

Hubungan Pengetahuan Ibu Hamil tentang Gizi Kehamila dengan Kejadian Kurang Energi Kronik (KEK) pada Kehamilan di Puskesmas Pringapus Kabupaten Semarang

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Article Info	Abstract
<i>Article History</i> <i>Submitted,</i> <i>Accepted,</i> <i>Published,</i>	<i>Chronic energy deficiency (CED) is a condition where a pregnant woman suffers from a lack of food intake that lasts for a long period of time or is chronic which can cause the risk of complications such as anemia which can result in bleeding during childbirth and affect the fetal growth process, miscarriage, stillbirths, congenital defects and low birth weight. There were 36 pregnant women with CED who visited the Pringapus Health Center in the last 3 months, 25 people in April and 26 people in May. The aim of this research was to determine the relationship between pregnant women's knowledge about pregnancy nutrition and the incidence of chronic energy deficiency (CED) in pregnant women at the Pringapus Health Center, Semarang Regency. The research method is descriptive correlation with a cross sectional approach . The population of this study was all pregnant women who visited the Pringapus Health Center, Semarang Regency in March-May 2023, totaling 126 pregnant women. The sample was taken using an accidental sampling technique and obtained 56 pregnant women as respondents. The measuring instrument used is the questionnaire. Data analysis uses the Chi Square test method . The results of the study showed that 23 respondents (41.1%) had sufficient knowledge of pregnant women about pregnancy nutrition, and there were 21 respondents (37.5%) of pregnant women who were classified as chronic energy deficiency (CED). Chi square test analysis obtained a p value of $0.001 < 0.05$, so it was concluded that there was a relationship between pregnant women's knowledge about pregnancy nutrition and the incidence of chronic energy deficiency (CED) in pregnancy. Conclusion there is a relationship between pregnant women's knowledge about pregnancy nutrition and the incidence of chronic energy deficiency (CED) in pregnancy. It is hoped that Health Workers will innovate in providing health education about pregnancy nutrition by creating educational videos that are shared via WhatsApp or other social media.</i>
<i>Keywords: Nutritional Knowledge, Chronic Energy Deficiency, Pregnant Women</i>	
Kata Kunci: Pengetahuan Gizi, Kurang Energi Kronik, Ibu Hamil	

Abstrak
Kekurangan energi kronik (KEK) merupakan suatu kondisi

seorang ibu hamil menderita kekurangan asupan makanan yang berlangsung dalam jangka waktu yang lama (menahun atau kronis) yang dapat menyebabkan terjadinya resiko komplikasi seperti anemia sehingga dapat mengakibatkan pendarahan saat persalinan dan mempengaruhi proses pertumbuhan janin, keguguran, bayi lahir mati, cacat bawaan serta berat badan lahir rendah. Ibu hamil dengan KEK yang berkunjung di Puskesmas Pringapus 3 bulan terakhir, Maret berjumlah 36 orang, bulan April 25 orang dan bulan Mei 26 orang. Tujuan penelitian ini untuk mengetahui hubungan pengetahuan ibu hamil tentang gizi kehamilan dengan kejadian kurang energi kronik (KEK) pada kehamilan di Puskesmas Pringapus Kabupaten Semarang. Metode penelitian bersifat deskriptif korelasi dengan pendekatan *cross sectional*. Populasi penelitian ini adalah seluruh ibu hamil yang berkunjung di Puskesmas Pringapus Kabupaten Semarang pada bulan Maret-Mei 2023 berjumlah 126 orang ibu hamil. Sampel diambil dengan teknik *accidental sampling* dan diperoleh responden sejumlah 56 orang ibu hamil. Alat ukur yang digunakan kuesioner. Analisis data menggunakan metode uji *Chi Square*. Hasil penelitian menunjukkan pengetahuan ibu hamil tentang gizi kehamilan dengan kategori cukup 23 responden (41,1%), dan ada 21 responden (37,5%) ibu hamil yang tergolong kekurangan energi kronik (KEK). Analisis uji *chi square* diperoleh nilai *p value* $0.001 < 0.05$, maka disimpulkan ada hubungan pengetahuan ibu hamil tentang gizi kehamilan dengan kejadian kekurangan energi kronik (KEK) pada kehamilan. kesimpulan ada hubungan pengetahuan ibu hamil tentang gizi kehamilan dengan kejadian kekurangan energi kronik (KEK) pada kehamilan. Diharapkan Tenaga Kesehatan berinovasi dalam memberi pendidikan kesehatan tentang gizi kehamilan dengan membuat video edukasi yang dibagikan melalui WhatsApp atau media sosial lainnya.
