

# HUBUNGAN ASUPAN ZAT GIZI MAKRO DAN SOSIAL EKONOMI DENGAN STATUS GIZI IBU HAMIL DI UPT PUSKESMAS SUKMAJAYA TAHUN 2017

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## Abstrak

Kekurangan energi kronis yang dialami ibu hamil dapat berpengaruh pada berat bayi yang dilahirkan dan dapat meningkatkan resiko kematian pada bayi dan ibu. Prevalensi risiko KEK wanita hamil dari data RISKESDAS 2013 berdasarkan LILA sebanyak 24,2%.

Tujuan dari penelitian ini untuk mengetahui asupan zat gizi makro dan sosial ekonomi dengan status gizi ibu hamil di UPT Puskesmas Sukmajaya Depok.

Penelitian ini menggunakan desain *crosssectional* yang dilakukan dibulan april-juni 2017. Teknik sampel menggunakan total teknik sampling yang berjumlah 62 orang. Pengumpulan data menggunakan kuesioner dan lembar food recall 2x24 jam. Hasil penelitian menunjukkan 27,4% ibu hamil memiliki status gizi kurang (KEK). Hasil bivariat menggunakan uji *Chi Square* terdapat variabel yang berhubungan dengan status gizi ibu hamil yaitu asupan energi ( *P value* 0,000), asupan karbohidrat ( *P Value* 0,000), dan asupan protein ( *P Value* 0,011). Hasil analisis menunjukkan adanya hubungan bermakna antara asupan energi, asupan karbohidrat dan asupan protein terhadap kejadian KEK pada ibu hamil.

**Kata kunci** : status gizi ibu hamil, LILA, KEK.

**RELATIONSHIP OF MACRO NUTRIENT AND  
SOCIOECONOMIC WITH NUTRITIONS STATUS OF  
PREGNANT WOMEN IN UPT PUSKESMAS SUKMAJAYA  
2017**

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**Abstract**

Pregnant woman who suffered Chronic Energy Deficiency (CED) has delivered babies with low birth weight and can increased the mortality of the mother and her baby.

The risk prevalence of Chronic Energy Deficiency based on RISKESDAS 2013 if the pregnant women has LILA 24,2%.

The purpose of this study was to determine the intake of macro and socioeconomic nutrients with nutritional status of pregnant women in UPT Sukmajaya Health Center Depok.

This research used crosssectional design, conducted in April – June 2017. The sample technique using total sampling technique which amounts to 62 people. Data collection using questionnaire and 2x24 hour food recall sheet. The results showed that 27,4% of pregnant women have malnutritional status (chronic energy deficiency). The result of bivariate using Chi Square test, there were variables corelated to nutritional status of pregnant mother that is energy intake (P value 0,000), carbohydrate intake (P Value 0,000), and protein intake (P Value 0,011). Result of analysis showed the existence of a meaningful relationship between energy intake, intake of carbohydrate and protein intake of events chronic energy deficiency on pregnant women.

**Keywords** : nutritional status of pregnant women, LILA, KEK.