

**POLITEKNIK KESEHATAN KEMENKES TANJUNGPURUNING  
PROGRAM STUDI D-III KEBIDANAN TANJUNGPURUNING  
Laporan Tugas Akhir, April 2025**

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**PEMBERIAN OLAHAN UBI JALAR UNGU TERHADAP KENAIKAN  
BERAT BADAN IBU HAMIL TRIMESTER II PADA NY. D DI TPMB  
JILLY PUNICA, S.Tr.Keb LAMPUNG SELATAN**  
Xvi+93 halaman, 4 tabel, 1 gambar, 1 bagan, 8 lampiran

**RINGKASAN**

Kehamilan meningkatkan kebutuhan gizi, dan kekurangannya dapat berdampak buruk bagi janin. Penelitian ini meneliti hubungan pengetahuan gizi ibu hamil dengan kenaikan berat badan, menggunakan data kuesioner dan buku KIA. Di TPMB Jilly Punica ditemukan 20 ibu hamil dengan berat badan di bawah standar. Pemberian ubi jalar ungu terbukti efektif meningkatkan berat badan. Studi kasus menunjukkan perbaikan pola makan setelah edukasi dan asuhan kebidanan.

Tujuan studi ini untuk memberikan asuhan kebidanan pada Ny. D G1P0A0 guna meningkatkan kenaikan berat badan yang normal dengan pemberian olahan ubi jalar ungu.

Metode yang digunakan yaitu dengan 7 langkah varney dalam pendokumentasian SOAP. Studi kasus dilaksanakan selama 14 hari dimulai pada tanggal 11 April s.d 25 April 2025. Objek pengambilan studi kasus ini adalah Ny. D dengan cara pemberian olahan ubi jalar ungu perhari.

Setelah penulis memberikan studi kasus kepada Ny. D 28 tahun G1P0A0 yang dimulai dari kunjungan 1 sampai XV didapatkan bahwa adanya kenaikan berat badan. Dimana pada awal kunjungan berat badan ibu 61,5 kg dan setelah dilakukan intervensi menjadi 63,5 kg dengan kondisi tanda vital tetap normal, menandakan intervensi efektif.

**Kata Kunci** : ibu hamil, ubi jalar ungu

**Daftar Bacaan** : 16 (2016-2024)

**HEALTH POLYTECHNIC OF TANJUNG KARANG  
DIPLOMA IN MIDWIFERY STUDY PROGRAMME OF TANJUNG KARANG  
Final Project Report, May 2025**

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***Giving Purple Sweet Potato Processing to Increase Weight in Pregnant Women  
in the Second Trimester for Mrs. D AT TPMB Jilly Punica,S.Tr.Keb***  
*Xvi+93 pages, 4 table, 1 figures, 1chart, 8 appendices*

**ABSTRACT**

*Pregnancy increases nutritional needs, and nutritional deficiencies can negatively impact the fetus. This study examined the relationship between maternal nutritional knowledge and weight gain using questionnaire data and the KIA (Mother's and Child Health) handbook. At the Jilly Punica TPMB, 20 pregnant women were found to be underweight. Providing purple sweet potatoes was proven effective in increasing weight gain. The case study demonstrated improved dietary habits after education and midwifery care.*

*The purpose of this study was to provide midwifery care to Mrs. D, G1P0A0, to promote normal weight gain by providing processed purple sweet potatoes.*

*The method used is Varney's 7-step SOAP documentation. The case study was conducted over 14 days, from April 11 to April 25, 2025. The object of this case study was Mrs. D, who was given processed purple sweet potatoes daily.*

*After administering the case study to Mrs. D, 28, G1P0A0, from visits 1 to 15, weight gain was observed. Where at the start of the visit the mother's weight was 61.5 kg and after the intervention it became 63.5 kg with vital signs remaining normal, indicating that the intervention was effective.*

**Keywords** : pregnant mother, purple sweet potato

**Reading list** : 16 (2016-2024)