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“THE RELATIONSHIP BETWEEN THE LEVEL OF ENERGY AND PROTEIN INTAKE AND THE INCIDENT OF CHRONIC ENERGY DEFICIENCY (CED) IN PREGNANT WOMEN IN THE WORKING AREA OF THE SUMOWONO HEALTH CENTER, SEMARANG REGENCY”

ABSTRACT

Background : Pregnant women need adequate and balanced nutritional intake to meet energy needs during pregnancy. Currently, CED is still experienced by many pregnant women. The prevalence of CED in Central Java reaches 20%, and in Semarang Regency (26.54%).

Purpose: To determine the relationship between levels of energy and protein intake with the incidence of CED in pregnant women in the Sumowono Community Health Center working area, Semarang Regency.

Methods: This type of research is descriptive correlation research with a cross sectional approach, which was carried out on pregnant women in the first, second and third trimesters in Sumowono District. The population of pregnant women is 223 people, the sample taken as many as 69 people was taken by the proportional random sampling method. Energy and protein intake levels data was obtained through interviews using the FFQ-SQ form and CED data by measuring LILA using metline. The data was analyzed using the Spearman Rank Correlation test (p value < 0.05). Bivariate analysis used the Spearman Rank Correlation test (p value $= < 0.05$).

Results: The prevalence of respondents suffering from CED was 11.6%. Respondents who had a deficient energy intake level of 10.1%, and a deficient protein intake level of 15.9%. Based on the results of the analysis, it was found that the level of energy and protein intake is related to CED, respectively, namely ($p=0.0001$) and ($p=0.0001$).

Conclusion: There is a significant relationship between the level of energy and protein intake and the incidence of CED in pregnant women in the Sumowono Community Health Center working area, Semarang Regency.

Keywords: *pregnant women, chronic energy deficiency, level of energy and protein intake*

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“HUBUNGAN ANTARA TINGKAT ASUPAN ENERGI DAN PROTEIN DENGAN KEJADIAN KEKURANGAN ENERGI KRONIK (KEK) PADA IBU HAMIL DI WILAYAH KERJA PUSKESMAS SUMOWONO KABUPATEN SEMARANG”

ABSTRAK

Latar Belakang : Ibu hamil memerlukan asupan gizi yang cukup dan seimbang untuk memenuhi kebutuhan energi selama kehamilan. Saat ini KEK masih banyak dialami oleh ibu hamil. Prevalensi KEK di Jawa Tengah mencapai angka 20%, dan di Kabupaten Semarang (26,54%).

Tujuan : Mengetahui hubungan antara tingkat asupan energi dan protein dengan kejadian KEK pada ibu hamil di wilayah kerja Puskesmas Sumowono Kabupaten Semarang.

Metode : Jenis penelitian ini yaitu penelitian deskriptif korelasi dengan pendekatan *cross sectional*, yang dilakukan pada ibu hamil trimester I, II, III di Kecamatan Sumowono. Populasi adalah ibu hamil sebanyak 223 orang, sampel yang diambil sebanyak 69 orang diambil dengan metode *proporsional random sampling*. Data tingkat asupan energi dan protein diperoleh melalui wawancara menggunakan form FFQ-SQ dan data KEK dengan mengukur LILA menggunakan *metline*. Data dianalisis menggunakan uji *Korelasi Rank Spearman* ($p \text{ value} < 0.05$).

Hasil : Prevalensi responden menderita KEK sebesar 11,6%. Responden yang memiliki tingkat asupan energi kurang 10,1%, dan tingkat asupan protein kurang 15,9%. Berdasarkan hasil analisis didapatkan bahwa tingkat asupan energi dan protein berhubungan dengan KEK masing-masing yaitu ($p=0.0001$) dan ($p=0.0001$).

Simpulan : Ada hubungan antara tingkat asupan energi dan protein dengan kejadian KEK pada ibu hamil di wilayah kerja Puskesmas Sumowono Kabupaten Semarang.

Kata Kunci : *Ibu hamil, KEK, tingkat asupan energi dan protein*