

GAMBARAN LINGKAR LENGAN ATAS (LILA) PADA IBU HAMIL DI PUSKESMAS JETIS II BANTUL YOGYAKARTA

INTISARI

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Latar Belakang: Empat masalah gizi utama di Indonesia adalah Kekurangan Energi Kronis (KEK), Gangguan Akibat Kekurangan Yodium (GAKY), Kekurangan Vitamin A (KVA), dan Anemia Gizi Besi (AGB). Angka KEK pada ibu hamil di Provinsi DIY menunjukkan prevalensi dibawah rata-rata risiko KEK nasional (24,2%), tetapi prevalensi KEK ibu hamil tingkat Kabupaten/Kota DIY menunjukkan angka yang relative tinggi. pada tahun 2015 KEK pada ibu hamil di Puskesmas jetis II Bantul mengalami penurunan yaitu dari 20,18% menjadi 19,85% akan tetapi prevalensi tersebut masih menjadi angka tertinggi kedua setelah Puskesmas Kasihan Bantul.

Tujuan: Diketahui gambaran LILA pada Ibu Hamil di Puskesmas Jetis II Bantul Yogyakarta

Metode: Metode penelitian adalah deskriptif kuantitatif. Pengumpulan data menggunakan data primer dengan teknik total sampling. Jumlah sampel dalam penelitian ini adalah 44 responden. Penelitian ini menggunakan pita LILA dan checklist sebagai alat ukur dan analisis data menggunakan univariat.

Hasil: LILA ibu hamil $\geq 23,5$ cm mayoritas sebanyak 26 responden (59,1%), berumur 20-35 tahun sebanyak 22 responden (50%), jarak kehamilan ≥ 24 bulan sebanyak 20 responden (45,5%), paritas ibu hamil multipara= p2-p4 sebanyak 20 responden (45,5%), dan tingkat pendapatan golongan sedang sebanyak 18 responden (40,9%).

Kesimpulan: LILA ibu hamil di Puskesmas Jetis II Bantul Yogyakarta rata-rata memiliki ukuran LILA $\geq 23,5$ cm sebanyak 26 responden (59,1%).

Kata Kunci: Lingkaran Lengan Atas (LILA), Ibu Hamil

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The Description of Mid-Upper Arm Circumference (MUAC) in Pregnant Mothers in Jetis II Community Health Center of Bantul, Yogyakarta

ABSTRACT

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Background : Four Primary Nutritional Problems in Indonesia are Chronic Energy Defficiency (CED), Iodine Defficiency Disorder (IDD), Vitamin A Defficiency (VAD), and Iron Defficiency Anemia (IDA). The CED rate in pregnant mothers in Special Province of Yogyakarta indicated lower prevalence than the average rate of national CED risk (24,2%) but the CED prevalence in pregnant mothers in Yogyakarta region / city revealed a relatively high rate. In 2015, CED rate in pregnant mothers in Jetis II community health center of Bantul had a reduction from 20,18% to 19,85%. Nevertheless, that prevalence remained the second highest rate below the rate in Kasihan community health center of Bantul.

Objective : To identify The Description of Mid-Upper Arm Circumference (MUAC) in Pregnant Mothers in Jetis II Community Health Center of Bantul, Yogyakarta.

Method : The type of this study was descriptive and quantitative. Data compilation utilized primary data selected through total sampling technique. The number of samples in this study was 44 respondents. This study applied MUAC ribbon and checklist as assessment instruments and data analysis method was univariate.

Result : The majority of pregnant mothers with MUAC of $\geq 23,5$ cm was as many as 26 respondents (59,1%), aged between 20-35 years old as many as 22 respondents (50%), had inter-pregnancy interval of ≥ 24 months as many as 20 respondents (45,5%), had multipara parity of p2-p4 as many as 20 respondents (45,5%), and had moderate income level as many as 18 respondents.

Conclusion : MUAC in pregnant mothers in Jetis II community health center of Bantul, Yogyakarta, was averagely $\geq 23,5$ cm as many as 26 respondents (59,1%).

Keywords : Mid-Upper Arm Circumference (MUAC), Pregnant Mothers.

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