ABSTRACT

NADIA MOZEN. The Relationship between Food Consumption and the Incidence of Chronic Energy in Pregnant Women in the Telaga Biru Health Center Working Area. Supervised by ANI RETNI as the first supervisor and HARISMAYANTI as the second supervisor.

The condition of pregnant women with chronic lack of energy is at risk of reducing the muscle strength that helps the birth process, which can result in prolonged labor and postpartum bleeding, even maternal death. Meanwhile, the risk to babies can result in fetal death or miscarriage, prematurity, birth defects, low birth weight (LBW) babies and even infant death. CED can be caused by maternal food consumption during pregnancy. The aim of the research was to determine the relationship between food consumption and the incidence of chronic energy in pregnant women in the Telaga Biru Health Center Working Area. Quantitative research design with an analytical survey design using a cross sectional approach, the population of all pregnant women at the Telaga Biru Community Health Center, a sample size of 40 people using a nonprobability sampling technique with an accidental sampling method. The research results showed that respondents whose food consumption was categorized as insufficient, the majority experienced SEZ, 14 respondents (35%) and did not experience SEZ, 11 respondents (27.5%). Then, 15 respondents (37.5%) whose food consumption was categorized as good did not experience CED, and the results of the chi-square statistical test obtained a p-value of 0.001 (<α 0.05). It was concluded that there was a relationship between food consumption and the incidence of chronic energy in pregnant women in the Telaga Biru Public Health Center Working Area. It is hoped that the Public health center will further increase its health education efforts through visits by pregnant women to the Public health center to continue to increase food consumption of appropriate types of food, quantities and portions of food during pregnancy.

Keywords: Pregnant Women, KEK, Food Consumption

ABSTRAK

NADIA MOZEN. Hubungan Konsumsi Makanan dengan Kejadian Energi Kronik Pada Ibu Hamil Di Wilayah Kerja Puskesmas Telaga Biru. Dibimbing oleh ANI RETNI sebagai ketua dan HARISMAYANTI sebagai anggota.

Kondisi ibu hamil kurang energi kronik berisiko dapat menurunkan kekuatan otot yang membantu proses persalinan sehingga dapat mengakibatkan terjadinya partus lama dan perdarahan pasca salin, bahkan kematian ibu. Sementara, risiko pada bayi dapat mengakibatkan terjadinya kematian janin atau keguguran, premature, lahir cacat, Bayi Berat Lahir Rendah (BBLR) hingga kematian bayi. KEK dapat disebabkan oleh faktor konsumsi makanan ibu selama kehamilan. Tujuan penelitian untuk mengetahui hubungan konsumsi makanan dengan kejadian energi kronik pada ibu hamil di Wilayah Kerja Puskesmas Telaga Biru. Desain penelitian kuantitatif dengan rancangan survey analitik menggunakan pendekatan *cross sectional,* populasi seluruh ibu hamil di Puskesmas Telaga Biru, jumlah sampel 40 orang menggunakan tekhnik sampling *nonprobability sampling* dengan metode *accidental sampling.* Hasil penelitian diperoleh responden yang konsumsi makanannya dikategorikan kurang, mayoritas mengalami KEK sebanyak 14 responden (35%) dan tidak mengalami KEK sebanyak 11 responden (27,5%). Kemudian, responden yang konsumsi makanannya dikategorikan baik keseluruhan tidak mengalami KEK sebanyak 15 responden (37,5%), serta hasil uji statistik *chi-square* diperoleh *p-value* 0,001 (<α 0,05). Disimpulkan ada hubungan konsumsi makanan dengan kejadian energi kronik pada ibu hamil di Wilayah Kerja Pusmesmas Telaga Biru. Sehingga, diharapkan puskesmas lebih meningkatkan upaya pendidikan kesehatan melalui kunjungan ibu hamil ke Puskesmas untuk terus meningkatkan konsumsi makanan dari jenis makanan, jumlah dan porsi makanan yang sesuai selama kehamilan.

Kata Kunci: Ibu Hamil, KEK, Konsumsi Makanan