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Description of Knowledge and Premarital Attitudes About Nutrition for Prevention of Infertility in the City of Semarang

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Abstract. Background: Infertility is the inability to get pregnant, maintain pregnancy and the inability to bring pregnancy to live birth. Infertility data in 37 Semarang City Health Centers in February to March 2018 reached 433 patients in high-risk pregnant women with secondary infertility of more than 5 years. Infertility can be caused by reproductive disorders and also lack of nutrients that can reduce reproductive hormones. So that premarital couples need to be informed regarding the knowledge and attitudes about nutrition to prevent infertility. This study was conducted in Semarang City as many as 40 respondents in the status as premarital. Quantitative research using observations was used to conduct this research. The results were presented descriptively. That 4 respondents have less premarital knowledge (10%) and 36 respondents (90%) good knowledge. And 19 respondents do not show the attitude in supporting the infertility preventive. And the premarital attitude that does not support is 19 people (47.5%) and as many as 21 respondents (52.5%) support about nutrition to prevent infertility. Governments need to provide Counseling, Information and Education for Premarital couple through a premarital for premarital as a facilitation in providing prevention so that infertility does not occur.

Keywords: *Nutrition, Infertility, Premarital*

1. Introduction

Infertility is the inability to get pregnant, maintain pregnancy and the inability to bring pregnancy to live birth. Infertility prevalence according to the World Health Organization (WHO) around (8-10%) couples in the who have a difficult history of obtaining children [1]. In the UK, low sperm counts or poor sperm quality are the main causes of infertility in 20% of couples. Impaired semen quality, azoospermia and incorrect intercourse are factors that contribute to 50% of infertility partners [9].

Indonesia has a population of around 238 million and an estimated prevalence of infertility is 2,647,695 [6]. Infertility data in 37 Semarang City Health Centers in February to March 2018 reached 433 patients in high-risk pregnant women with secondary infertility of more than 5 years. Infertility can be caused by reproductive disorders and also lack of nutrients that can reduce reproductive hormones. Balanced nutrition is needed by the body, especially in the premarital pair for fertility balanced nutrition can be provided from the good quality and proper quantity of foods [2].

Reducing the risk of infertility, there must be an effort to improve premarital knowledge and attitudes (couples before marriage) about the importance of nutrition in preventing infertility, by providing information about nutrients that can help increase hormone content so that infertility can be prevented. Improve healthy lifestyle by paying attention to patterns and types of healthy foods to increase fertility. This study is very important to give contribution in reducing the number of infertility rate.



2. Method

This study is quantitative research using observation. The population in this study were criteria inclusion women who conducted examinations before marriage February until March 2018 in the health center in Semarang. The sample of this study was 40 respondents using a purposive sampling method from the population and the data were taken from the health center in Semarang. Statistical analysis using program the SPSS 17. The results were presented descriptively to illustrate the existence of knowledge and attitudes about nutrition to prevent infertility in the premarital couples.

3. Results and Discussion

The results of this research regarding the knowledge of the respondents are showed as follows:

Table 1 Premarital Knowledge About Infertility and Nutrition

Knowledge	Total	Frequency
Good	19	47,5 %
Less	21	52,5 %
Total	40	100%

Table 1 shows that most respondents had less knowledge about infertility and nutrition to prevent infertility as many as 21 respondents (52.5%).

In this study, there are many as 21 respondents (52,5%) people who do not understand infertility and nutrition, which can fertilize reproduction. There are 21 respondents had less knowledge consider that infertility in women will rarely occur, so respondents sometimes do not know about prevention. According to Kusmiran (2011) that the causes of infertility are other causes, one of which is inadequate nutrition which can affect reproductive hormones in both women and men [3]. So it is hoped that premarital will understand the knowledge of infertility and its prevention easily through the consumption of adequate nutrients in increasing fertility. Infertility affects about 15% of couples. Many factors related to lifestyle and the environment (drugs, alcohol, tobacco, pollution, exposure to heat, diet, and exercise, tend to affect fertility. Because adapted nutrients can prevent 30% of cancers, diet can be important, but largely ignored, in the prevention of infertility [4].

According to Langley's (2014) study, the results of the research. The respondents have had eating disorders, vegetarianism, low fat or low cholesterol diets, and the use of dietary supplements. Fourteen percent do not seem to supplement with folic acid, 13% are rated as "very" or "very active", and 28% report "high" stress levels. Hence, it is expected that premarital couples consider the importance of folic acid consumption and reduce stress to increase fertility[5].

Results of this research regarding the attitude of respondents are as follow:

Table 2 Premarital Attitudes about Infertility and Nutrition

Attitudes	Total	Frequency
Support	29	72,5 %
Unsupport	11	27,5 %
Total	40	100%

Table 2 shows that the most premarital attitude about infertility and nutrition for infertility prevention is as supportive as 29 respondents (72.5%) and 11 respondents do not support

(27.5%). So it can be known that many premarital supports about infertility in nutrition. So that it can begin to behave to change that nutrition is very important to support fertility.

According to Septiana's research (2018), many factors cause infertility, namely lifestyle factors and are not ready to get pregnant so that it needs treatment for <20 years of age, namely the use of family planning until it is ready to get pregnant. Age of women > 35 years of age is indirectly more at risk of developing infertility. The age of more than 35 years of storage of egg cells is depleting and a change in hormonal balance begins to occur. The opportunity for women get pregnant decreases dramatically, not a few women > 35 years are more focused on working career women, lifestyles and reproductive disorders can occur so they need to take care of their intake nutrition, content preparation for about 6 months consuming vegetables and high vitamin folic acid so that when you get married you are ready and quick to get pregnant [8].

In addition, the problem of infertility can also have a psychological impact if there is no support from the partner, so it is expected that before marriage there is mutual trust when infertility occurs after marriage so that the hope of the couple can later avoid divorce, conflict, and despair [7].

One of the factors is nutrition also needs to be considered so that premarital begins to support by being attentive to its nutritional patterns in increasing fertility according to research that has been widely proven. And a sense of mutual support between partners has been grown before marriage or premarital.

4. Conclusion

The lack of knowledge of respondents does not necessarily have an unsupportive attitude, so it is necessary to increase the knowledge for premarital about infertility prevention by increasing the respondents' knowledge about infertility. And awareness of the two partners of the paritalist by increasing knowledge and supporting each other in the prevention of infertility that begins to grow before marriage or premarital.

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