

THE DESCRIPTION OF NUTRITIONAL STATUS OF PREGNANT MOTHERS IN LOW BIRTH WEIGHT CASE IN WONOSARI GENERAL HOSPITAL 2014

Choirul Rizky Aulia¹, Endah Puji Astuti²

ABSTRACT

Background : Fetal mortality rate becomes the first indicator in defining child health grade and low birth weight is the primary cause of fetal still birth in Indonesia. Some of the low birth weight babies were delivered by pregnant mothers with poor nutrition that can be detected by measuring upper arm cycle, hemoglobin level in blood, and body mass index. Data that the researcher got indicated prevalence of low birth weight case in Yogyakarta as many as 4,48% with the highest prevalence located in Gunungkidul regency. Preliminary study identified 223 delivering mothers who delivered babies with low birth weight in 2014.

Objective : To find out the description of nutritional status of pregnant mothers in low birth weight case in Wonosari general hospital 2014

Method : This was a quantitative descriptive study with retrospective approach which used secondary data of medical record that were low birth weight data during January-December 2014. Population was 194 with the number of respondent was 100 respondents who were selected through purposive sampling technique. Variable in this study was single variable and data analysis applied single variable analysis.

Result : Nutritional status of pregnant mothers in low birth weight cases based on : LILA was that the majority of mothers suffered chronic energy deficiency (KEK) as many as 56 respondents (56,0%), Hemoglobin level was normal as many as 59 respondents (59,0%), body mass index was normal as many as 64 respondents (64,0%).

Conclusion : The result indicated that nutritional status of pregnant mothers in low birth weight cases was risked by chronic energy deficiency (KEK).

Key Word : *Low Birth Weight, Nutritional status of Pregnant mother.*

¹A student of Diploma III Midwifery Study Program of Stikes Jenderal Achamad Yani Yogyakarta High School of Health Science

²A counseling lecturer of Diploma III Midwifery Study Program of Stikes Jenderal Achmad Yani Yogyakarta High School of Health Science

GAMBARAN STATUS GIZI IBU HAMIL PADA KEJADIAN BERAT BADAN LAHIR RENDAH (BBLR) DI RSUD WONOSARI TAHUN 2014

Choirul Rizky Aulia¹, Endah Puji Astuti²

INTISARI

Latar Belakang: Angka kematian bayi menjadi indikator pertama dalam menentukan derajat kesehatan anak dan Berat Badan Lahir Rendah (BBLR) merupakan penyebab utama kematian bayi baru lahir di Indonesia. Diantara bayi BBLR tersebut umumnya dilahirkan oleh ibu hamil dengan kekurangan gizi yang dapat diketahui dengan mengukur lingkaran lengan atas, kadar hemoglobin dalam darah dan indeks massa tubuh. Berdasarkan data yang peneliti peroleh prevalensi kejadian BBLR di Yogyakarta 4,48% dengan prevalensi tertinggi berada di kabupaten Gunungkidul. Dari hasil studi pendahuluan yang telah dilaksanakan didapatkan 223 ibu bersalin dan melahirkan bayi BBLR pada tahun 2014.

Tujuan: Mengetahui gambaran status gizi ibu hamil pada kejadian berat badan lahir rendah (BBLR) di RSUD Wonosari Tahun 2014.

Metode Penelitian: Jenis Penelitian deskriptif kuantitatif dengan pendekatan retrospektif, yaitu dengan data sekunder rekam medis dengan data BBLR bulan Januari- Desember 2014. Populasi sebanyak 194. Jumlah responden adalah 100 responden dengan teknik pengambilan sampel secara *purposive sampling*, variabel dalam penelitian ini yaitu variabel tunggal dan analisa data menggunakan prosentase.

Hasil: Status gizi ibu hamil pada kejadian BBLR dilihat berdasarkan LILA paling banyak ibu yang menderita kekurangan energi kronis (KEK) yaitu sebanyak 56 responden (56,0%), berdasarkan kadar hemoglobin dialami oleh ibu dengan kadar hemoglobin normal sebanyak 59 responden (59,0%), dan berdasarkan IMT terdapat 64 responden (64,0%) dengan indeks massa tubuh yang normal.

Kesimpulan: Hasil penelitian didapatkan bahwa status gizi ibu hamil pada kejadian BBLR, sebagian besar ibu hamil dengan resiko KEK.

Kata Kunci: *BBLR, Status Gizi Ibu Hamil*

¹ Mahasiswa Kebidanan (D-3) Stikes Jenderal Achmad Yani Yogyakarta

² Pembimbing Karya Tulis Ilmiah Stikes Jenderal Achmad Yani Yogyakarta