

STATUS GIZI IBU HAMIL BERDASARKAN LINGKAR LENGAN ATAS (LILA) DI PUSKESMAS JETIS II BANTUL YOGYAKARTA TAHUN 2016

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INTISARI

Latar Belakang: Peningkatan prevalensi Kekurangan Energi Kronis (KEK) ibu hamil pada tahun 2013 di Kabupaten Bantul sebesar 35,4% (Dinkes DIY, 2014). Hasil studi pendahuluan yang dilakukan pada bulan Februari 2016 di Dinas Kesehatan Kabupaten Bantul pada tahun 2016 menunjukkan prevalensi KEK ibu hamil tertinggi di Puskesmas Jetis II sebesar 20,18% dan terendah di Puskesmas Sewon I sebesar 1,17%.

Tujuan: Diketuinya gambaran status gizi ibu hamil berdasarkan Lingkaran Lengan Atas (LILA) di Puskesmas Jetis II, Bantul, Yogyakarta Tahun 2016.

Metode: Penelitian ini merupakan jenis penelitian observasional rancangan deskriptif non analitik dengan pendekatan *cross sectional*. Lokasi penelitian di Puskesmas Jetis II, Bantul, Yogyakarta. Waktu penelitian bulan 1-30 Juni 2016. Populasi sampel ini adalah 35 ibu hamil yang sesuai kriteria inklusi. Pengambilan sampel dengan menggunakan *accidental sampling*. Variabel penelitian yaitu variabel tunggal. Analisis data menggunakan *univariat*.

Hasil: Status gizi ibu hamil yang tidak mengalami KEK ($LILA \geq 23,5$ cm) yaitu sebanyak 25 orang (71,4%) dan ibu hamil yang mengalami KEK ($LILA < 23,5$ cm) yaitu sebanyak 10 orang (28,6%). Karakteristik ibu hamil sebagian besar memunyai usia antara 20-35 tahun sebanyak 88,6%, berpendidikan lulus SMA yaitu sebanyak 68,6%, memunyai riwayat paritas ≤ 3 sebanyak 51,4%, kehamilan pertama sebanyak 48,6%, dan tidak bekerja sebanyak 77,1%.

Kesimpulan: Status gizi ibu hamil yang tidak mengalami KEK ($LILA \geq 23,5$ cm) yaitu sebanyak 25 orang (71,4%) dan ibu hamil yang mengalami KEK ($LILA < 23,5$ cm) yaitu sebanyak 10 orang (28,6%), sehingga disarankan pada bidan di Puskesmas untuk mengevaluasi program Pemberian Makanan Tambahan (PMT) pada ibu hamil yang mengalami KEK.

Kata Kunci: Status Gizi, Ibu Hamil, LILA

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NUTRITIONAL STATUS OF PREGNANT MOTHERS BASED ON MID-UPPER ARM CIRCUMFERENCE (MUAC) IN COMMUNITY HEALTH CENTER OF JETIS II, BANTUL, YOGYAKARTA, 2016

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ABSTRACT

Background: The increasing prevalence of chronic energy deficiency (CED) in pregnant mothers in 2013 in Bantul region were 35,4% (Health Agency of Yogyakarta, 2014). The result of preliminary study conducted in February 2016 in Health Agency of Bantul region figured out the highest prevalence of CED in pregnant mothers in Community Health Center of Jetis II as many as 20,18% and the lowest prevalence was in Community Health Center of Sewon I as many as 1,17%.

Objective: To identify the description of Nutritional Status of Pregnant Mothers Based on Mid-Upper Arm Circumference (MUAC) in Community Health Center of Jetis II, Bantul, Yogyakarta, 2016

Method: This study was an observational study with non-analytical descriptive design and cross sectional approach. The location of study was in Community Health Center of Jetis II, Bantul, Yogyakarta. Study period was during 1-30 June 2016. Population of samples were 35 pregnant mothers who fulfilled inclusion criteria. Samples were selected by applying accidental sampling technique. Study variable was single variable. Data analysis applied univariate.

Result: Nutritional status of pregnant mothers without CED (MUAC >_23,5 cm) were as many as 25 respondents (71,4%) and pregnant mothers who suffered CED (MUAC <23,5 cm) were as many as 10 respondents (28,6%). The majority of pregnant mothers possessed characteristics as follows; aged between 20-35 years old as many as 88,6%, Senior High School graduates as many as 68,6%, had parity record of more than 3 times as many as 51,4%, and first pregnancy as many as 48,6%.

Conclusion: Nutritional status of pregnant mothers without CED (MUAC >_23,5 cm) were as many as 25 respondents (71,4%) and pregnant mothers who suffered CED (MUAC <23,5 cm) were as many as 10 respondents (28,6%), so it is suggested that midwives in Community Health Center evaluate Complementary Feeding program for pregnant mothers who suffered CED.

Keywords : Nutritional Status, Pregnant Mothers, MUAC.

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