

GAMBARAN BERAT BADAN LAHIR BERDASARKAN STATUS GIZI

IBU HAMIL DI RSUD WATES KULON PROGO

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INTISARI

Latar Belakang: Berdasarkan Survei Demografi Kesehatan Indonesia menyatakan bahwa pada tahun 2012 AKB 32 per 1.000 kelahiran hidup. Lebih dari tiga perempat dari semua kematian balita terjadi pada tahun pertama kehidupan anak dan mayoritas kematian bayi terjadi pada periode neonatus. Masa perinatal dan neonatal merupakan masa yang kritis bagi kehidupan bayi. Prevalensi BBLR di DIY tahun 2014 sebesar 4,83%, dan Kabupaten Kulon Progo yang paling tinggi prevalensi BBLR sebesar (6,68%). Status gizi ibu dilihat dari penambahan berat badan dinilai dengan menghitung indeks masa tubuh (IMT), ukuran lingkar lengan atas (LILA) dan kadar hemoglobin (Hb) dalam darah.

Tujuan: Mengetahui gambaran berat badan lahir berdasarkan status gizi ibu hamil di RSUD Wates Kulon Progo tahun 2015.

Metode Penelitian: Jenis penelitian ini deskriptif kuantitatif dengan pendekatan studi retrospektif. Populasi sebanyak 533, persalinan pada bulan Januari - Maret 2015. Sumber data sekunder dengan alat lembar observasi. Teknik pengambilan sampel secara total sampling. Variabel dalam penelitian ini adalah variabel tunggal. Analisa data menggunakan prosentase.

Hasil: Berat badan lahir dilihat berdasarkan ukuran Lila paling banyak ibu tidak kekurangan energi kronik (KEK) yaitu sebanyak 459 responden (86,1%), berdasarkan Indeks Masa Tubuh dialami oleh ibu dengan Indeks masa Tubuh normal sebanyak 458 responden (85,9%), dan berdasarkan kadar hemoglobin terdapat 487 responden (91,4%) dengan kadar hemoglobin ibu yang normal.

Kesimpulan: Hasil penelitian didapatkan bahwa berat badan lahir berdasarkan status gizi ibu hamil, sebagian besar ibu hamil dalam keadaan status gizi sehat.

Kata Kunci: Berat Badan Lahir, Status Gizi Ibu

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THE DESCRIPTION OF BIRTH WEIGHT BASED ON NUTRITION STATUS OF EXPECTANT MOTHER IN RSUD WATES, KULON PROGO 2015

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ABSTRACT

Background of Study: Based on Indonesia Demographic Health Survey states that in 2012 the IMR was 32 per 1,000 live births. More than three-quarters of all infant deaths occur in the first year of life and majority of infant deaths occur in the neonatal period. Perinatal and neonatal is a critical time for the baby's life. The prevalence of LBW in DIY in 2014 was 4.83% and KulomProgo was the highest LBW Prevalence of (6.68%). Maternal nutritional status can be seen from weight gain was assessed by calculating the body mass index (BMI), the size of the upper arm circumference (MUAC) and hemoglobin (Hb).

Objective: This study aims to describe the birth weight based on the nutritional status of expectant mother in RSUDWatesKulonProgoyear 2015.

Research Method: This study was descriptive quantitative research with retrospective approach. The population was 533. The data weretaken from January - March 2015. It used secondary data sources and used observation sheet as the tools. It used total sampling technique. The variable was single variable. The data analyzed using percentage.

Results:The result showed that the birth weight can be seen based onLila size were459 respondents (86.1%) of mothers who do not chronic energy deficiency (CED), based on body mass index were 458 respondents (85.9%) of mothers who have normal BMI and based on hemoglobin levels were 487 respondents (91.4%) with normal hemoglobin level.

Conclusion: The results showed that birth weight is based on the nutritional status of expectant mother,most of expectant mothers were in healthy nutritional status.

Keywords: Birth Weight, Nutritional Status of Expectant Mother

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