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Skripsi, Juli 2025
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HUBUNGAN PENGETAHUAN IBU TENTANG GIZI IBU HAMIL DENGAN KEJADIAN KEKURANGAN ENERGI KRONIK (KEK) DI PUSKESMAS SRAGI II KABUPATEN PEKALONGAN

ABSTRAK

Latar Belakang: Kekurangan Energi Kronis (KEK) pada ibu hamil masih menjadi masalah gizi yang serius di wilayah Puskesmas Sragi II Kabupaten Pekalongan. Data menunjukkan peningkatan kasus KEK dari 18% pada tahun 2023 menjadi 24% pada tahun 2024. Kondisi ini diduga berkaitan dengan rendahnya pengetahuan ibu hamil tentang gizi, di mana sebagian besar belum memahami pentingnya asupan nutrisi selama kehamilan.

Tujuan: Mengetahui hubungan pengetahuan ibu tentang gizi ibu hamil dengan kejadian KEK di wilayah Puskesmas Sragi II Kabupaten Pekalongan.

Metode: Penelitian ini merupakan penelitian analitik korelasi dengan pendekatan cross-sectional. Sampel terdiri dari 40 ibu hamil trimester II dan III yang diambil dengan teknik total sampling. Pengumpulan data dilakukan melalui kuesioner pengetahuan dan buku register dalam pengukuran LILA. Analisa univariat distribusi Frekuensi dan persentase dan Analisa bivariat uji Spearman Rank.

Hasil: Sebagian besar responden (82,5%) memiliki pengetahuan gizi yang baik dan 17,5% cukup. Kejadian KEK tercatat sebesar 15%. Hasil uji statistik menunjukkan terdapat hubungan yang signifikan antara tingkat pengetahuan ibu tentang gizi ibu hamil dengan kejadian KEK ($p = 0,000$).

Simpulan: Terdapat hubungan yang signifikan antara pengetahuan ibu tentang gizi ibu hamil dengan kejadian KEK. Meningkatkan Edukasi gizi ibu hamil oleh tenaga kesehatan perlu ditingkatkan untuk mencegah terjadinya KEK selama kehamilan.

Kata Kunci: Pengetahuan Gizi, KEK, Ibu Hamil

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**THE RELATIONSHIP BETWEEN PREGNANT WOMEN'S KNOWLEDGE
ABOUT NUTRITION AND THE INCIDENCE OF CHRONIC ENERGY
DEFICIENCY (CED) AT SRAGI II HEALTH CENTER, PEKALONGAN
REGENCY**

ABSTRACT

Background: Chronic Energy Deficiency (CED) in pregnant women remains a serious nutritional problem in the Sragi II Community Health Center, Pekalongan Regency. Data shows an increase in CED cases from 18% in 2023 to 24% in 2024. This condition is thought to be related to pregnant women's low nutritional knowledge, with most not understanding the importance of nutritional intake during pregnancy. **Objective:** To determine the relationship between pregnant women's level of knowledge about nutrition and the incidence of CED at Sragi II Health Center, Pekalongan Regency.

Methods: This is a cross-sectional, correlational analytic study. The sample consisted of 40 pregnant women in their second and third trimesters, drawn using a total sampling technique. Data were collected through a knowledge questionnaire and a Register handbook for measuring LILA. Univariate analysis of frequency distributions and percentages, and bivariate analysis using the Spearman Rank test, were used.

Results: Most respondents (82.5%) had good nutritional knowledge, and 17.5% had adequate knowledge. The incidence of CED was recorded at 15%. Statistical test results showed a significant relationship between the level of nutritional knowledge of pregnant women and the incidence of CED ($p = 0.000$).

Conclusion: There is a significant relationship between the level of nutritional knowledge of pregnant women and the incidence of CED. Improving nutrition education by health workers is necessary to prevent CED during pregnancy.

Keywords: Nutrition Knowledge, CED, Pregnant Women