

ABSTRAK

Hermin Muninggar

HUBUNGAN PENGETAHUAN GIZI DENGAN KEJADIAN KEK PADA
CALON PENGANTIN DI PUSKESMAS LIDAH KULON KOTA SURABAYA
xv + 44 halaman + 8 tabel + 6 lampiran

Banyak calon pengantin wanita belum memahami pentingnya gizi, padahal kekurangan energi kronis (KEK) sering terjadi pada mereka dan berdampak pada kehamilan serta kesehatan anak. Di Puskesmas Lidah Kulon Surabaya, kasus KEK pada calon pengantin meningkat setiap tahun. Kurangnya pengetahuan gizi menjadi salah satu penyebab utama. Penelitian ini dilakukan untuk mengetahui hubungan pengetahuan gizi dengan kejadian KEK pada calon pengantin di Puskesmas Lidah Kulon Surabaya.

Penelitian ini merupakan observasional analitik dengan desain *cross sectional* yang dilakukan di Puskesmas Lidah Kulon Surabaya pada Januari–Juni 2025. Sampel berjumlah 53 calon pengantin wanita yang dipilih secara *purposive sampling*. Variabel yang diteliti adalah pengetahuan gizi (independen) dan kejadian KEK (dependen). Data dikumpulkan melalui kuesioner dan pengukuran LILA. Analisis data menggunakan uji *chi square* dengan nilai signifikansi $p = 0.009$.

Hasil penelitian menunjukkan sebagian besar responden memiliki pengetahuan gizi kurang (39,6%) dan mengalami KEK (41,5%) sehingga dapat diartikan bahwa terdapat hubungan signifikan antara pengetahuan gizi kurang dengan kejadian KEK.

Calon pengantin dengan pengetahuan gizi yang rendah sebagian besar mengalami KEK, diperlukan peningkatan edukasi gizi melalui institusi pendidikan dan layanan kesehatan guna mempersiapkan calon pengantin menghadapi kehamilan yang sehat. Intervensi gizi pranikah menjadi langkah penting dalam pencegahan KEK

Kata Kunci: pengetahuan gizi, kurang energi kronis, calon pengantin.

Daftar bacaan : 13 buku (2012 – 2020)

ABSTRACT

Hermin Muninggar

*THE RELATIONSHIP BETWEEN NUTRITION KNOWLEDGE AND THE
INCIDENCE OF KEK IN PROSPECTIVE BRIDES AT THE LIDAH KULON
COMMUNITY HEALTH CENTER SURABAYA CITY*

xv + 44 pages + 8 tables + 6 appendices

Many prospective brides do not understand the importance of nutrition, even though chronic energy deficiency (CED) often occurs in them and has an impact on pregnancy and child health. At the Lidah Kulon Health Center, Surabaya, cases of CED in prospective brides increase every year. Lack of nutritional knowledge is one of the main causes. This study was conducted to determine the relationship between nutritional knowledge and the incidence of CED in prospective brides at the Lidah Kulon Health Center, Surabaya.

This study was an observational analytic study with a cross-sectional design conducted at the Lidah Kulon Health Center, Surabaya in January–June 2025. The sample consisted of 53 prospective brides who were selected by purposive sampling. The variables studied were nutritional knowledge (independent) and the incidence of CED (dependent). Data collected through questionnaires and LILA measurements. Data analysis used the chi-square test with significance value $p=0.009$.

The results showed that most respondents had poor nutritional knowledge (39.6%) and experienced CED (41.5%). The results of the statistical test showed that there was a significant relationship between nutritional knowledge and the incidence of CED.

Prospective brides and grooms with low nutritional knowledge tend to experience more CED, it is necessary to increase nutritional education through educational institutions and health services to prepare prospective brides and grooms to face a healthy pregnancy. Premarital nutritional intervention is an important step in preventing CED.

Keywords: nutrition knowledge, chronic energy deficiency, prospective brides.

References : 13 books (2012 – 2020)