

ABSTRAK

ALYAA SYAVIRNA ISLAMAYATI, 19S10290

FAKTOR-FAKTOR YANG BERHUBUNGAN DENGAN KEJADIAN IBU HAMIL KEKURANGAN ENERGI KRONIS (KEK) DI WILAYAH KERJA PUSKESMAS LANDASAN ULIN TIMUR

Skripsi. Program Studi Gizi. 2023.
(xvii + 100)

Kekurangan energi kronis pada ibu hamil terjadi karena kurangnya asupan protein dan energi pada masa kehamilan yang dapat menyebabkan masalah dalam kesehatan pada ibu dan janin yang sedang dikandung. Ibu hamil yang berisiko mengalami KEK dapat diukur dengan cara mengukur lingkaran lengan atas (LILA) ditandai dengan nilai kurang dari 23,5 cm. Penelitian ini bertujuan untuk menganalisis hubungan asupan energi, umur, jarak kehamilan, pendidikan ibu, status pekerjaan, dan pendapatan keluarga dengan kejadian ibu hamil KEK. Penelitian *cross-sectional* ini dilakukan di wilayah Puskesmas Landasan Ulin Timur Kota Banjarbaru pada bulan April 2023. Populasi dalam penelitian adalah 15 orang ibu hamil KEK dan sampel diambil menggunakan metode *total sampling*. Data tentang ibu hamil KEK diukur dengan pita LILA. Data asupan energi dikumpulkan menggunakan formulir *semi quantitative food frequency questionnaire* (SQ-FFQ). Data tentang umur, jarak kehamilan, pendidikan ibu, status pekerjaan, dan pendapatan keluarga dikumpulkan melalui wawancara menggunakan kuesioner. Data dianalisis menggunakan uji *fisher exact*. Hasil penelitian ini menunjukkan asupan energi ($p=1,000$), umur ($p=1,000$), pendidikan ibu ($p=0,282$), status pekerjaan ($p=0,758$), dan pendapatan keluarga ($p=1,000$) tidak berhubungan dengan kejadian ibu hamil KEK. Ibu hamil KEK disarankan untuk memperhatikan asupan energi yang dikonsumsi agar kebutuhan ibu dan janin yang dikandung dapat terpenuhi.

Kata Kunci: Asupan energi, ibu hamil KEK, jarak kehamilan, pendidikan ibu, status pekerjaan.

ABSTRACT

ALYAA SYAVIRNA ISLAMAYATI, 19S10290

FACTORS RELATED TO PREGNANT WOMEN WITH CHRONIC ENERGY DEFICIENCY (CED) IN COMMUNITY HEALTH CENTER AREA OF EAST LANDASAN ULIN

Undergraduate thesis. Bachelor of Nutrition Study Program. 2023

(xvii + 100)

Chronic energy deficiency in pregnant women occurs due to a lack of protein and energy intake during pregnancy which can cause health problems in the mother and fetus. Pregnant women who are at risk of chronic energy deficiency can be measured by measuring the mid-upper arm circumference characterized by a value of less than 23.5 cm. This study aimed to analyze the relationship of energy intake, age, interpregnancy interval, maternal education, employment status, and family income with the incidence of pregnant women with chronic energy deficiency. This cross-sectional study was conducted in the East Landasan Ulin Community Health Center area of Banjarbaru City in April 2023. The study population were 15 pregnant women with chronic energy deficiency and the samples were taken using the total sampling method. Data on chronically energy deficient pregnant women were measured by mid-upper arm circumference tape. Energy intake data were collected using semi quantitative food frequency questionnaire (SQ-FFQ) form. Data on age, interpregnancy interval, maternal education, employment status, and family income were collected through interviews using questionnaires. Data were analyzed using the fisher exact test. The results of this study showed that energy intake ($p=1.000$), age ($p=1.000$), maternal education ($p=0.282$), employment status ($p=0.758$), and family income ($p=1.000$) had no association with the incidence of chronic energy deficiency among pregnant women. Pregnant women with CED are advised to pay attention to the energy intake consumed so that the needs of the mother and fetus can be met.

Keywords: *Employment status, energy intake, interpregnancy interval, maternal education, pregnant women with CED.*