

ABSTRAK

Masalah gizi berupa Kekurangan Energi Kronis (KEK) pada ibu hamil masih sering dijumpai dan berpengaruh terhadap kesehatan ibu serta perkembangan janin. Primigravida trimester II merupakan kelompok yang rentan mengalami KEK akibat kurangnya pengetahuan tentang nutrisi serta minimnya dukungan keluarga. Tujuan dari penelitian ini untuk mendeskripsikan asuhan kebidanan pada ibu hamil primigravida trimester II dengan KEK di Puskesmas Arosbaya, Kabupaten Bangkalan. Metode yang digunakan adalah studi kasus dengan pendekatan deskriptif melalui tiga kali kunjungan asuhan kebidanan. Data dikumpulkan melalui wawancara, pemeriksaan fisik, observasi langsung, dan dokumentasi. Hasil pengkajian menunjukkan bahwa ibu yang mengalami kekurangan energi kronis dapat dikenali melalui ukuran LILA < 23,5 cm, Hb 10,7 g/dl, serta pola makan yang kurang memadai, terutama rendah konsumsi protein dan sayur. Intervensi dilakukan melalui edukasi gizi, pemberian tablet Fe dan suplemen MMS, serta kolaborasi dengan puskesmas dalam pemberian makanan tambahan (PMT). Setelah intervensi, terjadi peningkatan berat badan, LILA, dan kesadaran ibu terhadap pentingnya gizi selama kehamilan. Analisis menunjukkan bahwa pendekatan asuhan kebidanan secara komprehensif mampu meningkatkan status gizi ibu hamil dengan KEK. Kesimpulannya, penanganan KEK memerlukan pendekatan yang menyeluruh dan berkelanjutan melalui pendidikan kesehatan, keterlibatan keluarga, dan pemantauan kehamilan secara rutin.

Kata Kunci: Kekurangan Energi Kronis, Primigravida, Trimester II, Asuhan Kebidanan, Gizi Ibu Hamil

ABSTRACT

Nutritional problems in the form of Chronic Energy Deficiency (CED) in pregnant women are still frequently encountered and affect the mother's health and fetal development. Primigravida in the second trimester is a vulnerable group due to limited nutritional knowledge and lack of family support. This study aims to describe midwifery care for a second-trimester primigravida with CED at Arosbaya Public Health Center, Bangkalan Regency. The strategy was a descriptive case study approach with three midwifery care visits. Data were gathered by interviews, physical tests, documentation, and direct observation. The assessment revealed that the mother was experiencing CED, indicated by an upper arm circumference (MUAC) < 23.5 cm, hemoglobin level of 10.7 g/dL, and poor dietary habits, particularly low intake of protein and vegetables. Interventions included nutritional education, administration of iron tablets and MMS supplements, and collaboration with the health center to provide supplementary food (PMT). Post-intervention results revealed an increase in body weight, MUAC, and the mother's understanding of the importance of prenatal nutrition. The study found that comprehensive midwifery care can enhance the nutritional condition of pregnant women with CED. In conclusion, effective management of CED requires a holistic and continuous approach through health education, family involvement, and routine antenatal care monitoring.

Keywords: *Chronic Energy Deficiency, Primigravida, Second Trimester, Midwifery Care, Maternal Nutrition*