ABSTRAK

Kehamilan menuntut perhatian khusus terhadap pola hidup dan asupan gizi, termasuk kebiasaan minum kopi yang mengandung kafein. Zat ini dapat menembus plasenta dan berisiko memicu keguguran, berat badan lahir rendah, serta gangguan pertumbuhan janin. WHO menyarankan batas aman konsumsi kafein maksimal 200 mg per hari, setara 1–2 cangkir kopi. Di Aceh, budaya minum kopi sangat kuat, sehingga ibu hamil banyak terpapar, namun pemahaman mengenai batas aman dan dampaknya masih rendah. Penelitian ini bertujuan mengetahui hubungan pengetahuan ibu hamil tentang mengkonsumsi kopi pada kehamilan di Puskesmas Meureubo, Kabupaten Aceh Barat. Secara khusus, penelitian ini mengidentifikasi tingkat pengetahuan, gambaran kebiasaan konsumsi kopi, serta menganalisis hubungan keduanya. Penelitian menggunakan metode korelasional dengan pendekatan *cross sectional*, melibatkan 34 ibu hamil yang memeriksakan diri pada Juni. Data dikumpulkan melalui kuesioner yang telah diuji validitas dan reliabilitas, lalu dianalisis secara univariat dan bivariat dengan uji Chi-Square. Hasil menunjukkan mayoritas responden berusia 21–35 tahun (88,24%), multigravida (67,65%), berpendidikan SMP (61,77%), bekerja di sektor swasta (47,06%), dan berpenghasilan di bawah Rp 1.385.000 (76,47%). Sebagian besar memiliki pengetahuan cukup (52,94%), diikuti kurang (35,29%), dan hanya 11,76% berpengetahuan baik. Lebih dari separuh (58,82%) tetap minum kopi selama hamil. Didapatkan nilai p = 0,000 (p < 0,05), artinya terdapat hubungan signifikan: ibu dengan pengetahuan rendah cenderung tetap mengonsumsi kopi, sedangkan yang berpengetahuan baik cenderung menghindar. Disimpulkan bahwa semakin baik pengetahuan ibu hamil, semakin rendah kebiasaan mengonsumsi kopi. Disarankan Puskesmas Meureubo memperkuat edukasi rutin mengenai bahaya kafein pada kehamilan.

***Kata Kunci**: Pengetahuan, Ibu Hamil, Konsumsi Kopi, Kafein, Kehamilan*

ABSTRACT

Pregnancy demands special attention to lifestyle and nutritional intake, including coffee consumption habits involving caffeine. Caffeine crosses the placenta and may increase the risk of miscarriage, low birth weight, and impaired fetal growth and development. The World Health Organization (WHO) recommends a safe daily caffeine intake limit of no more than 200 mg, equivalent to 1–2 cups of coffee. In Aceh, coffee-drinking is deeply rooted in local culture, so pregnant women are frequently exposed to it, yet understanding of safe consumption limits and associated risks remains low. This study aims to determine the relationship between pregnant women's knowledge about coffee consumption and their habits during pregnancy at Meureubo Public Health Center, West Aceh Regency. Specific objectives include assessing knowledge levels, describing consumption patterns, and analyzing the association between knowledge and habits. A correlational cross-sectional design was used, involving 34 pregnant women attending antenatal check-ups in June. Data were collected using a validated and reliable questionnaire, then analyzed through univariate analysis and the Chi-Square test. Results show most respondents were aged 21–35 years (88.24%), multigravida (67.65%), had junior high school education (61.77%), worked in the private sector (47.06%), and earned less than IDR 1,385,000 per month (76.47%). Regarding knowledge, 52.94% had moderate knowledge, 35.29% had poor knowledge, and only 11.76% demonstrated good knowledge. More than half (58.82%) continued drinking coffee during pregnancy. Statistical analysis yielded $p = 0.000$ ($p < 0.05$), indicating a significant relationship: women with lower knowledge were more likely to consume coffee, while those with better knowledge tended to avoid it. In conclusion, higher knowledge levels are associated with lower coffee consumption during pregnancy. It is recommended that Meureubo Public Health Center strengthen regular educational activities regarding the risks of caffeine intake during pregnancy.

***Keywords:** Knowledge, Pregnant Women, Coffee Consumption, Caffeine, Pregnancy*