

## PAPAYA FRUIT AS A PREVENTIVE MEASURE FOR CONSTIPATION IN III TRIMESTER PREGNANT WOMEN

Febri Tri Handayani<sup>1</sup>, Winarni<sup>2</sup>  
[Febritri160@gmail.com](mailto:Febritri160@gmail.com)  
University \*Aisyiyah of Surakarta

### SUMMARY

**Background:** *Pregnancy is a nine-month process in which a woman carries a developing fetus in her womb. Pregnancy is accompanied by changes in a woman's body which can cause discomfort, especially in the third trimester, one of which is constipation. Constipation can be prevented with foods high in fiber, for example papaya. Apart from its high fiber content, papaya also contains the enzyme papain, whose function is to soften the stool so that the stool is easily excreted. Research shows that the incidence of constipation before being given papaya was in the moderate category at 56.5% and after giving papaya in the normal category at 65.2%, there was no constipation in pregnant women in the third trimester. From the results of the Wilcoxon statistical test, it can be concluded that there is an effect of giving papaya on constipation in third trimester pregnant women.* **Objective:** *to provide information about papaya preventing constipation in third trimester pregnant women.* **Method:** *making this pocket book media uses the initial method, namely determining an interesting theme or title, preparing materials, and creating a pocket book design. In making this pocket book design using the Canva application.* **Results:** *In the trials carried out, it was shown that this pocket book was very useful for pregnant women in the third trimester in preventing constipation by treating it with non-pharmacological methods.* **Summary:** *This pocket book can make it easier for third trimester pregnant women to get information about papaya to prevent constipation.*

**Keywords:** *Third Trimester Pregnant Women, Kostipasi, Papaya*