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## HUBUNGAN PENGETAHUAN IBU HAMIL TENTANG GIZI KEHAMILAN DENGAN KEJADIAN KURANG ENERGI KRONIK (KEK) PADA KEHAMILAN DI PUSKESMAS BOJONG

### ABSTRAK

**Latar Belakang:** Kekurangan asupan energi dan protein pada ibu hamil dapat menyebabkan Kurang Energi Kronis (KEK). Ibu hamil mengalami KEK jika Lingkar Lengan Atas < 23,5 cm. Ibu hamil dengan KEK berisiko melahirkan Bayi Berat Lahir Rendah (BBLR) yang berpotensi mengalami kematian, gangguan pertumbuhan dan perkembangan anak. KEK juga dapat menjadi penyebab tidak langsung kematian ibu. Ibu hamil dengan KEK pada bulan April – Juni 2020 berdasarkan data Dinas Kesehatan Kabupaten Tegal tertinggi terdapat di Puskesmas Bojong sebanyak 27 ibu hamil. Berdasarkan studi pendahuluan Puskesmas Bojong mempunyai 40 ibu hamil KEK dari 152 ibu hamil. Kurang pengetahuan ibu hamil tentang gizi mempengaruhi perilaku ibu termaksud dalam pemilihan makanan dalam pemenuhan nutrisi, sehingga menyebabkan kurangnya makanan bergizi selama hamil yang dapat menyebabkan KEK pada kehamilan. Tujuan penelitian ini mengetahui hubungan pengetahuan ibu hamil tentang gizi kehamilan dengan kejadian KEK kehamilan.

**Metode:** Jenis penelitiannya *analitik observasional* dengan desain *cross sectional* kepada 80 responden secara *Random sampling*, subjeknya adalah ibu hamil KEK dan ibu hamil tidak KEK dengan menggunakan kuesioner, jenis data primer dilakukan dengan membagikan link google form melalui Grup whatsapp pada tanggal 10 Desember 2020 menggunakan Uji *Chi-Square*. Dari 80 responden diketahui bahwa ibu hamil yang mempunyai pengetahuan yang baik tetapi mengalami KEK yaitu sebesar 23,1%, sedangkan ibu hamil yang mempunyai pengetahuan yang kurang tetapi tidak mengalami KEK yaitu sebesar 30,8%.

**Hasil:** Hasil uji analisis *Chi-Square* diperoleh nilai  $p = 0,003$  ( $p = <0,05$ ) dan Koefisien Kontingensi = 0,359

**Simpulan:** Kesimpulan dalam penelitian ini adalah ada hubungan pengetahuan ibu hamil tentang gizi kehamilan dengan kejadian Kurang Energi Kronik (KEK) kehamilan di Puskesmas Bojong dengan kekuatan hubungan antara dua variabel dalam kategori sedang.

**Kata Kunci:** Pengetahuan, Ibu hamil, Kurang Energi Kronik

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**RELATIONSHIP OF PREGNANT WOMAN KNOWLEDGE ABOUT  
PREGNANCY NUTRITION WITH CHRONIC ENERGY LACK (CEL)  
PREGNANCY IN BOJONG HEALT CENTER**

**ABSTRACT**

**Background:** The Chronic Energy Lack (CEL) caused by lack insufficient energy and protein were to pregnant women. Chronic Energy Lack (CEL) for pregnant women were arm circumference above  $<23.5$  cm and low birth weight babies (LBW) able to the potential to die, growth disorders and child development disorders. Also it was an indirect cause of maternal death. Pregnant women with Chronic Energy Lack (CEL) by April – June 2020 based on the highest Tegal Districh Health Office data available in Bojong Health Center as much as 27 pregnant women. Preliminary study of Bojong I's community health centre had 40 CEL pregnant women from 152 pregnant women. Lack of knowledge of pregnant women about nutrition was affects the mother's behavior in the selection of food in the fulfillment of nutrients caused by lack of nutritious food during pregnancy which caused CEL in pregnancy. The purpose of this study was to know the relationship of knowledge of pregnant women about pregnancy nutrition with the occurrence of CEL pregnancy.

**Methods:** The type of research were analytic observational with cross sectional design to 80 respondents by Random sampling, the subjects were pregnant women CEL and pregnant women are not CEL by using questionnaire, primary data type was done by sharing the google form link through the whatsapp group on 10 Desember 2020 and using Chi-Square Test. Of the 80 respondents it was known that pregnant women who had good knowledge but experiencing CEL that was equal to 23,1%, while pregnant women who had less knowledge but not experiencing CEL of 30,8%.

**Result:** Chi-Square analysis test results obtained p value = 0,003 ( $p = <0,05$ ) and Contingency Coefficient = 0,359

**Conclusion:** Conclusion of this research indicated that there was relationship of pregnant woman knowledge about pregnancy nutrition with chronic Energy Lack (CEL) pregnancy in Yogyakarta city 2017 with the strength of the relationship between two variables in the moderate category.

**Keywords:** Knowledge, Pregnant mother, Chronic Energy Lack (CEL)