

GAMBARAN STATUS GIZI BERDASARKAN LILA PADA IBU HAMIL DIWILAYAH KERJA PUSKESMAS MERGANGSAN KODYA YOGYAKARTA

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INTISARI

Latar Belakang: Status gizi merupakan salah satu faktor yang mempengaruhi kehamilan. Keadaan gizi ibu hamil yang tidak seimbang berpengaruh negatif terhadap bayi, antara lain Berat Badan Lahir Rendah (BBLR), pertumbuhan terhambat, lahir cacat, hingga kematian. Hasil survei menunjukkan bahwa prevalensi KEK (Kekurangan Energi Kronis) pada ibu hamil masih sangat tinggi, yaitu 51%, dan pada ibu nifas 45%. Hasil Riset Kesehatan Dasar pada tahun 2013 menurut provinsi di Indonesia menunjukkan prevalensi resiko KEK pada wanita hamil umur 15-49 tahun, secara nasional (se-Indonesia) sebanyak 24,2%. Prevalensi ibu hamil KEK di DIY pada tahun 2009-2012 mengalami fluktuatif di setiap tahunnya dan masih menunjukkan angka relatif tinggi.

Tujuan: Mengetahui gambaran status gizi ibu hamil yang mengalami KEK di Puskesmas Mergangsan Kodya Yogyakarta.

Metode: Jenis penelitian ini yaitu observasional. Pengambilan sampel menggunakan metode *purposive sampling*. Besar sampel sebanyak 65 ibu hamil di Puskesmas Mergangsan sesuai dengan kriteria inklusi dan eksklusi. Pengumpulan data dilakukan dengan cara mengukur lingkaran lengan atas (LILA) responden dan analisa data yang digunakan adalah analisa *univariat*.

Hasil: Ibu hamil dalam penelitian ini tertinggi yaitu pada usia 20-35 tahun sebanyak 55 responden (84,6%). Paritas ibu tertinggi yaitu pada paritas ≤ 3 sebanyak 61 responden (93,8%) Pendidikan ibu tertinggi yaitu pada lulusan perguruan sebanyak 29 responden (44,6%). Dan pekerjaan ibu tertinggi pada tidak bekerja sebanyak 43 responden (66,2%). Status gizi ibu yang mengalami KEK sebanyak 23 responden (35,4%) dan yang tidak KEK sebanyak 42 responden (54,6%)

Kesimpulan: Dari 56 Ibu hamil di Puskesmas Mergangsan sebagian besar memiliki status gizi baik yaitu LILA $\geq 23,5$ cm sebanyak 42 responden (54,6%).

Kata Kunci: *Status gizi, ibu hamil*

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THE DESCRIPTION OF NUTRITIONAL STATUS BASED ON UPPER ARM CIRCLE OF PREGNANT MOTHERS IN MERGANGSAN COMMUNITY HEALTH CENTER AUTHORITY AREA YOGYAKARTA

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ABSTRACT

Background : Nutritional status is one of factors that influences pregnancy. Unbalanced nutritional condition of pregnant mothers has negative influence on babies such as low birth weight, obstructed growth, birth with disability, and mortality. Survey result indicated that the prevalence of Chronic Energy Deficiency (KEK) in pregnant mothers remains very high as many as 51%, in post partum mothers as many as 45%. The study result of Basic Health in 2013 based on the provinces in Indonesia implied that the prevalence of KEK risk in pregnant mothers at the age of 15-49 years old was as many as 24,2% nationally. The prevalence of pregnant mothers with KEK in The Special Province of Yogyakarta during 2009-2012 was fluctuative year by year and still showed relatively high figures.

Objective : To find out the description of nutritional status of pregnant mothers with KEK in Mergangsan community health center authority area Yogyakarta.

Method : This was an observational study. Samples were selected through purposive sampling method as many as 65 pregnant mothers in Mergangsan community health center who met the inclusion and exclusion criteria. Data collecting was implemented by measuring respondents' upper arm circle (LILA) and data analysis applied univariate analysis.

Result : Pregnant mothers in this study were mostly aged 20-35 as many as 55 respondents (84,6%). Mothers' parity was mostly ≤ 3 as many as 61 respondents (93,8%), mothers' education level was mostly university graduates as many as 29 respondents (44,6%), and mothers' occupation was mostly jobless as many as 43 respondents (66,2%). Nutritional status of mothers with KEK was as many as 23 respondents (35,4%) and without KEK was as many as 42 respondents (54,6%).

Conclusion : Among 56 pregnant mothers in Mergangsan community health center, mostly had good nutritional status with LILA $\geq 23,5$ cm as many as 42 respondents(54,6).

Keyword : Nutritional status, Pregnant mothers.

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