

RELATIONSHIP BETWEEN THE NUTRITIONAL STATUS OF PREGNANT WOMEN WITH LBW EVENTS IN THE MATERNITY HOSPITAL KARYA RINI MAGELANG

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ABSTRACT

Background: The nutritional status of poor pregnant women before and during pregnancy will cause Low Birth Weight (LBW). Based on preliminary study of 141 pregnant women in getting pregnant experience chronic energy deficiency 10 and 58 babies have LBW. These conditions encourage the authors conducted a study on the relationship of nutritional status of pregnant women with the incidence of LBW in maternity hospitals of Karya Rini Magelang.

Objective: To determine the relationship between the nutrition status of pregnant women with the incidence of LBW in maternity hospitals of Karya Rini Magelang.

Methods: This study is descriptive analytic approach to cross-sectional time. The study populations was all pregnant women who delivered in maternity hospitals of Karya Rini Magelang of the month January to August of 2011, a total sample of 167 respondents with a total sampling technique. Collecting data using medical records. Data analysis with chi square test.

Result: The result of research to get the value of $P = 0.003$, this there is significant relationship between nutritional status of pregnant women with the incidence of LBW in maternity hospitals of Karya Rini Magelang.

Conclusion: There was a significant association between nutritional status of pregnant women with the incidence of LBW in maternity hospitals of Karya Rini Magelang, so that pregnant women are advised to maintain the balance of nutritional intake in order not to have chronic energy deficiency as to delivery the baby of normal weight.

Suggestion: It is expected Midwife in RB Karya Rini Magelang improve education about nutrition during pregnancy so as to prevent the occurrence of low birth weight (LBW), for other researchers to develop studies of nutrition pregnant with low birth weight (LBW).

Keywords: Nutritional status, LBW (Low Birth Weight).

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HUBUNGAN ANTARA STATUS GIZI IBU HAMIL DENGAN KEJADIAN BBLR DI RB KARYA RINI MAGELANG

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INTISARI

Latar Belakang: Status gizi ibu hamil yang buruk sebelum dan selama kehamilan dapat menyebabkan Berat Badan Lahir Rendah (BBLR). Berdasarkan studi pendahuluan terhadap 141 ibu hamil, di dapatkan 10 KEK dan 58 BBLR. Kondisi ini mendorong penulis melakukan penelitian tentang hubungan status gizi ibu hamil dengan kejadian BBLR di RB Karya Rini Magelang

Tujuan: Untuk mengetahui hubungan antara status gizi ibu hamil dengan kejadian BBLR di RB Karya Rini Magelang.

Metode: Penelitian ini adalah deskriptif analitik dengan pendekatan waktu *cross sectional*. Populasi penelitian ini adalah seluruh ibu hamil yang melahirkan di RB Karya Rini Magelang dari bulan Januari- Agustus tahun 2011, sebanyak 167 responden dengan teknik sampel *total sampling*. Pengumpulan data dengan menggunakan rekam medik. Analisis data dengan uji *Chi Square*.

Hasil: Hasil penelitian mendapatkan nilai $P = 0,003$, dengan demikian ada hubungan bermakna antara status gizi ibu hamil dengan kejadian BBLR di RB Karya Rini Magelang.

Kesimpulan: Ada hubungan yang bermakna antara status gizi ibu hamil dengan kejadian BBLR di RB Karya Rini Magelang, sehingga ibu hamil disarankan untuk meningkatkan asupan gizi agar tidak mengalami KEK sehingga dapat melahirkan bayi dengan berat badan normal.

Saran: Diharapkan Bidan di RB Karya Rini Magelang meningkatkan penyuluhan tentang gizi selama kehamilan sehingga dapat mencegah terjadinya berat badan lahir rendah (BBLR), bagi peneliti lain agar mengembangkan penelitian gizi ibu hamil dengan (BBLR).

Kata Kunci: Status gizi, BBLR.

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