

GAMBARAN PERUBAHAN BERAT BADAN PADA IBU HAMIL TRIMESTER III DI PUSKESMAS KALIBAWANG KULON PROGO YOGYAKARTA TAHUN 2014¹

Sischa Diwangga Putri², Dwi Yulinda³

INTISARI

Latar Belakang: Menurut *World Health Organization* (WHO) tahun 2010, Angka Kematian Ibu (AKI) di Indonesia masih berada pada angka 220/100.000 kelahiran hidup. Penyebab terjadinya AKI terbesar di Indonesia adalah perdarahan, infeksi kehamilan, dan preeklamsi. Salah satu faktor penyebab kesakitan dan kematian ibu adalah akibat perubahan berat badan yang tidak normal pada masa kehamilan. Jika status gizi ibu hamil kurang baik, maka dapat mengakibatkan janin lahir mati, dan bayi lahir dengan berat kurang dari normal atau BBLR.

Tujuan: Mengetahui gambaran perubahan berat badan pada ibu hamil trimester III.

Metode Penelitian: Penelitian ini merupakan jenis penelitian *deskriptif kuantitatif*, dengan pendekatan *Cross Sectional*. Pengambilan sampel pada penelitian ini menggunakan *purposive sampling* dan diperoleh 41 sampel. Penelitian ini dilakukan pada bulan Agustus 2014 di Puskesmas Kalibawang Kulon Progo Yogyakarta.

Hasil penelitian: Hasil penelitian berdasarkan karakteristik ibu hamil trimester III yang berumur 20-35 tahun sebanyak 73,2%. Pendapatan sebagian besar responden dibawah 1 juta sebanyak 75,6%, rata-rata bekerja sebagai IRT sebanyak 63,4%, dengan tingkat pendidikan SMA yaitu 82,9%. Perubahan berat badan normal berdasarkan umur 20-35 tahun 63,4%, perubahan berat badan normal berdasarkan pendapatan dibawah 1 juta sebanyak 58,5%, dan perubahan berat badan normal berdasarkan tingkat pendidikan SMA sebanyak 68,3%.

Kesimpulan: Perubahan berat badan ibu hamil trimester III di Puskesmas Kalibawang Kulon Progo sebagian besar responden memiliki perubahan berat badan normal sebanyak 82,9%.

Kata kunci : Berat badan, Ibu Hamil, Trimester III

¹Judul Karya Tulis Ilmiah

²Mahasiswa D III Prodi Kebidanan STIKES Jenderal Ahmad Yani Yogyakarta

³Dosen STIKES Jenderal Ahmad Yani Yogyakarta

**THE DESCRIPTION OF BODY WEIGHT FLUCTUATION IN
PREGNANT MOTHERS OF THIRD TRIMESTER TERM IN
KALIBAWANG COMMUNITY HEALTH CENTER,
KULONPROGO, YOGYAKARTA, 2014¹**

Sischa Diwangga Putri², Dwi Yulinda³

ABSTRACT

Background : World Health Organization (WHO) figured out the maternal mortality rate in Indonesia in 2010 as many as 220/100.000 live births. The major causes of maternal mortality in Indonesia are hemorrhage, pregnancy infection, and pre-eclampsia. One of causal factors of maternal morbidity and mortality is abnormal body weight fluctuation during pregnancy. Poor maternal nutritional status may lead to a fetal still birth and low birth weight.

Objective : To unveil the description of body weight fluctuation in pregnant mothers of third trimester term in Kalibawang Community Health Center, Kulon Progo, Yogyakarta, 2014.

Method : This was a quantitative descriptive method with cross sectional approach. Sampling technique applied purposive sampling and managed to select 41 samples. This study was conducted in August 2014 in Kalibawang Community Health Center, Kulon Progo, Yogyakarta.

Result : The characteristics of third trimester pregnant mothers were described as follows; aged between 20-35 years old as many as 30 respondents (73,2 %), the income of most respondents was under regional minimum wage as many as 31 respondents (75,6 %), worked as housewives as many as 26 respondents (63,4 %), Senior High School graduates as many as 34 respondents (82,9 %), normal body weight fluctuation based on age group of 20-35 years old as many as 26 respondents (63,4 %), normal body weight fluctuation based on income under regional minimum wage as many as 23 respondents (58,5 %), and normal body weight fluctuation based on Senior High School degree as many as 28 respondents (68,3 %).

Conclusion : Difference of weight a trimester III prignancy maternal in Puskesmas Kalibawang Kulon Progo the majority of respondent who have difference normal weight us many us 82,9%.

Keywords : Body Weight, Pregnant Mothers, Third Trimester.

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² A student of Diploma III Midwifery Study Program School of Health A. Yani Yogyakarta

³ A counseling lecturer of Diploma III Midwifery Study Program School of Health A. Yani Yogyakarta