

INTISARI

GAMBARAN STATUS GIZI IBU HAMIL TRIMESTER I PADA KEJADIAN BERAT BADAN LAHIR RENDAH DI PUSKESMAS WATES KABUPATEN KULON PROGO

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Latar belakang: Bayi berat badan lahir rendah (BBLR) adalah bayi yang lahir dengan berat badan kurang dari 2.500 gram, yang berpengaruh besar terhadap kematian *perinatal* dan *neonatal*. Status gizi ibu saat hamil menjadi salah satu faktor yang menentukan pertumbuhan dan perkembangan janin, salah satunya melahirkan bayi dengan BBLR. Status gizi ibu hamil dapat diketahui dengan menghitung indeks massa tubuh (IMT), mengukur lingkar lengan atas (LILA) dan mengukur kadar Hemoglobin (Hb). Berdasarkan studi pendahuluan, Puskesmas Wates merupakan prevalensi tertinggi kejadian BBLR di Kabupaten Kulon Progo tahun 2015 yaitu sebesar 34 kasus (6,7%).

Tujuan penelitian: Diketuinya status gizi ibu hamil trimester I pada kejadian berat badan lahir rendah di Puskesmas Wates Kabupaten Kulon Progo.

Metode penelitian: Jenis penelitian *deskriptif kuantitatif* dengan pendekatan *retrospektif*, populasi sebanyak 31 ibu yang melahirkan bayi BBLR. Pengambilan sampel menggunakan teknik *total sampling*. Analisis data menggunakan persentase.

Hasil penelitian: status gizi ibu hamil trimester I berdasarkan ukuran LILA, diketahui sebanyak 19 responden (61,3%) mempunyai ukuran LILA normal, berdasarkan kadar Hb diketahui terdapat 20 responden (64,5%) yang mengalami anemia dan diketahui lebih dari separuh yaitu 19 responden (61,3 %) memiliki IMT normal.

Kesimpulan: Status gizi ibu hamil trimester I pada kejadian BBLR di Puskesmas Wates baik.

Kata Kunci: status gizi ibu hamil, berat badan lahir rendah (BBLR)

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ABSTRACT

DESCRIPTION OF NUTRITIONAL STATUS OF PREGNANT WOMAN FIRST TRIMESTER OCCURRENCE OF LOW BIRTH WEIGHT IN PUSKESMAS WATES REGENCY OF KULON PROGO

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Background of the Study: the baby of low birth weight or BBLR is a baby born weighing less than 2.500 grams, which greatly affect prenatal and neonatal mortality. Nutritional status during pregnancy is one of the factor that determines the growth and development of fetus, one of them having a baby with low birth weight (LBW). The nutritional status of the pregnant women can be determined by monitoring the weight gain during the pregnancy by calculating the body mass index (BMI), a measure upper arm circumference (MUAC) and measure level of hemoglobin (HB) in the blood. The result of previous studies that have been done at Puskesmas Wates is the highest prevalence of LBW in Kulon Progo in 2015 in the amount of 34 cases (6,7%).

Objectives of the study: by knowing the overview of the nutritional status of the pregnant woman in the first trimesters, the incident of low birth weight in Puskesmas Wates, Kulon Progo.

Research method : the research method was done descriptive quantitatively with retrospective approach. The population of 31 respondent of the pregnant woman. The sampling taken by total sampling technique. The analysis of the using presentation.

Significance of the Study: the nutritional status of pregnant women the first trimester is based on the size of MUAC known were 19 respondents (61,3%) had normal LILA size, based on the hemoglobin level is known there are 20 respondents (64,5%) who have anemia and it is known that more than half of 19 respondents (61,3%) had a normal BMI.

Conclusion: Generally, the nutritional status of pregnant women in the first trimester LBW in puskesmas Wates is good.

Keywords: nutritional status of pregnant women, low birth weight(LBW)

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