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## **HUBUNGAN STATUS GIZI IBU DENGAN BERAT BADAN LAHIR DI PUSKESMAS LEBAKBARANG KABUPATEN PEKALONGAN**

### **ABSTRAK**

**Latar Belakang:** Berat badan lahir rendah merupakan salah satu penyebab utama angka kematian bayi (AKB) yang tinggi. Status gizi ibu merupakan faktor yang mempengaruhi kejadian berat badan lahir rendah. Prevalensi ibu KEK di Puskesmas Lebakbarang mencapai 14,81% dan bayi BBLR mencapai 7,41%. Penelitian ini bertujuan untuk mengetahui hubungan status gizi ibu dengan berat badan lahir di Puskesmas Lebakbarang Kabupaten Pekalongan.

**Metode Penelitian:** penelitian kuantitatif dengan desain *cross sectional*. Teknik sampling menggunakan *total sampling* dengan jumlah sampel sebanyak 132 ibu bersalin dan bayinya. Instrumen pengumpulan data menggunakan register ibu bersalin. Hasil penelitian dianalisis dengan analisa univariat dan uji *Fisher exact test*.

**Hasil:** responden sebagian besar tidak mengalami KEK (81,8%), tidak melahirkan bayi BBLR (87,1%). Terdapat hubungan status gizi ibu dengan berat badan lahir di Puskesmas Lebakbarang ( $p\ value = 0,000$ )

**Simpulan:** penelitian ini menunjukkan bahwa ada hubungan antara status gizi ibu dengan berat badan lahir di Puskesmas Lebakbarang. Diharapkan Puskesmas rutin mengadakan edukasi dan konseling gizi bagi ibu hamil, serta pemberian makanan tambahan bagi ibu hamil dengan kurang energi kronis (KEK).

**Kata kunci :** Berat badan lahir, Status gizi

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**RELATIONSHIP BETWEEN MATERNAL NUTRITIONAL STATUS AND BIRTH WEIGHT AT THE LEBAKBARANG COMMUNITY HEALTH CENTER IN PEKALONGAN REGENCY**

**ABSTRACT**

**Background:** *Low birth weight is one of the main causes of high infant mortality rates. Maternal nutritional status is a factor that influences low birth weight. The prevalence of KEK mothers at the Lebakbarang Community Health Center reached 14.81% and LBW babies reached 7.41%. This study aims to determine the relationship between maternal nutritional status and birth weight at the Lebakbarang Health Center in Pekalongan District.*

**Method:** *A quantitative study with a cross-sectional design. The sampling technique used total sampling with a sample size of 132 mothers and their infants. Data collection instruments using maternity registers. The research results were analyzed using univariate analysis and the Fisher exact test.*

**Results:** *Most respondents did not experience chronic energy deficiency (81.8%) and did not give birth to low birth weight babies (87.1%). There was a relationship between maternal nutritional status and birth weight at the Lebakbarang Health Center ( $p$ -value = 0.000).*

**Conclusion:** *This study shows that there is a relationship between maternal nutritional status and birth weight at the Lebakbarang Community Health Center. It is recommended that the health center regularly conduct nutrition education and counseling for pregnant women, as well as provide supplementary food for pregnant women with chronic energy deficiency .*

**Keywords:** *Birth weight, Nutritional status*