

**GAMBARAN STATUS GIZI IBU HAMIL BERDASARKAN LINGKAR  
LENGAN ATAS (LILA) DI PUSKESMAS UMBULHARJO I  
KOTA YOGYAKARTA  
TAHUN 2017**

Baiq Riska Febrianti<sup>1</sup>. Reni Merta Kusuma<sup>2</sup>

**INTISARI**

**Latar Belakang:** Masa kehamilan sangat menentukan kualitas sumber daya manusia masa depan, karena tumbuh kembang anak sangat ditentukan kondisinya se masa janin. Wanita hamil berisiko KEK jika memiliki (LILA) <23,5 cm. Ibu hamil dengan KEK atau status gizi kurang sejak trimester awal berisiko melahirkan bayi dengan berat lahir rendah yang kemudian akan tumbuh menjadi balita *stunting*. Hasil studi pendahuluan yang dilakukan tahun 2017 di Dinas Kesehatan Kota Yogyakarta menunjukkan prevalensi KEK ibu hamil yang tertinggi di Puskesmas Umbulharjo I, Kota Yogyakarta sebesar 10,3% dan terendah di Puskesmas Gondokusuman 8,8%.

**Tujuan Penelitian:** Diketuinya gambaran status gizi ibu hamil berdasarkan Lingkar Lengan Atas (LILA) di Puskesmas Umbulharjo I, Kota Yogyakarta tahun 2017

**Metode Penelitian:** Penelitian ini merupakan jenis penelitian deskriptif kuantitatif dengan pendekatan *survey deskriptif*. Lokasi Penelitian di Puskesmas Umbulharjo I, Kota Yogyakarta. Populasi sampel ini adalah 24 ibu hamil yang sesuai dengan kriteria inklusi. Pengambilan sampel menggunakan tehnik *Non Probability Sampling*. Variabel penelitian yaitu variabel tunggal. Analisis data menggunakan *univariat*.

**Hasil Penelitian:** Status gizi ibu hamil yang tidak mengalami KEK (LILA  $\geq$  23,5 cm) yaitu sebanyak 14 orang (58,3%) dan ibu hamil yang mengalami KEK ibu hamil yang mengalami KEK (LILA < 23,5 cm) yaitu sebanyak 10 orang (41,7 %). Karakteristik ibu hamil sebagian besar dengan usia 20-35 tahun yaitu sebanyak 22 orang (91,7%) berpendidikan lulus SMA sebanyak 13 orang (54,1%) dengan ibu hamil yang tidak bekerja sebanyak 17 orang (70,8%).

**Kesimpulan:** Status gizi yang tidak mengalami KEK (LILA  $\geq$ 23,5 cm) yaitu sebanyak 14 orang (58,3%) dan ibu hamil yang mengalami KEK (LILA<23,5 cm) yaitu sebanyak 10 orang (41,7%), sehingga disarankan pada bidan di puskesmas untuk mengevaluasi program Pemberian Makanan Tambahan (PMT) pada ibu hamil yang mengalami KEK

**Kata Kunci:** Status Gizi, Ibu Hamil, LILA.

<sup>1</sup> Mahasiswa Kebidanan (D-3) Stikes Jenderal Achmad Yani Yogyakarta

<sup>2</sup> Dosen Kebidanan (D-3) Stikes Jenderal Achmad Yani Yogyakarta

***NUTRITIONAL STATUS OF PREGNANT MOTHERS BASED ON  
MIDUPPER ARM CIRCUMFERENCE (MUAC) IN COMMUNITY  
HEALTH CENTER OF UMBULHARJO I  
YOGYAKARTA CITY, 2017***

Baiq Riska Febrianti<sup>1</sup>. Reni Merta Kusuma<sup>2</sup>

***ABSTRACT***

**Background:** Pregnancy greatly determine the quality of human resources for the future, because of the growing swell very determined his condition since the time of the fetus. Pregnant woman at risk chorionic energy deficiency (CED) if it has MUAC < 23,5 cm. Pregnant woman with chorionic energy deficiency in early trimester at risk give birth baby with low weight babies which will then grow into *Stunting* Toddler. Preliminary results of a study conducted in 2017 in the service of health Yogyakarta City shows prevalence CED the highest of pregnant woman in Community Health Center Of Umbulharjo I, Yogyakarta City 10,3%. The lowes in Community Health Center Of Gondokusuman 8,8%.

**Objective:** To identify the description of Nutrisional Status Of Pregnant Mothers Based On Mid-Upper Arm Circumference (MUAC) in Comunity Health Center of Umbulharjo I, Yogyakarta City, 2017.

**Method:** This Study Was an Kuantitatif descriptive design survey descriptive. The location of study was in Community Health Center of Umbulharjo I, Yogyakarta City. Study period was during 1-30 March 2017. Population of samples were 24 pregnant mothers fulfilled inclusion criteria. Sample were selected by *Non Probability Sampling*. Study variable was single variable. Data Analysis applied univariate.

**Result:** Nutritional status of pregnant mothers without CED (MUAC  $\geq$ 23,5 cm) were as many as 14 respondents (58,3%) and pregnant mothers who suffered CED (MUAC < 23,5 cm) were as many as 10 respondents (41,7%). The majority of pregnant mothers possed characteristics as follows: aged between 20-35 years old as many as 22 respondents (91,7%) senior high school graduates as many 13 orang (54,1%) It does not work 17 respondents (70,8%).

**Conclusion:** Nutritional status of pregnant mothers without CED (MUAC  $\geq$  23,5 cm) were as many as 14 respondents (58,3%) %) and pregnant mothers who suffered CED (MUAC < 23,5 cm) were as many as 10 respondents (41,7%). So it is suggested that midwife in Community Health Center evaluate Complementary Feeding program for pregnant mothers who suffered CED.

**Keywords: Nutritional Status, Pregnant Mothers, MUAC**

<sup>1</sup>*Student of (D-3) Midwifery Study Program of Stikes Jenderal Achmad Yani Yogyakarta*

<sup>2</sup>*Lecture (D-3) Midwifery Study Program of Stikes Jenderal Achmad Yani Yogyakarta*