

GAMBARAN STATUS GIZI IBU HAMIL BERDASARKAN LINGKAR LENGAN ATAS (LILA) DI WILAYAH PUSKESMAS TEPUS II GUNUNGGKIDUL, YOGYAKARTA

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INTISARI

Latar Belakang : Empat masalah gizi utama di Indonesia adalah Kekurangan Energi Kronik (KEK), Gangguan Akibat Kekurangan Yodium (GAKY), Kekurangan Vitamin A (KVA), dan Anemia Gizi Besi (AGB). Lingkar Lengan Atas (LILA) merupakan salah satu indikator untuk menentukan status gizi yang digunakan terutama untuk mendeteksi KEK pada ibu hamil. Ibu hamil yang menderita KEK mempunyai resiko lebih besar untuk melahirkan bayi dengan BBLR (Berat Bayi Lahir Rendah), kematian saat persalinan, perdarahan, persalinan yang sulit karena lemah dan mudah mengalami gangguan kesehatan. Di Puskesmas Tepus 2, Kabupaten Gunungkidul menunjukkan bahwa prevalensi status KEK ibu hamil pada tahun 2013 sebesar 31,83%.

Tujuan : Penelitian ini bertujuan untuk mengetahui gambaran status gizi ibu hamil berdasarkan Lingkar Lengan Atas (LILA) di wilayah Puskesmas Tepus II, Gunungkidul, Yogyakarta.

Metode : Desain penelitian menggunakan studi potong lintang (*Cross sectional*). Penelitian ini dilakukan di wilayah Puskesmas Tepus II. Teknik pengambilan sampel menggunakan *sequential sampling* dengan besar sampel sebanyak 72 orang. Analisis data dengan menggunakan persentase.

Hasil Penelitian : Dari 31 ibu hamil yang mengalami KEK berdasarkan LILA, sebagian besar terjadi pada kelompok umur 20-35 tahun sebanyak 16 orang (51,6%), berpendidikan SMP sebanyak 18 orang (58,1%), berpekerjaan IRT sebanyak 24 orang (77,4%). Dilihat berdasarkan karakteristik, sebagian besar terjadi pada kelompok umur <20 tahun sebanyak 13 orang (76,5%), berpendidikan PT sebanyak 1 orang (100%), berpekerjaan IRT sebanyak 24 orang (46,2%).

Kesimpulan : Status gizi ibu hamil berdasarkan LILA yang tidak mengalami KEK sebanyak 41 orang (56,9%) dan yang mengalami KEK sebanyak 31 orang (43,1%).

Kata Kunci : Status Gizi, Ibu Hamil

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**THE DESCRIPTION OF PREGNANT MOTHER'S NUTRITIONAL
STATUS BASED ON UPPER ARM CIRCLE IN TEPUS II COMMUNITY
HEALTH CENTER, GUNUNGKIDUL, YOGYAKARTA**

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ABSTRACT

Background: There are four major nutritional problems in Indonesia which are Chronic Energy Deficiency (CED), Disorder due to Yodium Deficiency (DYD), Vitamin A Deficiency (VAD), and Zinc Nutrition Anemia (ZNA). Upper Arm Circle (UAC) is one of indicators to determine an applied nutritional status especially to identify CED in pregnant mothers. Pregnant mothers who undergo CED are subject to a bigger risk of delivering babies with Low Birth Weight (LBH), mortality during delivery, hemorrhage, complicated delivery due to weakness and being prone to health disorder. Tepus II Community Health Center, Gunungkidul regency, pointed out that the prevalence of pregnant mothers' CED status in 2013 were 31,83 %.

Objective: This study was aimed to reveal the decription of pregnant mothers' nutritional status based on UAC in Tepus II Community Health Center, Gunungkidul, Yogyakarta

Methods: The study design applied Cross Sectional method. This study was implemented in Tepus II Community Health Center. Sampling technique used sequential sampling with 72 respondents. Data analysis used percentage method.

Results: Among 31 pregnant mothers who underwent CED based on UAC, mostly were aged between 20 to 35 as many as 16 respondents (51,6%), passed from Junior High School as many as 18 respondents (58,1 %), worked as housewives as many as 24 respondents (77,4%). Nevertheless most of the respondents who underwent characteristic, under 20 as many as 13 respondents (76,5%), passed from college as many as 1 respondents (100 %), worked as housewives as many as 24 respondents (46,2%).

Conclusion: Pregnant mothers' nutritional status based on upper arm circle were 41 respondents who did not undergo CED (56,9%), and 31 respondents who underwent CED (43,1%).

Keywords: Nutritional status, Pregnant Mothers

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