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**HUBUNGAN STATUS GIZI DAN KENAIKAN BERAT BADAN IBU SELAMA
HAMIL TERHADAP BERAT BAYI LAHIR RENDAH DI RSUD JENDERAL
AHMAD YANI KOTA METRO**

xiv + 67 halaman, 9 tabel, 5 gambar, 10 Lampiran

RINGKASAN

Berat bayi lahir rendah merupakan salah satu masalah kesehatan yang banyak terjadi pada bayi baru lahir dan dapat meningkatkan risiko komplikasi pada bayi baru lahir. 54% penyebab kematian bayi adalah latar belakang gizi. Bayi dengan BBLR mempunyai peluang meninggal 10-20 kali lebih besar dari pada bayi yang lahir dengan berat lahir cukup. Dampak dari BBLR antara lain peningkatan risiko hipotermia, hipoglikemia, gangguan pernapasan, hiperbilirubinemia, dan lain-lain, serta meningkatkan risiko gangguan perkembangan motorik dan kognitif, gangguan pertumbuhan, serta penyakit kronis. Prevalensi Kasus BBLR tahun 2021-2023 di Kota Metro terus mengalami kenaikan. Hasil penimbangan tahun 2021 terdapat 4,8% mengalami BBLR, pada tahun 2022 terdapat 5,1% mengalami BBLR dan pada tahun 2023 terdapat 6,0% mengalami BBLR. Rendahnya status gizi ibu hamil selama kehamilan dapat mengakibatkan berbagai dampak tidak baik bagi ibu hamil dan bayinya diantaranya adalah bayi lahir dengan BBLR. Penelitian ini bertujuan untuk mengetahui hubungan status gizi dan kenaikan berat badan ibu selama hamil terhadap BBLR.

Penelitian ini merupakan penelitian *observasional* dengan desain *case control* dan dilaksanakan pada bulan Mei 2025 di RSUD Jenderal Ahmad Yani Kota Metro. Populasi penelitian ini adalah seluruh ibu dan bayi baru lahir di rumah sakit. Sampel penelitian ini berjumlah 80 responden terdiri atas 40 kelompok kasus (BBLR) dan 40 kelompok kontrol (Tidak BBLR). Sampel dipilih menggunakan alat ukur kuesioner untuk memperoleh data menggunakan analisis univariat dan bivariat menggunakan uji *Chi Square* dengan tingkat kemaknaan (α) 0,05%.

Hasil penelitian dari 80 responden menunjukkan ibu dengan status gizi dalam kategori beresiko BBLR (25,0%) dan ibu dengan status gizi dalam kategori tidak beresiko BBLR (75,0%), sedangkan ibu dengan kenaikan berat badan selama hamil dalam kategori tidak sesuai IMT (77,5%) dan kategori sesuai IMT (22,2%). Hasil uji statistik diperoleh hasil adanya hubungan antara status gizi $p\text{-value} = 0,003$; OR = 13,000 dan kenaikan berat badan ibu selama hamil $p\text{-value} = 0,001$; OR = 4,660 dengan berat bayi lahir rendah.

Kesimpulan penelitian adanya hubungan status gizi dan kenaikan berat badan ibu selama hamil dengan kejadian BBLR. Perlu edukasi untuk upaya menurunkan dan mencegah kejadian BBLR dengan melakukan pemeriksaan rutin agar dapat membantu dalam mendeteksi dini status gizi ibu hamil serta melakukan pemantauan selama kehamilan.

Kata kunci : IMT, status gizi, kenaikan berat badan, BBLR

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Relationship between Nutritional Status and Weight Gain of Pregnant Women with the Incidence of Low Birth Weight at General Ahmad Yani Hospital, Metro City
xiv + 67 pages, 9 tables, 5 images, 10 appendices

SUMMARY

Low birth weight (LBW) is a major health concern frequently observed in newborns, significantly increasing the risk of neonatal complications. It is estimated that 54% of infant deaths are associated with nutritional factors. Infants with LBW have a 10 to 20 times higher risk of mortality compared to those born with normal birth weight. The consequences of LBW include increased risks of hypothermia, hypoglycemia, respiratory distress, hyperbilirubinemia, and others, as well as a higher likelihood of motor and cognitive development disorders, growth retardation, and chronic diseases.

The prevalence of LBW cases in Metro City has shown a consistent increase from 2021 to 2023. Based on weight monitoring data, 4.8% of infants were born with LBW in 2021, rising to 5.1% in 2022, and reaching 6.0% in 2023. One of the contributing factors to LBW is poor maternal nutritional status during pregnancy, which can have several adverse effects on both the mother and the infant, including the risk of LBW.

This study aims to determine the relationship between maternal nutritional status and weight gain during pregnancy with the incidence of LBW. This research employed an observational case-control design, conducted in May 2025 at RSUD Jenderal Ahmad Yani, Metro City. The population included all mothers and newborns at the hospital, with a total of 80 respondents, consisting of 40 in the case group (LBW) and 40 in the control group (normal birth weight). Data were collected using a structured questionnaire and analyzed using univariate and bivariate analyses, with the Chi-square test at a significance level of $\alpha = 0.05$.

The findings showed that among 80 respondents, 25.0% of mothers were classified as having a nutritional status at risk of LBW, while 75.0% were not at risk. Additionally, 77.5% of mothers had gestational weight gain not in accordance with BMI standards, whereas only 22.2% had appropriate weight gain. Statistical analysis revealed a significant association between maternal nutritional status ($p\text{-value} = 0.003$; $OR = 13.000$) and gestational weight gain ($p\text{-value} = 0.001$; $OR = 4.660$) with the incidence of LBW.

In conclusion, this study confirms a significant relationship between maternal nutritional status and gestational weight gain with the incidence of low birth weight. It is crucial to provide education and promote routine antenatal care to help detect early signs of poor nutritional status in pregnant women and to ensure appropriate monitoring throughout pregnancy as a preventive effort to reduce the occurrence of LBW.

Keywords: Body Mass Index (BMI), nutritional status, maternal weight gain, low birth weight (LBW)