ABSTRAK

Putri Nabila Dhea Deswitasari
TINGKAT PENGETAHUAN IBU HAMIL DALAM PENCEGAHAN BAYI BERAT BADAN LAHIR RENDAH DI WILAYAH KERJA PUSKESMAS WIRE
xv + 58 Halaman + 5 Tabel + 13 Lampiran

Tingginya angka morbiditas dan mortalitas neonatal salah satunya dipicu oleh kejadian BBLR. Kasus BBLR di Kabupaten Tuban terpusat di Kecamatan Semanding sebagai wilayah dengan prevalensi tertinggi, di mana tercatat 74 kasus pada 2024 dan naik menjadi 77 kasus pada 2025. Untuk mengantisipasi masalah ini, pemahaman ibu hamil terkait potensi risiko, konsekuensi medis, dan tindakan pencegahan BBLR perlu ditingkatkan secara optimal. Pengetahuan yang baik diharapkan mampu mendorong ibu hamil menerapkan perilaku sehat selama kehamilan. Penelitian ini dilakukan untuk mengukur sejauh mana pemahaman ibu hamil terkait upaya pencegahan kejadian BBLR di wilayah kerja Puskesmas Wire.

Studi ini menerapkan pendekatan deskriptif dengan meneliti populasi yang mencakup seluruh ibu hamil trimester I dan II di wilayah kerja Puskesmas Wire, yaitu sebanyak 49 orang. Melalui teknik *purposive sampling*, sebanyak 49 responden ditetapkan sebagai sampel. Data dihimpun dengan instrumen kuesioner, lalu diolah menggunakan analisis deskriptif untuk menyajikan distribusi frekuensi serta persentase.

Berdasarkan hasil penelitian, sebagian besar responden memahami tindakan pencegahan BBLR dengan sangat baik. Kelompok yang memiliki tingkat pengetahuan tinggi ini didominasi oleh individu berusia 20-35 tahun (70,5%), lulusan jenjang SMA (72,0%), serta status aktif bekerja (94,4%). Sebaliknya, responden yang memiliki pengetahuan minim relatif kecil, dimana kelompok ini ditemui pada usia 20-35 tahun (6,8%), berlatar belakang pendidikan SD dan SMP (11,8%), serta tidak memiliki pekerjaan (9,7%).

Dapat disimpulkan bahwa sebagian besar ibu hamil telah memiliki edukasi yang memadai terkait pencegahan BBLR. Pengetahuan yang baik diharapkan dapat mendukung upaya pencegahan BBLR melalui pemenuhan gizi yang adekuat, konsumsi tablet Fe secara teratur, serta pemeriksaan kehamilan secara rutin dan berkesinambungan

Kata Kunci: Pengetahuan, Pencegahan BBLR, Ibu Hamil

ABSTRACT

Putri Nabila Dhea Deswitasari
LEVEL OF KNOWLEDGE AMONG PREGNANT WOMEN REGARDING THE PREVENTION OF LOW BIRTH WEIGHT IN THE WIRE PUBLIC HEALTH CENTER
xv + 58 Pages + 5 Tabels + 13 Appendices

One of the factors contributing to high rates of neonatal morbidity and mortality is low birth weight (LBW). Cases of LBW in Tuban Regency are concentrated in Semanding District, which has the highest prevalence; 74 cases were recorded there in 2024, rising to 77 cases in 2025. To address this issue, it is essential to significantly improve pregnant women's understanding of the potential risks, medical consequences, and preventive measures related to LBW. It is hoped that a good understanding of the issue will encourage pregnant women to adopt healthy behaviors during pregnancy. This study was conducted to assess the extent of pregnant women's understanding of efforts to prevent low birth weight (LBW) in the service area of the Wire Community Health Center

This study employed a descriptive approach, examining a population comprising all pregnant women in their first and second trimesters within the service area of the Wire Community Health Center, totaling 49 women. Using purposive sampling, 49 respondents were selected as the sample. Data were collected using a questionnaire and then analyzed using descriptive statistics to present frequency distributions and percentages.

Based on the research findings, the majority of respondents had a very good understanding of preventive measures for low birth weight. This group with a high level of knowledge was dominated by individuals aged 20–35 (70.5%), high school graduates (72.0%), and those currently employed (94.4%). Conversely, the group with minimal knowledge was relatively small, consisting of individuals aged 20–35 (6.8%), those with elementary and junior high school education (11.8%), and those who were unemployed (9.7%).

It can be concluded that the majority of pregnant women have received adequate education regarding the prevention of low birth weight. It is hoped that this knowledge will support efforts to prevent low birth weight through adequate nutrition, regular intake of iron tablets, and routine and continuous prenatal checkups.

Keywords: *Knowledge, LBW Prevention, Pregnant Women*