

ABSTRAK

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HUBUNGAN ASUPAN ENERGI DAN ZAT GIZI MAKRO DENGAN KEJADIAN KEKURANGAN ENERGI KRONIS (KEK) PADA IBU HAMIL DI PUSKESMAS KECAMATAN BIDUK-BIDUK KABUPATEN BERAU

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Salah satu penyebab timbulnya masalah KEK adalah timbulnya gangguan kesehatan sehingga peningkatan kebutuhan zat gizi pada masa kehamilan tidak terpenuhi, faktor mempengaruhi adalah pola makan yang kurang beragam. Tujuan penelitian menganalisis hubungan antara asupan energi dan zat gizi makro di Puskesmas Biduk-biduk. Metode penelitian menggunakan analitik observasional pendekatan *case control*. Populasi adalah Ibu hamil dengan kejadian KEK. Data asupan energi dan zat gizi makro dikumpulkan melalui kuesioner formulir *Food Recall 2x24 jam* dan analisis data dengan uji *Rank Spearman*. Hasil penelitian menunjukkan bahwa sebagian besar ibu hamil yang tidak KEK memiliki asupan berlebih (44,4%), asupan energi yang KEK memiliki asupan energi defisit tingkat berat, asupan karbohidrat yang tidak mengalami KEK normal (36,1%), asupan karbohidrat yang mengalami KEK (13,9%), asupan protein yang tidak KEK memiliki asupan normal (41,7 %) asupan protein yang KEK memiliki asupan (33,3%), dan asupan lemak yang tidak mengalami KEK memiliki asupan normal (47,2%), asupan lemak yang mengalami KEK memiliki asupan (44,4%). Asupan energi ($p=0,001$), asupan karbohidrat ($p=0,001$), asupan protein ($p=0,001$), dan asupan lemak ($p=0,001$) berhubungan dengan kejadian KEK pada ibu hamil. Ibu hamil yang mengalami KEK disarankan mengubah kebiasaan makan selama kehamilan seperti makanan tambahan pada ibu hamil, memastikan ketersediaan makanan bergizi di rumah, menerapkan pola makan yang benar dan asupan gizi yang penting saat hamil.

Kata kunci: kejadian KEK, energi, karbohidrat, protein, lemak

ABSTRACT

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RELATION OF ENERGY AND MACRONUTRIENT NUTRITION INTAKE TO THE INCIDENCE OF CHRONIC ENERGY DEFICIENCY (CED) AMONG PREGNANT WOMEN IN BIDUK-BIDUK DISTRICT PUSKESMAS, BERAU REGENCY

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One of the causes of CED problem is the emergence of health problems so that the increased nutritional needs during pregnancy are not met, the influencing factor is a less diverse diet. This study aimed to analyze the relationship between energy intake and macronutrients at the Biduk-Biduk Public Health Center. The research method uses observational analytic case control approach. The population were pregnant women with the incidence of CED. Data were collected using 2x24 hour Food Recall questionnaire and data were analyzed the Rank Spearman. The results of the study showed that the majority of pregnant women who did not have CED had excessive intake (44.4%), energy intake with CED had a severe energy deficit, carbohydrate intake did not experience normal CED (36.1%), carbohydrate intake experienced low CED (13.9%), protein intake who did not have CED had normal intake (41.7%) protein intake with had intake (33.3%), and fat intake who did not have CED had normal intake (47.2%), fat intake who experienced CED had intake (44.4%). Energy intake ($p=0.001$), carbohydrate intake ($p=0.001$), protein intake ($p=0.001$) and fat intake ($p=0.001$) were associated with the incidence of CED in pregnant women. Pregnant women with CED are advised to change their eating habits during pregnancy such as supplementary food for pregnant women, to ensure the availability of nutritious food at home, and to apply the appropriate dietary patterns and important nutritional intake during pregnancy.

Keywords: CED incidence, energy, carbohydrates, protein, fat