

Level of Knowledge in *Postpartum Mothers* about Nutritional Fulfillment in the Sakura Room of dr. Soedomo Trenggalek Hospital

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ABSTRACT

Background: Nutrition in *postpartum mothers* is one of the important aspects in the success of breastfeeding so that it affects knowledge. The lack of knowledge of *postpartum mothers* about nutritional fulfillment can have an impact on the recovery process of the mother's condition such as before pregnancy will last longer and breast milk production will be reduced. **Research Objective:** To determine the level of knowledge of *postpartum mothers* about nutritional fulfillment in the Sakura Room of dr. Soedomo Trenggalek Hospital. **Research Method:** The type of research used was quantitative descriptive with *purposive sampling* technique totaling 43 respondents. Data collection using questionnaires. Data analysis used in the form of *univariate analysis*. **Study Results:** The results showed that most of the respondents had good (77%), sufficient (2%) and less (21%) knowledge of *postpartum mothers* about nutritional fulfillment. **Conclusion:** This study can be concluded that most *postpartum* mothers have good knowledge, which may be influenced by access to information and health services.

Keywords: level of knowledge, *postpartum* mothers, nutritional fulfilment