

VISOKA ZDRAVSTVENA ŠOLA V CELJU

DIPLOMSKO DELO

OZAVEŠČENOST NOSEČNIC O POMENU ZDRAVE PREHRANE

**PREGNANT WOMEN AND THEIR AWARENESS ABOUT HEALTHY
NUTRITION**

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POVZETEK

Uvod: Prehrana v nosečnosti vpliva na zdravje nosečnice ter na rast in razvoj ploda. Pomembno je, da nosečnica pozna načela zdrave uravnotežene prehrane in jih tudi upošteva. Z raziskavo smo želeli ugotoviti ozaveščenost nosečnic o pomenu pravilne prehrane.

Metoda: Raziskava je temeljila na kvantitativni metodi raziskovanja, in sicer metodi deskripcije in kompilacije. Uporabili smo tehniko spletnega anketiranja, pri čemer nam je kot instrument služil anketni vprašalnik, ki smo ga oblikovali na podlagi pregledane literature. Uporabili smo neslučajnostni namenski vzorec, v katerega smo vključili 130 nosečnic različnih starosti v vseh obdobjih nosečnosti. Pravilno izpolnjenih je bilo 120 anketnih vprašalnikov, kar predstavlja 92 % realizacijo vzorca. Podatki so bili zbrani in obdelani s programom Microsoft Office Excel 2010.

Rezultati: Zajtrk vsak dan zaužije 106 (83,3 %) anketiranih nosečnic, dopoldansko malico 71 (59,2 %) anketirank, kosilo 114 (95,0 %) anketirank, popoldansko malico 73 (60,8 %) anketirank in večerjo 107 (89,2 %) anketirank. 35 (29,2 %) anketiranih nosečnic uporablja za pripravo hrane dušenje, 98 (81,7 %) anketirank se poslužuje pečenja, 36 (30,0 %) kuhanja, 22 (18,3 %) cvrtja, 17 (14,2 %) anketirank uporablja za pripravo mesa žar, 12 (10,0 %) anketirank mesa ne uživa. 46 (38,3 %) anketiranih nosečnic uživa zelenjavo enkrat dnevno, 35 (29,2 %) dvakrat dnevno, 14 (11,7 %) trikrat dnevno, 5 (4,2 %) anketirank več kot trikrat dnevno, 1 (0,8 %) anketiranka zelenjave ne uživa. 8 (6,7 %) anketiranih nosečnic je ob obisku dispanzerja za ženske od medicinske sestre pridobilo zelo veliko informacij, 14 (11,7 %) veliko, 20 (16,7 %) srednje veliko, 41 (34,2 %) anketirank malo informacij in 37 (30,8 %) anketirank ni dobilo glede prehrane v nosečnosti nobenih informacij.

Razprava in sklep: Ugotavljamo, da je približno polovica anketiranih nosečnic ozaveščenih o pomenu zdrave prehrane v času nosečnosti, kar pomeni, da je veliko nosečnic, ki nimajo dovolj znanja na tem področju. Izkazalo se je, da medicinske sestre zelo slabo informirajo nosečnice o pomenu zdrave prehrane v nosečnosti. Boljšo ozaveščenost nosečnic o pomenu zdrave prehrane v nosečnosti bi lahko dosegli z intenzivnejšim svetovanjem medicinskih sester nosečnicam.

Ključne besede: nosečnost, prehrana, prehrana nosečnice, medicinska sestra, zdravstvena vzgoja.

SUMMARY

Introduction: Nutrition during pregnancy affects a pregnant woman's health as well as growth and development of the fetus. It is important that a pregnant woman knows the principles of a healthy and balanced diet, furthermore she has to abide by them. The purpose of this research is to analyze the awareness of pregnant women about the meaning of appropriate nutrition during pregnancy.

Method: The research was based on a quantitative method, descriptive method and compilation method. We used an online survey. Our instrument was a questionnaire, based on the literature we have read. We used non-probability purposive sampling, including 130 pregnant women of different ages and stages of pregnancy. There were 120 correctly fulfilled questionnaires, which represents a 92% realization of the sample. The data was collected and analyzed by Microsoft Office Excel 2010 program.

Results: 106 (83,3 %) of the surveyed pregnant women eat breakfast every day, 71 (59,2 %) of them eat forenoon snack, 114 (95,0 %) of them eat lunch, 73 (60,8 %) of them eat afternoon snack and 107 (89,2 %) of them eat dinner. 35 (29,2 %) of the surveyed women steam their food, 98 (81,7 %) of them bake, 36 (30,0 %) of them cook, 22 (18,3 %) of them fry. When preparing meat, 17 (14,2 %) uses grill and 12 (10,0 %) of them do not eat meat. 46 (38,3 %) of the surveyed pregnant women eat vegetables once a day, 35 (29,2 %) twice a day, 14 (11,7 %) three times a day, 5 (4,2 %) more than three times a day and 1 (0,8 %) woman does not eat vegetables at all. 8 (6,7 %) of the surveyed women got a lot of information from the nurse, when they visited a clinic, 14 (11,7 %) got many information, 20 (16,7 %) got some information, 41 (34,2 %) got little information and 37 (30,8 %) did not get any information about appropriate nutrition during pregnancy.

Discussion and conclusion: We realized, that approximately half of the surveyed pregnant women are aware of the meaning of healthy nutrition during pregnancy, which means, there are many pregnant women, who do not have enough knowledge of this subject. The research has shown, that the nurses insufficiently inform pregnant women of the nutrition during pregnancy. To improve the awareness of the pregnant women on this subject we could encourage the nurses to advise them more intensely.

Key words: pregnancy, nutrition, nutrition of pregnant women, nurse, health education.