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” GAMBARAN KARAKTERISTIK IBU HAMIL YANG MENGALAMI KEKURANGAN ENERGI KRONIK (KEK) DI WILAYAH PUSKESMAS GEBANG”

Latar belakang : Kelompok ibu hamil rentan terhadap permasalahan kekurangan gizi di Indonesia. Permasalahan gizi yang paling umum dialami oleh ibu hamil adalah anemia dan Kurang Energi Kronik (KEK), kelompok ini paling mudah menderita gangguan kesehatan atau rentan karena kekurangan gizi. Hal ini berdampak terhadap kesehatan dan keselamatan ibu dan bayi serta kualitas bayi yang dilahirkan. Kondisi ibu hamil Kurang Energi Kronik (KEK) berisiko menurunkan kekuatan otot yang membantu proses persalinan, sehingga dapat mengakibatkan terjadinya partus lama dan perdarahan pasca salin, bahkan kematian ibu. Risiko pada bayi dapat mengakibatkan terjadi kematian janin (keguguran), premature, lahir cacat, Bayi Berat Lahir Rendah (BBLR) bahkan kematian bayi. Penelitian ini dilakukan pada ibu hamil di area kerja Puskesmas Gebang, Mayoritas masyarakat Gebang bermata pencaharian sebagai nelayan, sehingga pendapatan bergantung dari hasil laut dengan tingkat pendidikan, penghasilan keluarga, kualitas gizi yang rendah maka diperlukan kajian dalam mengukur karakteristik Usia ibu hamil, Usia kehamilan, Paritas, Pendidikan, Pekerjaan dan Pendapatan. yang mengalami KEK sehingga dapat dijadikan populasi kunci dalam evaluasi dan pelayanan kebidanan di periode berikutnya.

Metode: Metode penelitian yang digunakan dalam penelitian ini yaitu metode penelitian *deskriptif* melalui pendekatan *kuantitatif*. Penelitian dilakukan dengan mengamati data sekunder terkait ibu hamil yang tersedia di Puskesmas Gebang.

Hasil : Hasil penelitian terhadap 145 data ibu hamil yang mengalami KEK pada tahun 2023 menunjukkan hasil tertinggi sebagai berikut: usia 26-30 tahun $45 \pm 31,03\%$, Usia kehamilan 6-10 minggu $61 \pm 42,07\%$, Populasi paritas multipara $81 \pm 55,86\%$, Jenjang pendidikan Sekolah Dasar $49 \pm 33,79\%$, Profesi ibu rumah tangga $128 \pm 88,27\%$, Pendapatan keluarga $\pm 1.500.000$ $127 \pm 87,59\%$.

Simpulan : Kesimpulan penelitian ini adalah karakteristik ibu hamil yang mengalami kejadian Kurang Energi Kronik berkaitan dengan dominasi populasi kelompok paritas multipara, tingkat pendidikan, pendapatan keluarga, usia kehamilan yang rendah namun berada pada rentang usia produktif sehingga di perlukan upaya peningkatan pengetahuan ibu hamil dan keluarga terhadap kualitas gizi oleh Puskesmas Gebang.

Kata Kunci: Karakteristik Ibu Hamil, Kurang Energi Kronik (KEK), Gizi Buruk.

**"DESCRIPTION OF CHARACTERISTICS OF PREGNANT WOMEN
EXPERIENCED WITH CHRONIC ENERGY DEFICIENCY (CED) IN THE
GEBANG HEALTH CENTER AREA"**

Background: Pregnant women are vulnerable to the problem of malnutrition in Indonesia. The most common nutritional problems experienced by pregnant women are anemia and Chronic Energy Deficiency (CED), this group is the easiest suffer from health problems or are vulnerable due to malnutrition. This has an impact on the health and safety of mothers and babies as well as the quality of the babies born. The condition of pregnant women with CED risks reducing the muscle strength that helps the birthing process, which can result in prolonged labor and postpartum bleeding, even maternal death. The risk to babies can result in fetal death (miscarriage), prematurity, birth defects, low birth weight (LBW) babies and even baby death. This research was conducted on pregnant women in the Gebang Health Center work area, The majority of the Gebang community make their living as fishermen, so their income depends on marine products. Due to the low level of education, family income, nutritional quality, studies are needed to measure the characteristics of pregnant women namely the age of the pregnant mother, gestational age, parity, education, employment and income who experience CED so that they can be used as a key population in evaluation and midwifery services in the next period.

Method: The research method used in this research is descriptive research method using a quantitative approach. The research was carried out by observing secondary data related to pregnant women available at the Gebang Community Health Center by analyzing several parameter.

Results: The results of research on 145 data on pregnant women who experienced CED in 2023 showed the highest results as follows: age 26-30 years $45 \pm 31.03\%$, gestational age 6-10 weeks $61 \pm 42.07\%$, multiparous population $81 \pm 55.86\%$, Elementary school education level $49 \pm 33.79\%$, Housewife profession $128 \pm 88.27\%$, Family income $\pm 1,500,000$ $127 \pm 87.59\%$.

Conclusion: The conclusion of this research is that the characteristics of pregnant women who experience CED are related to the dominance of the multiparous parity group population, low education level, low family income, young age gestational but are in the productive age range so efforts are needed to increase the knowledge of pregnant women and families regarding nutritional quality by the Gebang Community Health Center.

Keywords: Characteristics of Pregnant Women, Chronic Energy Deficiency (CED), Malnutrition during pregnancy.