

STATUS GIZI IBU HAMIL BERDASARKAN LILA DI PUSKESMAS MERGANGSAN YOGYAKARTA TAHUN 2017

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INTISARI

Latar Belakang: Peningkatan prevalensi Kekurangan Energi Kronis (KEK) ibu hamil pada tahun 2016 di DIY yaitu 13,41% (Dinkes Provinsi, 2016). Hasil studi pendahuluan yang dilakukan pada bulan Januari 2017 di Dinas Kesehatan Provinsi pada tahun 2017 menunjukkan prevalensi KEK ibu hamil tertinggi di Puskesmas Mergangsan Yogyakarta sebesar 15,32% dan terendah di Puskesmas Gondokusuman I sebesar 11,46%.

Tujuan: Diketuainya gambaran status gizi ibu hamil berdasarkan Lingkar Lengan Atas (LILA) di Puskesmas Mergangsan Yogyakarta Tahun 2017.

Metode: Penelitian ini merupakan jenis penelitian deskriptif kuantitatif rancangan penelitian dengan pendekatan *cross sectional*. Lokasi penelitian di Puskesmas Mergangsan Yogyakarta. Waktu penelitian bulan April tanggal 25 sampai dengan 10 Mei 2017. Populasi sampel ini adalah 32 orang ibu hamil yang sesuai kriteria inklusi. Pengambilan sampel dengan menggunakan *accidental sampling*. Variabel penelitian yaitu variabel tunggal. Analisis data menggunakan *univariat*.

Hasil: Status gizi ibu hamil yang tidak mengalami KEK ($LILA \geq 23,5$ cm) yaitu sebesar 30 orang (93,8%) dan ibu hamil yang KEK ($LILA < 23,5$ cm) yaitu 2 orang (6,3%). Karakteristik ibu hamil sebagian besar mempunyai usia 20-35 tahun sebanyak 6,2%, berpendidikan SMP dan SMA sebanyak 3,1%, pekerjaan sebagian besar pekerja ibu rumah tangga (IRT) sebanyak 6,2%, dengan jarak kehamilan >2 tahun sebanyak 6,2%.

Kesimpulan: Status gizi ibu hamil yang tidak mengalami KEK ($LILA \geq 23,5$ cm) yaitu sebesar 30 orang (93,8%) dan ibu hamil yang KEK ($LILA < 23,5$ cm) yaitu 2 orang (6,3%), sehingga prevalensi ibu hamil yang mengalami KEK di Puskesmas Mergangsan Yogyakarta sudah mengalami penurunan.

Kata Kunci: Status Gizi, Ibu Hamil, LILA

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**NUTRITIONAL STATUS OF PREGNANT MOTHERS BASED ON MUAC
IN COMMUNITY HEALTH CENTER MERGANGSAN YOGYAKARTA,
2017**

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ABSTRACT

Background: The increasing the prevalence of Chronic Energy Deficiency (CED) of pregnant mothers in 2016 in DIY is 13,41% (Provincial Health Office, 2016). The preliminary study conducted in January 2017 at the Provincial Health Office in 2017 showed the highest prevalence of CED in pregnant mothers in Community Health Center of Mergangsan Yogyakarta as many as 15.32% and the lowest prevalence was in Community Health Center of Gondokusuman I as many as 11.46%.

Objective: To identify the description of Nutritional Status of Pregnant Mothers Based on Mid-Upper Arm Circumference (MUAC) in Community Health Center of Mergangsan Yogyakarta 2017.

Method: This research is a descriptive quantitative research design with cross sectional approach. The location of study was in Community Health Center Mergangsan Yogyakarta. Study period was during April research period is 25 to 10 May 2017. Population of samples were 32 pregnant mothers who fulfilled inclusion criteria. Samples were selected by applying accidental sampling technique. 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 30 respondents (93,8%) and pregnant mothers CED (MUAC 23,5 cm) were as many as 2 respondents (6,3%). The majority of pregnant mothers characteristics as follows age between 20-35 years old as many as 6.2%, junior high and high school as many as 3.1%, most of the work of housewife as many as 6.2%, with distance of pregnancy $>$ 2 years as many as 6.2%.

Conclusion: Nutritional status of pregnant mothers without CED (MUAC \geq 23,5 cm) were as many as 30 respondents (93,8%) and pregnant mothers CED (MUAC 23,5 cm) were as many as 2 respondents (6,3%), So that the prevalence of pregnant mothers who experienced CED at Community Health Center Mergangsan Yogyakarta has decreased.

Keywords: Nutrition Status, Pregnant Mothers, MUAC

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