

ABSTRAK

HUBUNGAN ANTARA PARITAS DAN POLA MAKAN DENGAN KEJADIAN KEKURANGAN ENERGI KRONIS (KEK) PADA IBU HAMIL DI PUSKESMAS LEUWILIANG

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Latar belakang: paritas dan pola makan berperan penting sebagai faktor penyebab kejadian kekurangan energi kronis (KEK) pada ibu hamil. Tujuan penelitian yaitu untuk mengetahui hubungan paritas dan pola makan dengan kejadian kekurangan energi kronis (KEK) pada ibu hamil di Puskesmas Leuwiliang.

Metode penelitian: desain penelitian menggunakan desain *observasional analitik* dengan pendekatan *cross sectional*. Populasi penelitian sebanyak 30 ibu hamil dan sampel penelitian sebanyak 30 responden dengan penentuan menggunakan *purposive sampling*. Teknik pengumpulan data menggunakan instrumen berupa lembar kuesioner. Metode analisis data yang di gunakan yaitu uji *Chi Square*.

Hasil penelitian: membuktikan hampir separuh 11 (36,7%) responden memiliki paritas ke-3, sebagian besar 18 (60,0%) responden memiliki pola makan kategori kurang dan sebagian besar 21 (70,0%) responden mengalami kejadian kekurangan energi kronis (KEK) kategori ringan. Hasil uji *Chi Square* membuktikan bahwa ada hubungan paritas dan pola makan dengan kejadian kekurangan energi kronis (KEK) pada ibu hamil di Puskesmas Leuwiliang didapatkan nilai $p = (0,000)$.

Kesimpulan: ada hubungan paritas dan pola makan dengan kejadian kekurangan energi kronis (KEK) pada ibu hamil di Puskesmas Leuwiliang, artinya semakin banyak paritas dan pola makan yang kurang bisa menyebabkan kejadian kekurangan energi kronis (KEK) pada ibu hamil. Peneliti selanjutnya perlu mengetahui faktor lain yang mempengaruhi kejadian kekurangan energi kronis (KEK) di antaranya kondisi ekonomi keluarga dan dukungan suami dalam pemenuhan makanan bergizi.

Kata Kunci: Paritas, Pola Makan, Kejadian Kekurangan Energi Kronis (KEK), Ibu Hamil.

ABSTRACT

THE RELATIONSHIP BETWEEN PARITY AND DIET AND THE INCIDENCE OF CHRONIC ENERGY DEFICIENCY IN PREGNANT WOMEN AT THE LEUWILIANG HEALTH CENTER

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Background: parity and diet play an important role as factors in the incidence of chronic energy deficiency in pregnant women. The purpose of the study was to determine the relationship between parity and diet and the incidence of chronic energy deficiency in pregnant women at the Leuwiliang Health Center.

Research method: the research design used an analytical observational design with a cross sectional approach. The research population was 30 pregnant women and the research sample was 30 respondents with determination using purposive sampling. The data collection technique uses an instrument in the form of a questionnaire sheet. The data analysis method used is the Chi Square test.

The results of the study: it was proven that almost half of 11 (36.7%) respondents had 3rd parity, most of the 18 (60.0%) respondents had a low category diet and most of the 21 (70.0%) respondents experienced an incidence of chronic energy deficiency in the mild category. The results of the Chi Square test prove that there is a relationship between parity and diet with the incidence of chronic energy deficiency in pregnant women at the Leuwiliang Health Center, a value of $p = (0.000)$.

Conclusion: there is a relationship between parity and diet with the incidence of chronic energy deficiency in pregnant women at the Leuwiliang Health Center, meaning that more parity and less diet can cause the incidence of chronic energy deficiency in pregnant women. Researchers then need to know other factors that affect the incidence of chronic energy deficiency, including family economic conditions and husband's support in fulfilling nutritious food.

Keywords: Parity, Diet, Incidence of Chronic Energy Deficiency, Pregnant Women.