ABSTRACT

Low Birth Weight (LBW) remains a health problem associated with an increased risk of neonatal morbidity and mortality. One way to prevent LBW is to meet micronutrient needs during pregnancy through the consumption of Multiple Micronutrient Supplements (MMS). This study aimed to determine the relationship between MMS supplement consumption during pregnancy and infant birth weight at Dr. M.M. Dunda Limboto Regional General Hospital. This study used a quantitative design with a cross-sectional approach. The population was mothers giving birth at Dr. M.M. Dunda Limboto Regional General Hospital, with a sample size of 42 respondents obtained using a purposive sampling technique. Data were collected from secondary medical records and analyzed using the Chi-Square test The results showed that the majority of respondents (25 respondents (59.5%) were compliant with MMS consumption, while 17 respondents (40.5%) were non-compliant. Based on infant birth weight, 28 infants (66.7%) had normal birth weight and 14 infants (33.3%) had LBW. The Chi-Square test results showed a p-value of 0.000 (p<0.05), indicating a significant relationship between MMS consumption and infant birth weight. Pregnant women who adhered to MMS consumption tended to give birth to babies with normal birth weight compared to mothers who did not. The conclusion of this study is that there is a significant relationship between Multiple Micronutrient Supplement (MMS) consumption durning pregnancy and infant birth weight at Dr. M.M. Dunda Limboto Regional General Hospital. Compliance with MMS consumption needs to be improved through education and routine monitoring during pregnancy.

Keywords: Multiple Micronutrient Supplement, Pregnancy, Low Birth Weight, Infant Birth Weight

ABSTRAK

Berat Badan Lahir Rendah (BBLR) masih menjadi masalah kesehatan yang berhubungan dengan meningkatnya risiko kesakitan dan kematian neonatal. Salah satu upaya pencegahan BBLR adalah pemenuhan kebutuhan mikronutrien selama kehamilan melalui konsumsi Multiple Micronutrient Supplement (MMS). Penelitian ini bertujuan untuk mengetahui hubungan konsumsi suplemen MMS pada masa kehamilan terhadap berat badan lahir bayi di RSUD Dr. M.M. Dunda Limboto. Penelitian ini menggunakan desain kuantitatif dengan pendekatan cross sectional. Populasi dalam penelitian adalah ibu yang melahirkan di RSUD Dr. M.M. Dunda Limboto dengan jumlah sampel sebanyak 42 responden yang diperoleh menggunakan teknik purposive sampling. Data dikumpulkan melalui data sekunder rekam medis dan dianalisis menggunakan uji Chi-Square. Hasil penelitian menunjukkan bahwa sebagian besar responden patuh mengonsumsi MMS sebanyak 25 responden (59,5%), sedangkan yang tidak patuh sebanyak 17 responden (40,5%). Berdasarkan berat badan lahir bayi, terdapat 28 bayi (66,7%) dengan berat badan normal dan 14 bayi (33,3%) dengan BBLR. Hasil uji Chi-Square menunjukkan nilai p-value 0,000 (p<0,05), sehingga terdapat hubungan yang signifikan antara konsumsi MMS dengan berat badan lahir bayi. Ibu hamil yang patuh mengonsumsi MMS cenderung melahirkan bayi dengan berat badan normal dibandingkan ibu yang tidak patuh. Kesimpulan penelitian ini adalah terdapat hubungan signifikan antara konsumsi Multiple Micronutrient Supplement (MMS) pada masa kehamilan dengan berat badan lahir bayi di RSUD Dr. M.M. Dunda Limboto. Kepatuhan konsumsi MMS perlu ditingkatkan melalui edukasi dan pemantauan rutin selama kehamilan.

Kata Kunci: Multiple Micronutrient Supplement, Kehamilan, BBLR