

ABSTRAK

HUBUNGAN KECUKUPAN ZAT GIZI MIKRO PADA IBU HAMIL TERHADAP KEJADIAN BBLR DI RSUD SITI FATIMAH PROVINSI SUMATERA SELATAN

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Kejadian BBLR terjadi karena banyak faktor diantaranya kurangnya makan makanan bergizi selama kehamilan. Ibu hamil hendaknya memenuhi nutrisinya baik zat gizi makro maupun mikro, karena membutuhkan nutrisi 2 kali lipat dari sebelum hamil. Penelitian ini bertujuan untuk mengetahui hubungan kecukupan zat gizi mikro pada ibu hamil terhadap kejadian BBLR di RSUD Siti Fatimah Provinsi Sumatera Selatan Indonesia.

Penelitian ini merupakan penelitian kuantitatif menggunakan metode survey analitik dengan pendekatan *cross sectional*. Dengan tehnik *accidental sampling* didapatkan sampel sebanyak 33 responden, variabel independen kecukupan zat gizi mikro menggunakan kuesioner dan variabel dependen kejadian BBLR dengan observasi. Digunakan uji statistik *Chi-Square* untuk mengetahui hubungan kedua variabel.

Hasil penelitian dari 33 responden didapat sebagian besar responden kriteria kurang yaitu vitamin C 19 responden (57.6%) dan zat besi 20 responden (60.6%), sedangkan kriteria cukup antara lain asam folat 22 responden (66.7%), vitamin B6 23 responden (69.7%), vitamin B12 23 responden (69.7%), vitamin B2 23 responden (69.7%), vitamin B3 yaitu 24 responden (72.7%), vitamin A 21 responden (63.6%), kalsium 28 responden (84.8 %), seng 17 responden (51.5%), dan lebih dari setengah responden kriteria tidak BBLR yaitu 23 responden (69.7 %).

Analisis menggunakan uji statistik *Chi-Square* didapatkan hasil $p = 0,000-0,001 < 0,05$ maka H_0 ditolak dan H_1 diterima yang berarti ada hubungan kecukupan zat gizi mikro pada ibu hamil terhadap kejadian BBLR di RSUD Siti Fatimah Provinsi Sumatera Selatan Indonesia.

Kebiasaan makan makanan yang beragam jenisnya untuk memenuhi kebutuhan nutrisi selama kehamilan, bukan hanya membuat kenyang saja adalah langkah tepat sesuai dengan anjuran standar ISI PIRINGKU.

Kata kunci : Kecukupan Zat Gizi Mikro, Kejadian BBLR.

ABSTRACT

RELATIONSHIP BETWEEN MICRONUTRIENT ADEQUACY IN PREGNANT WOMEN AND LOW BIRTH WEIGHT (LBW) INCIDENTS IN SITIFATIMAH HOSPITAL, SOUTH SUMATERA PROVINCE

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The incidence of LBW occurs due to many factors, including lack of nutritious food during pregnancy. Pregnant women should fulfill their nutrition, both macro and micro nutrients, because they need twice as much nutrition as before pregnancy. This study aims to determine the relationship between the adequacy of micronutrients in pregnant women and the incidence of LBW at Siti Fatimah Hospital, South Sumatra Province, Indonesia.

This study is a quantitative study using an analytical survey method with a cross-sectional approach. With the accidental sampling technique, a sample of 33 respondents was obtained, the independent variable of micronutrient adequacy using a questionnaire and the dependent variable of LBW incidence with observation. The Chi-Square statistical test was used to determine the relationship between the two variables.

The results of the study from 33 respondents showed that most of the respondents were lacking criteria, namely vitamin C 19 respondents (57.6%) and iron 20 respondents (60.6%), while the sufficient criteria included folic acid 22 respondents (66.7%), vitamin B6 23 respondents (69.7%), vitamin B12 23 respondents (69.7%), vitamin B2 23 respondents (69.7%), vitamin B3 24 respondents (72.7%), vitamin A 21 respondents (63.6%), calcium 28 respondents (84.8%), zinc 17 respondents (51.5%), and more than half of the respondents were not LBW criteria, namely 23 respondents (69.7%).

Analysis using the Chi-Square statistical test obtained the results of $p = 0.000-0.001 < 0.05$, so H_0 was rejected and H_1 was accepted, which means there is a relationship between the adequacy of micronutrients in pregnant women and the incidence of LBW at Siti Fatimah Hospital, South Sumatra Province, Indonesia.

The habit of eating a variety of foods to meet nutritional needs during pregnancy, not just to make you feel full, is the right step according to the standard recommendations on MY PLATE.

Keywords: Micronutrient Adequacy, LBW Incidence.