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Hubungan Pengetahuan Ibu dan Dukungan Suami dengan Kejadian Kekurangan Energi Kronik (KEK) pada Ibu Hamil di Wilayah Kerja Puskesmas Arga Mulya

ABSTRAK

Latar belakang: Ibu hamil yang mengalami KEK lima kali berisiko untuk melahirkan bayi dengan berat badan lahir rendah (BBLR). Salah dua faktor yang mempengaruhi kejadian KEK pada ibu hamil yaitu tingkat pengetahuan yang dimiliki ibu hamil dan dukungan suami. Tingkat pengetahuan yang rendah menyebabkan ibu tidak mengerti cara pemenuhan nutrisi yang dibutuhkan ibu hamil selama kehamilannya. Ibu hamil yang mengalami KEK di Puskesmas Arga Mulya mengalami kenaikan selama 2 tahun terakhir. Berbagai upaya sudah dilakukan, seperti edukasi kesehatan kelas ibu hamil, sosialisasi melalui whatsapp group, pendampingan ibu hamil saat kontrol kondisi kandungan di puskesmas, dan program Pemberian Makanan Tambahan (PMT) bagi ibu hamil juga sudah rutin dilakukan. Namun, upaya-upaya tersebut masih belum maksimal dengan dibuktikan adanya kejadian KEK di wilayah kerja Puskesmas Arga Mulya. Tujuan penelitian ini yaitu untuk mengetahui hubungan pengetahuan ibu dan dukungan suami dengan kejadian Kekurangan Energi Kronik (KEK) pada ibu hamil di wilayah kerja Puskesmas Arga Mulya.

Metode: penelitian kuantitatif dengan pendekatan *crosssectional survey*. Sampel yang digunakan sebanyak 73 responden.

Hasil: Hasil penelitian ini didapatkan bahwa ada hubungan antara pengetahuan ibu hamil tentang kejadian KEK di wilayah kerja Puskesmas Arga Mulya dengan nilai p value 0,003, serta tidak ada hubungan antara dukungan suami ibu hamil dengan kejadian KEK di wilayah kerja Puskesmas Arga Mulya dengan nilai p value 0,513.

Saran: Disarankan bagi para ibu untuk tetap meningkatkan pengetahuannya lebih mendalam lagi tentang KEK, selain itu suami juga lebih memperhatikan kondisi kehamilan ibu sehingga dapat mencegah kejadian KEK.

Kata kunci: Pengetahuan, Dukungan Suami, KEK

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The Relationship between Mother's Knowledge and Husband's Support and the Incidence of Chronic Energy Deficiency (CED) in Pregnant Women in the Arga Mulya Community Health Center Work Area

ABSTRACT

Background: Pregnant women who experience CED are five times at risk of giving birth to babies with low birth weight (LBW). Two factors that influence the incidence of CED in pregnant women are the level of knowledge of pregnant women and husband's support. Low levels of knowledge cause mothers to not understand how to fulfill the nutritional needs of pregnant women during their pregnancy. Pregnant women who experience CED at the Arga Mulya Community Health Center have increased over the past 2 years. Various efforts have been made, such as health education classes for pregnant women, socialization through WhatsApp groups, accompanying pregnant women during pregnancy check-ups at the community health center, and the Supplementary Feeding (PMT) program for pregnant women has also been carried out routinely. However, these efforts are still not optimal as evidenced by the occurrence of CED in the work area of the Arga Mulya Community Health Center. The purpose of this study was to determine the relationship between maternal knowledge and husband's support with the incidence of Chronic Energy Deficiency (CED) in pregnant women in the work area of the Arga Mulya Community Health Center.

Method: Quantitative research using a cross-sectional survey approach. A sample of 73 respondents was used.

Results: The results of this study showed a relationship between pregnant women's knowledge about CED in the Arga Mulya Community Health Center (p-value 0.003). There was no relationship between husband's support and the incidence of CED in the Arga Mulya Community Health Center (p-value 0.513).

Recommendation: It is recommended that mothers continue to improve their knowledge about CED, and that husbands pay more attention to their mothers' pregnancy conditions to prevent CED.

Keywords: Knowledge, Husband's Support, CED