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HUBUNGAN PENGETAHUAN IBU HAMIL TENTANG KEKURANGAN ENERGI KRONIK DENGAN KEJADIAN KEK DI PUSKESMAS LUWUNGGEDE KECAMATAN TANJUNG KABUPATEN BREBES

ABSTRAK

Latar belakang: Kekurangan Energi Kronik (KEK) pada ibu hamil merupakan masalah kesehatan yang signifikan, terutama di negara berkembang. Kekurangan Energi Kronis pada ibu hamil dapat memiliki dampak negatif yang signifikan pada kesehatan dan perkembangan ibu serta janin. Hasil pra survey pengambilan data awal di Desa Luwungbata angka kejadian abortus tahun 2023 sebanyak 9 ibu. Selain itu, peneliti melakukan wawancara terhadap 8 responden ibu hamil didapatkan 5 (62,5%) ibu hamil tidak KEK dan 3 (37,5%) ibu hamil KEK. Dari 3 (37,5%) ibu yang KEK semuanya tidak mengetahui tentang KEK sedangkan dari 5 (62,5%) ibu yang tidak KEK ada 1 (20%) ibu yang sudah mengetahui tentang KEK namun 4 (80%) ibu belum mengetahui

Tujuan: Untuk mengetahui hubungan pengetahuan ibu hamil tentang kekurangan energi kronik dengan kejadian KEK di Puskesmas Luwunggede Kecamatan Tanjung Kabupaten Brebes.

Metode: Desain penelitian ini merupakan *survey analitik* dengan pendekatan *cross sectional*. Sampel dalam penelitian ini adalah ibu hamil. Pengambilan sampel menggunakan teknik *simple random sampling* sebanyak 51 responden. Pengambilan data menggunakan kuesioner. Analisis data menggunakan uji chi square.

Hasil: Analisis univariat didapatkan responden sebagian besar responden memiliki pengetahuan cukup sebanyak 35 responden (68,6%), dan tidak mengalami KEK sebanyak 41 responden (80,4%). Analisis bivariat menggunakan uji *chi square* didapatkan p value sebesar 0,000, yang artinya terdapat hubungan pengetahuan ibu hamil tentang kekurangan energi kronik dengan kejadian KEK di Puskesmas Luwunggede Kecamatan Tanjung Kabupaten Brebes.

Kesimpulan: Ada hubungan pengetahuan ibu hamil tentang kekurangan energi kronik dengan kejadian KEK di Puskesmas Luwunggede Kecamatan Tanjung Kabupaten Brebes.

Kata Kunci: Pengetahuan, KEK, Ibu Hamil

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RELATIONSHIP BETWEEN PREGNANT WOMEN'S KNOWLEDGE ABOUT CHRONIC ENERGY DEFICIENCY AND THE INCIDENCE OF CED IN THE LUWUNGGEDE PUBLIC HEALTH CENTER, TANJUNG REGENCY BREBES REGENCY

ABSTRACT

Background: Chronic Energy Deficiency (CED) in pregnant women is a significant health problem, especially in developing countries. Chronic Energy Deficiency in pregnant women can have a significant negative impact on the health and development of the mother and fetus. The results of the pre-survey of initial data collection in Luwungbata Village, the incidence of abortion in 2023 was 9 mothers. In addition, researchers conducted interviews with 8 pregnant women respondents, obtained 5 (62.5%) pregnant women without CED and 3 (37.5%) pregnant women with CED. Of the 3 (37.5%) mothers with CED, all did not know about CED, while of the 5 (62.5%) mothers without CED, 1 (20%) mother already knew about CED but 4 (80%) mothers did not know.

Objective: To determine the relationship between pregnant women's knowledge about chronic energy deficiency and the incidence of CED in the Luwunggede Health Center, Tanjung District, Brebes Regency.

Method: The design of this study was an analytical survey with a cross-sectional approach. The sample in this study were pregnant women. Sampling using a simple random sampling technique of 51 respondents. Data collection using a questionnaire. Data analysis using the chi square test.

Results: Univariate analysis found that most respondents had sufficient knowledge of 35 respondents (68.6%), and did not experience CED of 41 respondents (80.4%). Bivariate analysis using the chi square test obtained a p value of 0.000, which means that there is a relationship between pregnant women's knowledge about chronic energy deficiency and the incidence of CED at the Luwunggede Health Center, Tanjung District, Brebes Regency.

Conclusion: There is a relationship between pregnant women's knowledge about chronic energy deficiency and the incidence of CED at the Luwunggede Health Center, Tanjung District, Brebes Regency.

Keywords: Knowledge, KEK, Pregnant Women