	9	30%
3	Senior High School	15	50%
4	Diploma/PT	2	7%
	Total	30	100%

(Source of Research Data: May 2-7, 2022)

Based on table 2. Pregnant women at Murjani Sampit Hospital, Kotawaringin Timur Regency, Kalimantan Tengah Province, it is known that half of the respondents with Senior high school education level, namely 15 (50%) respondents.

Table 3. Occupation of Pregnant Women at the Murjani Sampit Hospital, Kotawaringin Timur Regency, Kalimantan Tengah Province

No	Occupation	Frequency	Percentage (%)
1	Farmer/IRT	22	73%
2	Entrepreneur/Trader	4	14%
3	Private Employees	3	10%
4	Government Employees (PNS/TNI/POLRI)	1	3%
	Total	30	100%

(Source of Research Data: May 2-7, 2022)

Based on table 3. Pregnant women at Murjani Sampit Hospital, Kotawaringin Timur Regency, Kalimantan Tengah Province, it is known that most of the respondents work as farmers/IRT, namely 22 (73%) respondents.

Special Data

Table 4. Eating Patterns of Pregnant Women at Murjani Sampit Hospital, Kotawaringin Timur Regency, Kalimantan Tengah Province

No	Diet	Frequency	Percentage (%)
1	Less	4	13%
2	Enough	4	14%
3	Good	22	73%
	Total	30	100%

(Source of Research Data: May 2-7, 2022)

Based on table 4. Diet of pregnant women at the Murjani Sampit Hospital, Kotawaringin Timur Regency, Kalimantan Tengah Province, it is known that most of the respondents, as many as 22 (73%) of respondents were in the good category.

Table 5. Incidence of PEB in Pregnant Women at Murjani Sampit Hospital, Kotawaringin Timur Regency, Kalimantan Tengah Province

No	Incidence of PEB in Pregnant Women	Frequency	Percentage (%)
1	Occurr	4	13%
2	Not Accur	26	87%
	Total	30	100%

(Source of Research Data: May 2-7, 2022)

Based on table 5. The incidence of PEB in pregnant women at the Murjani Sampit Hospital, Kotawaringin Timur Regency, Kalimantan Tengah Province, it is known that almost all respondents, 26 (87%) of respondents, were in the category of PEB not occur.

Data Analysis

Table 6. Data Analysis

Variable	Significance Level (<i>Chi Square</i>)
Diet	
Incidence of PEB in Pregnant Women	0.000

Based on table 6. The results of data analysis showed that the significance level was $0.000 < \alpha = 0.05$ so that H_0 was rejected and H_1 was accepted, thus there is a relationship between diet and the incidence of PEB in pregnant women at Murjani Sampit Hospital, Kotawaringin Timur Regency, Kalimantan Tengah Province.

DISCUSSION

Eating Patterns in Pregnant Women at the Murjani Sampit Hospital, Kotawaringin Timur Regency, Kalimantan Tengah Province

Based on the results of the study, it was found that the diet of pregnant women at Murjani Sampit Hospital, Kotawaringin Timur Regency, Kalimantan Tengah Province, it was known that most of the respondents, as many as 22 (73%), were in the good category. This is supported by the results of the questionnaire that mothers always eat side dishes, vegetables, fruits ≥ 3 times a week, eat vegetables, always avoid foods that are high in fat, always go on a diet and avoid sweet foods. Erni (2020), explains that in order for pregnant women to get good nutrition during their pregnancy, every day pregnant women must consume the five food groups or at every meal. Staple foods, side dishes, vegetables, fruits and drinks are components of the five food groups that pregnant women must consume every day. Consuming more than one type for each food group (staple foods, side dishes, vegetables and fruits) at each meal would be better.

Based on the results of cross-tabulation between age and diet in pregnant women at Murjani Sampit Hospital, Kotawaringin Timur Regency, Kalimantan Tengah Province, it is known that most of the respondents aged 25-35 years, as many as 17 (68%) respondents were in the good category. This shows that the more mature the pregnant woman's age, the better her attitude and behavior in making decisions, in this case regulating and providing food patterns to be consumed during pregnancy. This is of course supported by the availability of food ingredients in the house so that it can support the diet of pregnant women. Notoatmodjo (2019), explained that the more mature a person's age, the more positive his attitude and behavior towards health. In the opinion of researchers that the older a pregnant woman gets, the better her attitude will be in making a positive decision in this case maintaining her diet during pregnancy.

Based on the results of the cross-tabulation between Education and Diet in Pregnant Women at Murjani Sampit Hospital, Kotawaringin Timur Regency, Kalimantan Tengah Province, it was found that almost all respondents with high school education level as many as 14 (93%) respondents were in the good category. This shows that the diet of pregnant women in the good category is supported by previous pregnancy experience so that the behavior of the mother always maintains the food to be consumed, such as avoiding fatty foods and the need to avoid consuming snacks or foods that are high in salt, such as foods that are preserved by salting, chips, and others. Notoatmodjo (2019) says that education is an experience in which, with that experience, a person can understand something that he does not know to know. The experience occurs because there is interaction between a person or group with their environment. This interaction causes a process of change in humans and then the process of change results in development for the life of a person or group in their environment. In the opinion of researchers that the higher a person's education, the better his attitude and behavior

in maintaining the health condition of his family and in this case the behavior of pregnant women in maintaining a diet during pregnancy in order to avoid increased blood pressure. In addition, previous pregnancy experience so that pregnant women already know the foods that can and cannot be eaten during pregnancy so they can avoid high blood pressure.

Based on the results of the cross-tabulation between work and diet in pregnant women at Murjani Sampit Hospital, Kotawaringin Timur Regency, Kalimantan Tengah Province, it is known that the majority of respondents work as housewives, with 16 (73%) respondents in the good category. This shows that with the mother's work as a housewife where the mother has a lot of time to care for her pregnancy by always maintaining a diet every day. This is also supported by the husband's income which is sufficient to meet the needs of the family, especially the availability of food in the family to be able to support the mother's nutrition during pregnancy. Adi (2020), says that work is the main activity carried out by humans to be able to meet their daily needs. In the opinion of the researchers, the mother's only job is to take care of the family at home, where the mother has a lot of time to be able to maintain a nutritious diet that is useful for both the mother and the fetus in the womb.

The diet for pregnant women who suffer from pre-eclampsia can consume two low-fat dairy products (milk-based ingredients) to get a source of vitamin D and calcium. In addition, consume at least 2-3 servings of vegetables a day, at least 2 servings of fruit, and at least 2-3 servings of protein sources which can be obtained from lean meat, fish, eggs and poultry. Not only in addition, protein sources can also be supplemented with vegetable protein sources such as tofu, tempeh, and nuts (DepKes, 2020). For pregnant women with pre-eclampsia who have certain diseases such as diabetes, they should pay attention to their food intake. The food consumed must pay attention to the diet for diabetics, namely avoiding sweet foods. Meanwhile, pregnant women who are obese can start avoiding foods high in fat, such as fatty meat, skin, coconut milk, fried foods, offal, and others (Santoso, 2020).

For people with pre-eclampsia, they can consume salt according to balanced nutrition recommendations, which is around 1 tsp per day or around 2-3 grams of sodium per day. Abstinence from excessive consumption of salt is not beneficial for pregnant women who suffer from pre-eclampsia. Abstinence from excessive consumption of salt can actually reduce appetite. This of course can interfere with fetal growth. If a pregnant woman with pre-eclampsia already has a history of hypertension before becoming pregnant, it is necessary to consult a doctor to get an idea of how much salt to consume. Pregnant women need to avoid consuming snacks or foods that are high in salt, such as foods that are preserved by salting, chips, and others. Instead, pregnant women can choose fresh fruit snacks (Annisa, 2019).

In the opinion of researchers that the diet of pregnant women in this study is in the good category. However, pregnant women must continue to maintain a good diet to prevent complications in pregnancy, one of which is to prevent the occurrence of preeclampsia by consuming foods that contain calcium and vitamin D which are found in milk, yogurt and cereals, consuming lots of fruits and vegetables, and reducing food consumption. which contain high sodium such as salt, cheese, sauce and soy sauce. Pregnant women also always access a lot of information both from electronic media, print media and even health workers regarding diet during pregnancy in order to increase mothers' knowledge and insight about the importance of maintaining a healthy diet during pregnancy. Health workers can also promote the health of pregnant women through health education regarding diet during pregnancy.

The incidence of PEB in pregnant women at the Murjani Sampit Hospital, Kotawaringin Timur Regency, Kalimantan Tengah Province

Based on the results of the study it was found that the incidence of PEB in pregnant women at the Murjani Sampit Hospital, Kotawaringin Timur Regency, Kalimantan Tengah Province, it was known that almost all respondents as many as 26 (87%) respondents were in the category of PEB not occurring. This shows that pregnant women are able to maintain their

diet so they can avoid PEB. These results are in accordance with the opinion of Prawirohardjo (2019), explaining that pregnancy can change appetite and eating patterns (craving habits), where in general the appetite of pregnant women will increase, this causes the food diet to become unbalanced which can cause complications including hypertension in pregnant women.

In the opinion of the researchers that in order to prevent the occurrence of PEB in addition to maintaining a diet, pregnant women also need to get enough rest and exercise to maintain body fitness. Adequate rest can prevent pregnant women from stressful conditions because during stress the production of the hormone adrenaline increases, causing blood vessels to constrict. This condition can certainly cause high blood pressure in pregnant women. So that all pregnant women need to pay attention to their need for sleep rest during pregnancy because it will maintain a balance of blood pressure in the body thereby reducing the risk of developing preeclampsia.

Based on the results of the cross-tabulation between age and the incidence of PEB in pregnant women at the Murjani Sampit Hospital, Kotawaringin Timur Regency, Kalimantan Tengah Province, it is known that almost all respondents aged 25-35 years, as many as 21 (84%) respondents were in the non-occurrence category. This shows that the age of pregnant women in the age range of 25-35 years is a productive age for a woman to undergo pregnancy. Indriani (2019), explained that the incidence of preeclampsia based on age was found in the extreme age group of mothers, namely less than 20 years and more than 35 years. Blood pressure increases with age so that at the age of 35 years or more there is an increased risk of preeclampsia. In the opinion of the researchers that the age of the mother during pregnancy can influence every decision and action in choosing a place for examination and the most important thing is to have food that can affect hypertension due to food.

Based on the results of the cross-tabulation between education and the incidence of PEB in pregnant women at the Murjani Sampit Hospital, Kotawaringin Timur Regency, Kalimantan Tengah Province, it is known that all respondents with high school education level as many as 15 (100%) respondents were in the non-occurrence category. This shows that the higher the education level of pregnant women, the more information they provide from health workers or obtain from electronic media, print media, peers regarding how to prevent PEB. Notoatmodjo (2019), says that the higher a person's education level, the easier it is to receive information so that the more knowledge one has. With this knowledge, a person will know better what to do or not to do. In the opinion of the researchers that with various information obtained from electronic media and health workers so that they are able to foster positive motivation, attitudes and behavior in pregnant women in preventing an increase in blood pressure during pregnancy.

Based on the results of the cross-tabulation between Occupation and PEB Incidence in Pregnant Women at Murjani Sampit Hospital, Kotawaringin Timur Regency, Kalimantan Tengah Province, it is known that almost all respondents work as housewives as many as 19 (86%) respondents in the category where PEB does not occur. This shows that the mother's work as a housewife where the mother always pays attention to diet during pregnancy is supported by a family's socio-economic support to be able to provide nutritious food for pregnant women and also the activeness of the mother in taking the time to check her pregnancy to the nearest health service. Indriani (2019), explains that women who are socioeconomically more advanced rarely contract preeclampsia. In general, preeclampsia/eclampsia can be prevented with good prenatal care. However, in economic circles that are still low and lack knowledge, such as in developing countries such as Indonesia, the incidence of preeclampsia/eclampsia still occurs frequently.

Severe preeclampsia is characterized by blood pressure $\geq 160/110$ mmHg, accompanied by proteinuria $\geq 5g/24$ hours or +3 or more (Manuaba, 2017). Afridayani (2016), explained

that hypertension in pregnant women can have an impact on the health conditions of the mother, fetus or child. Because physiologically, babies who develop in the womb are supplied with oxygen and nutrients through the blood vessels. blood pressure high can constrict the blood vessels in the uterus which results in a slow delivery of oxygen and nutrients from the mother to the baby's body, this condition will have an impact on the slow development of the fetus. Saraswati (2016), said that the clinical picture of preeclampsia starts with weight gain followed by edema of the feet or hands, increased blood pressure, and finally proteinuria. Signs of symptoms that are commonly found in preeclampsia are usually severe headaches. Pain in the pit of the stomach due to stretching of the lining of the liver by bleeding or edema or pain due to changes in the stomach and visual disturbances, such as blurred vision and sometimes the patient is blind. This disorder is caused by narrowing of blood vessels and edema (Haulina, 2019).

In the opinion of the researchers, the PEB incident in the study was in the category of PEB not occurring. However, pregnant women must always maintain a good diet and be able to avoid foods that can increase blood pressure such as offal, salty chips, brains, canned food and drinks (sardines, corned beef), consume meat, fatty foods, fried foods, foods containing salt > 3 times a week so as to overcome early occurrence of PEB during pregnancy. In addition, pregnant women also need to get enough rest and exercise to maintain body fitness. Adequate rest can prevent pregnant women from stressful conditions.

The Relationship Between Diet and PEB in Pregnant Women at the Murjani Sampit Hospital, Kotawaringin Timur Regency, Kalimantan Tengah Province

The results of data analysis showed that the significance level was $0.000 < \alpha = 0.05$ so that H_0 was rejected and H_1 was accepted, thus there is a relationship between diet and the incidence of PEB in pregnant women at Murjani Sampit Hospital, Kotawaringin Timur Regency, Kalimantan Tengah Province. The results of the cross tabulation between the independent and dependent variables also showed that the diet of pregnant women at the Murjani Sampit Hospital, Kotawaringin Timur Regency, Kalimantan Tengah Province, was known to all respondents as many as 22 (100%) respondents in the good category so that PEB did not occur.

One of the factors associated with severe pre-eclampsia in pregnant women is the mother's diet (Rozhikan, 2020). Muliarini (2019) revealed that diet is a variety of information that gives an overview of the types and amounts of food eaten every day by a person and is characteristic for a certain community group. The modern lifestyle in urban areas often makes people complacent by consuming food, where previously the traditional Western diet with a food composition that contains too much protein, fat, sugar and little fiber (Afridayani, 2019). Foods like this are found in many ready-to-eat foods such as pizza, hamburgers, Kentucky and so on. The habit of controlling healthy eating patterns, namely foods that are low in fat and low in salt, can prevent preeclampsia in pregnant women so that adequate nutritional habits can prevent mothers from having preeclampsia. Fast food such as junk food is unhealthy food because it has a high amount of fat and little nutrition (Kusika, 2018).

With the habit of pregnant women consuming fast food such as pizza, hamburgers, Kentucky and so on, it has an impact on the incidence of severe pre-eclampsia which is characterized by an increase in blood pressure of at least 160 mmHg systolic or 110 mmHg diastolic (Langelo, 2019). Preeclampsia has a negative effect on fetal health caused by decreased utero-placental perfusion, hypovolemia, vasospasm, and damage to the endothelial cells of the placental blood vessels. One of the impacts of preeclampsia on the fetus is prematurity (Prawiroharjo, 2017).

The diet for pregnant women who suffer from pre-eclampsia can consume two low-fat dairy products (milk-based ingredients) to get a source of vitamin D and calcium. In addition, consume at least 2-3 servings of vegetables a day, at least 2 servings of fruit, and at least 2-3

servings of protein sources which can be obtained from lean meat, fish, eggs and poultry. Not only that, protein sources can also be supplemented with vegetable protein sources such as tofu, tempeh, and nuts (RI Ministry of Health, 2020).

In the opinion of the researchers that to be able to overcome the above problems where pregnant women must consume the five food groups or at every meal. Staple foods, side dishes, vegetables, fruits and drinks are components of the five food groups that pregnant women must consume every day. Consuming more than one type for each food group (staple foods, side dishes, vegetables and fruits) at each meal would be better. Pregnant women must also get enough rest and exercise to maintain body fitness because with lifestyle modifications (diet and exercise), sleep quality is very important in maintaining health.

CONCLUSION

Eating patterns of pregnant women at Murjani Sampit Hospital, Kotawaringin Timur Regency, Kalimantan Tengah Province, it is known that most of the respondents, as many as 22 (73%) of respondents, are in the good category. The incidence of PEB in pregnant women at Murjani Sampit Hospital, Kotawaringin Timur Regency, Kalimantan Tengah Province, it is known that almost all respondents, 26 (87%) of respondents, were in the category of PEB not occurring. The results of data analysis show that the significance level is $0.000 < \alpha = 0.05$ so that H_0 is rejected and H_1 is accepted, thus there is a relationship between diet and the incidence of PEB in pregnant women at Murjani Sampit Hospital, Kotawaringin Timur Regency, Kalimantan Tengah Province.

The better the diet of pregnant women, the more likely they are to avoid the occurrence of preeclampsia. It is recommended that pregnant women avoid fatty foods and need to avoid consuming snacks or foods that are high in salt, such as foods that are preserved by salting, chips and others.

REFERENCES

- Aziz Alimul Hidayat. (2013). *Metode Penelitian Kebidanan Teknik Analisa Data*. Jakarta : Salemba Medika.
- Depkes RI. (2018). *Profil Kesehatan Indonesia, Laporan Nasional Hasil RISKESDAS 2017*. Jakarta: Depkes RI.
- DF Arismawati. (2017). Hubungan Teknik Menyusui Yang Benar Dengan Tingkat Keberhasilan Laktasi. *Jurnal keperawatan & kebidanan stikes dian husada Mojokerto*.
- Fb Monica. (2016). *Buku Pintar Asi Dan Menyusui*. Jakarta: Mizan Publika.
- Kamariyah. (2014). Kondisi Psikologi Mempengaruhi Produksi ASI Ibu Menyusui Di BPS Aski Pakis Sido Kumpul Surabaya. *Journal Of Health Science UNUSA Surabaya*.
- Notoadmodjo S. (2012). *Metodologi Penelitian Kesehatan*. Jakarta : Rineka Cipta.
- Nursalam. (2013). *Penelitian Ilmu Keperawatan Pendekatan Metodologi Praktis*. Salemba Medika Jakarta.
- Risneni. (2015). Hubungan Teknik Menyusui Dengan Terjadinya Lecet Puting Susu Pada Ibu Nifas. *Jurnal Ilmiah Keperawatan Sai Betik jurnal keperawatan, Volume XI, no. 2, oktober 2015*.
- Sembiring. (2019). *Asuhan Neonatus, Bayi, Balita, Anak Pra Sekolah*. Yogyakarta: Depublish.
- Sugiono. (2011). *Statistika Untuk Penelitian*. Jakarta: Alfabeta.

Ta Tauriska, F Umamah. (2015). Hubungan Antara Isapan Bayi Dengan Produksi Asi Pada Ibu Menyusui Di Rumah Sakit Islam Jemursari Surabaya. *Journal Of Health Sciences* vol 8, no 1, februari 2015., hal. 15-21.