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## **PERBEDAAN ANTARA HASIL UKUR LILA LENGAN BEBAS DARI BAJU DENGAN LENGAN BAJU PADA WANITA USIA SUBUR DI DESA NGEMPON KECAMATAN BERGAS KABUPATEN SEMARANG**

### **ABSTRAK**

**Latar Belakang:** Prevalensi KEK pada WUS di Indonesia mencapai 20,6%. Risiko KEK dapat identifikasi dengan melakukan pengukuran LILA. Hasil pengukuran LILA antara lengan bebas baju dan lengan dengan baju mempengaruhi ketepatan diagnosis KEK.

**Tujuan:** Untuk mengetahui perbedaan antara hasil ukur LILA lengan bebas dari baju dengan lengan baju pada wanita usia subur di Desa Ngempon Kecamatan Bergas Kabupaten Semarang.

**Metode:** Penelitian menggunakan pendekatan *cross-sectional*. Populasi dalam penelitian ini adalah WUS usia 20-29 tahun yang berjumlah 409. Sampel dihitung menggunakan rumus sampel penelitian dua populasi independent (*mean*), yaitu sebanyak 100 orang. Pengukuran LILA diukur menggunakan metline. Analisis data menggunakan uji statistik Wilcoxon Signed-Rank.

**Hasil:** Hasil pengukuran LILA bebas baju dan dengan baju menunjukkan perbedaan dimana hasil ukur LILA dengan baju lebih besar 0,99 cm. Pengukuran dengan lengan baju cenderung memberikan hasil yang lebih baik daripada pengukuran tanpa lengan baju. Perbedaan ini dapat menyebabkan interpretasi yang salah. Terdapat perbedaan antara hasil ukur LILA lengan bebas dari baju dengan lengan baju pada wanita usia subur di Desa Ngempon Kecamatan Bergas Kabupaten Semarang ( $p=0,000$ ).

**Simpulan:** Terdapat perbedaan antara hasil ukur LILA lengan bebas dari baju dengan lengan baju pada wanita usia subur di Desa Ngempon Kecamatan Bergas Kabupaten Semarang.

**Kata Kunci:** LILA Lengan Bebas dari Baju, LILA dengan Lengan Baju

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## **THE DIFFERENCE BETWEEN THE RESULTS OF MEASURING THE LILA OF THE ARM FREE FROM CLOTHES AND SLEEVES IN WOMEN OF REPRODUCTIVE AGE IN NGEMPON VILLAGE, BERGAS DISTRICT, SEMARANG REGENCY**

### **ABSTRACT**

**Background:** The prevalence of CEC in women of reproductive age in Indonesia reached 20.6%. The risk of CEC can be identified by MUAC. The results of MUAC between shirt-free sleeves and sleeves with clothes affect the accuracy of the diagnosis of CEC.

**Objective:** To determine the difference between the results of MUAC free sleeves from clothes and sleeves in women of reproductive age in Ngempon Village, Bergas District, Semarang Regency.

**Methods:** The study used a cross-sectional approach. The population in this study was WRA aged 20-29 years which amounted to 409. The sample was calculated using the research sample formula of two independent populations (mean), which was 100 people. MUAC were measured using a metline. Data analysis used Wilcoxon Signed-Rank statistical test.

**Results:** The results of MUAC without clothes and with clothes showed a difference where the MUAC results with clothes were 0.99 cm greater. Measurements with sleeves tend to give better results than measurements without sleeves. This difference may lead to incorrect interpretation. There is a difference between the results of MUAC sleeves free of clothes and sleeves in women of reproductive age in Ngempon Village, Bergas District, Semarang Regency ( $p=0.000$ ).

**Conclusion:** There is a difference between the results of MUAC sleeves free of clothes and sleeves in women of reproductive age in Ngempon Village, Bergas District, Semarang Regency.

**Keywords:** MUAC Sleeves Free of Clothes, MUAC Sleeves