

POLTEKKES KEMENKES TANJUNGPUR
JURUSAN GIZI
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**Gambaran Status Gizi, Asupan Makanan dan Pengetahuan Pada Ibu Hamil
Di Puskesmas Bukit Kemuning Lampung Utara Tahun 2024.**

xiii + 42 halaman + 15 tabel, 3 gambar, 7 lampiran

ABSTRAK

Kehamilan adalah sebuah proses yang dimulai dari tahap konsepsi sampai lahirnya janin. Lamanya kehamilan normal adalah 38-40 minggu dihitung dari hari pertama haid terakhir. Status gizi adalah salah satu ukuran keberhasilan dalam pemenuhan gizi pada ibu hamil. Salah satu akibat yang bisa ditimbulkan apabila asupan gizi tidak terpenuhi pada ibu hamil yang dapat mengakibatkan Kurang Energi Kronis (KEK). Wanita hamil beresiko mengalami KEK jika memiliki Lingkar Lengan Atas (LILA) <23,5 cm. Pengetahuan ibu hamil tentang gizi bisa mempengaruhi ibu dalam pemenuhan gizi, sehingga mempengaruhi gizi status gizi ibu hamil. Yang bertujuan untuk mengetahui status gizi, asupan makanan dan tingkat pengetahuan ibu hamil di Puskesmas Bukit Kemuning Lampung Utara.

Penelitian ini menggunakan pendekatan deskriptif untuk mengetahui status gizi, asupan makanan dan pengetahuan ibu hamil pada Puskesmas Bukit Kemuning. Populasi berjumlah 60 orang dan akan dipilih dengan menggunakan metode *Incidental Sampling* dengan minimal sampel 30 orang. Pada penelitian ini dilakukan pengambilan data dengan metode analisis univariat. Data yang akan diambil melalui pengukuran LILA, formulir semi FFQ dan kuesioner pengetahuan.

Hasil penelitian menunjukkan jumlah ibu hamil sebanyak 30 ibu hamil beresiko mengalami KEK yaitu sebanyak 63.3%. Asupan energi sebagian ibu hamil (63.3%) tergolong kurang, (33.3%) tergolong asupan normal dan (3.4%) tergolong asupan lebih. Asupan karbohidrat ibu hamil sebanyak (66.7%) tergolong kurang, (30%) asupan karbohidrat normal dan (3.3%) memiliki asupan karbohidrat yang lebih. Asupan protein ibu hamil sebanyak (33.3%) tergolong kurang, (30%) asupan protein yang normal dan (36.7%) memiliki asupan protein yang lebih. Asupan lemak ibu hamil sebanyak (73.3%) tergolong kurang dan (26.7%) asupan lemak normal. Pengetahuan ibu hamil terkait gizi sebanyak (36.7%) tergolong kurang, (60%) memiliki pengetahuan yang cukup dan (3.3%) pengetahuan terkait gizi yang baik. Bagi petugas Puskesmas dan ibu kader untuk lebih meningkatkan penyuluhan mengenai gizi seimbang ibu hamil terutama mengenai jumlah dan porsi asupan. Dan bagi ibu hamil diharapkan untuk lebih meningkatkan pengetahuan mengenai asupan makanan dengan datang ke Posyandu atau dapat mencari melalui media online.

Kata kunci : Status Gizi, Asupan Makanan, Pengetahuan Ibu Hamil.
Daftar bacaan : 55 (2006-2023)

HEALTH POLYTECHNIC OF TANJUNGPUR
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Description of nutritional status, food intake and knowledge of pregnant women at Bukit Kemuning Community Health Center, North Lampung in 2024.

xiii + 42 pages + 15 tables, 3 figures, 7 attachments

ABSTRACT

Pregnancy is a process that starts from the conception stage until the birth of the fetus. The normal length of pregnancy is 38-40 weeks calculated from the first day of the last menstruation. Nutritional status is one measure of success in fulfilling nutrition for pregnant women. One of the consequences that can arise if nutritional intake is not met in pregnant women is that it can result in Chronic Energy Deficiency (KEK). Pregnant women are at risk of developing CED if they have an Upper Arm Circumference (LILA) <23.5 cm. Pregnant women's knowledge about nutrition can influence the mother's nutritional needs, thereby influencing the nutritional status of pregnant women. Which aims to determine the nutritional status, food intake and level of knowledge of pregnant women at the Bukit Kemuning Community Health Center, North Lampung.

This research uses a descriptive approach to determine the nutritional status, food intake and knowledge of pregnant women at the Bukit Kemuning Community Health Center. The population is 60 people and will be selected using the Incidental Sampling method with a minimum sample of 30 people. In this research, data was collected using the univariate analysis method. Data will be taken through LILA measurements, semi FFQ forms and knowledge questionnaires.

The results of the study showed that 30 pregnant women were at risk of developing CED, namely 63.3%. The energy intake of some pregnant women (63.3%) is classified as less, (33.3%) is classified as normal intake and (3.4%) is classified as excess intake. The carbohydrate intake of pregnant women (66.7%) was classified as less, (30%) had normal carbohydrate intake and (3.3%) had more carbohydrate intake. The protein intake of pregnant women (33.3%) was classified as deficient, (30%) had normal protein intake and (36.7%) had more protein intake. The fat intake of pregnant women was (73.3%) classified as low and (26.7%) the fat intake was normal. The knowledge of pregnant women regarding nutrition is (36.7%) classified as poor, (60%) has sufficient knowledge and (3.3%) has knowledge regarding good nutrition. For Puskesmas officers and female cadres to further increase education regarding balanced nutrition for pregnant women, especially regarding the amount and portion of intake. And pregnant women are expected to further increase their knowledge about food intake by coming to the Posyandu or by searching online.

Keywords: Nutritional Status, Food Intake, Knowledge of Pregnant Women.

Reading list: 55 (2006-2023)