

THE INFLUENCE OF HALAL LIFESTYLE ON THE QUALITY OF LIFE OF PREGNANT WOMEN IN PANGKAJENE COMMUNITY HEALTH CENTER

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Abstract.

Pregnancy is a natural process that causes physical and psychological changes in women, potentially affecting quality of life. Poor quality of life during pregnancy can increase the risk of preterm labor and fetal growth restriction. However, few studies have monitored quality of life during pregnancy. Nowadays, the halal lifestyle is gaining popularity as it enhances quality of life by ensuring that products are safe, healthy, and aligned with Islamic principles. This study aims to analyze the influence of a halal lifestyle on the quality of life of pregnant women at Pangkajene Community Health Center. This research uses quantitative methods with a cross-sectional study design. The population consists of all pregnant women who underwent pregnancy checks in 2023, with a sample of 87 people selected by accidental sampling using the Lameshow formula. Data analysis was conducted using the chi-square test to determine the effect of the independent variable on the dependent variable. The research results show that halal consumption patterns and use of halal cosmetics significantly affect the quality of life of pregnant women, with p-values of 0.004 and 0.046, respectively. In contrast, the use of halal medicine/multivitamins and halal clothing does not significantly affect the quality of life, with p-values of 0.503 and 0.628. Health workers, especially midwives, are advised to address not only the physical health of pregnant women but also their mental well-being. Education on adopting halal lifestyles, such as consumption patterns, cosmetic use, and stress management, should be enhanced to support the overall quality of life of pregnant women.

Keywords: Quality of Life, Pregnant Women, Halal Lifestyle