

ABSTRACT

Al Makzum, Nida'ul Haramain. 2025. The Relationship Between the Use of KIA Books on Taboos During Pregnancy and the Knowledge of Pregnant Women at TPMB Wulan Rahma, S.Keb. Thesis. Midwifery Applied Bachelor Program. Malang Health Polytechnic. Main Supervisor: Sugijati, SST., M.Kes

The Maternal Mortality Rate (MMR) in Indonesia is still high, one of which is caused by the lack of maternal knowledge about taboos during pregnancy. The Maternal and Child Health (MCH) Book is an important educational medium that contains information about the prohibitions and risks that pregnant women need to avoid. This study aims to analyze the relationship between the utilization of the MCH Book about abstinence during pregnancy with the level of knowledge of pregnant women. The design of this study was analytic observational with a cross-sectional approach. A total of 35 pregnant women at TPMB Wulan Rahma, S.Keb., were selected through total sampling technique. Data were collected using a closed questionnaire that had been tested for validity and reliability, and analyzed univariately and bivariately using the Chi-square test ($\alpha < 0.05$). The results showed that 60% of respondents utilized the MCH Book, and 68.6% had good knowledge, while a small proportion had fair (25.7%) and poor (5.7%) knowledge. There was a significant relationship between the utilization of MCH Book and the level of knowledge of pregnant women ($p = 0.002$). The utilization of the MCH Book was significantly associated with maternal knowledge of pregnancy taboos. Strengthening the educational function of the MCH Book needs to be done to prevent complications during pregnancy.

Keywords: *MCH Book Utilization, Pregnancy Abstinence.*