ABSTRAK

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HUBUNGAN USIA IBU, PARITAS, KADAR HEMOGLOBIN, DAN STATUS KEK SAAT KEHAMILAN DENGAN BERAT BADAN LAHIR BAYI DI RSUD PAMBALAH BATUNG

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Berat badan lahir rendah (BBLR) masih menjadi masalah kesehatan di negara berkembang dan menjadi salah satu indikator untuk memprediksi kematian bayi, *stunting* dan penyakit pada saat dewasa. Penelitian ini bertujuan untuk menganalisis hubungan antara usia ibu, paritas, kadar hemoglobin, dan status KEK (Kurang Energi Kronis) saat kehamilan dengan berat badan lahir bayi di RSUD Pambalah Batung Kabupaten Hulu Sungai Utara. Penelitian dilakukan pada 130 ibu yang melahirkan di Ruang Nifas RSUD Pambalah Batung Kabupaten Hulu Sungai Utara yang dipilih menggunakan metode *purposive sampling*. Data dikumpulkan menggunakan kuesioner. Data dianalisis menggunakan uji *chi- square*. Responden yang melahirkan bayi dengan BBLR sebesar 31,5%. Sebagian besar responden (61,5%) berada pada kategori paritas yang berisiko. Responden yang mengalami anemia sebesar 28,5% dan yang mengalami KEK saat kehamilan sebesar 25,4%. Hasil uji *chi-square* menunjukkan bahwa usia ibu (p=0,003), kadar Hb (p=0,004) dan status KEK saat kehamilan (p=0,002) berhubungan dengan berat badan lahir bayi. Paritas tidak berhubungan dengan berat badan lahir bayi (p=0,379). WUS dianjurkan untuk melakukan program kehamilan pada usia yang tidak berisiko serta meningkatkan pengetahuan dalam mempersiapkan kehamilan terutama mengenai status gizi yang optimal untuk mencegah kejadian KEK saat kehamilan. Selain itu, ibu hamil dianjurkan melakukan kunjungan *Antenatal Care* (ANC) secara rutin di fasilitas kesehatan untuk meningkatkan kesehatan, terutama berkaitan dengan status anemia untuk mencegah kejadian BBLR.

Kata Kunci: Berat badan lahir bayi, kadar hemoglobin, paritas, status KEK, usia ibu

ABSTRACT

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RELATION OF MATERNAL AGE, PARITY, HEMOGLOBIN LEVELS, AND CED STATUS DURING PREGNANCY TO THE INFANT'S BIRTH WEIGHT AT PAMBALAH BATUNG HOSPITAL

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Low birth weight (LBW) is still a health problem in developing countries and is one of the indicators for predicting infant mortality, stunting, and disease in adulthood. This study aimed to analyze the relation of maternal age, parity, hemoglobin levels, and CED (Chronic Energy Deficiency) status during pregnancy to an infant's birth weight at Pambalah Batung Hospital. This study was conducted on 130 mothers who gave birth at the Postpartum Room of Pambalah Batung Hospital, North Hulu Sungai Regency, who were selected using the purposive sampling method. The data were collected using a questionnaire. The data were analyzed using the chi-square test. Respondents who gave birth to babies with LBW were 31,5%, and most of the respondents (61,5%) were in the risky parity category. Respondents who had anemia were 28.5% and those who experienced CED during pregnancy were 25.4%. The chi-square test result showed that maternal age (p=0,003), Hb levels (p=0,004), and CED status during pregnancy (p=0,002) were associated with the infant's birth weight. Parity status was not associated with the infant's birth weight (p=0,379). Women of childbearing age are recommended to carry out pregnancy programs at ages that are not at risk and increase knowledge in preparing for pregnancy, especially regarding the optimal nutritional status to prevent the incidence of CED during pregnancy. In addition, pregnant women are encouraged to make routine Antenatal Care (ANC) visits to health facilities to improve health, especially related to anemia status to prevent the incidence of LBW.

***Keywords**: CED status, hemoglobin level, infant's birth weight, mother's age, parity*