

ABSTRAK

PENGETAHUAN IBU HAMIL TENTANG ASUPAN PROTEIN DENGAN KEJADIAN KURANG ENERGI KRONIS (KEK) PADA IBU HAMIL DI DESA KARANGAGUNG WILAYAH KERJA PUSKESMAS PALANG

Oleh : Kartutut Sholihatin

Status gizi merupakan hal yang penting diperhatikan pada masa kehamilan, karena faktor gizi sangat berpengaruh terhadap status kesehatan ibu selama hamil serta guna perkembangan janin. Pemenuhan kebutuhan protein sangat penting yang mana protein digunakan untuk proses perkembangan janin. Selama kehamilan terjadi peningkatan protein yang signifikan yaitu 68%, (Maryam, 2016). Asupan energi dan protein yang tidak mencukupi dapat menyebabkan Kurang Energi Kronis (KEK). Wanita hamil berisiko mengalami KEK jika memiliki LILA <23,5 cm. Ibu hamil dengan KEK berisiko melahirkan bayi BBLR yang akan membawa resiko kematian. Tujuan penelitian adalah diketahuinya hubungan antara pengetahuan ibu tentang asupan protein dengan kejadian kurang energi kronis pada ibu hamil.

Metode penelitian ini menggunakan korelasional, dengan pendekatan waktu *crosssectional*. Cara pengambilan data menggunakan kuesioner dan lembar observasi. Dengan populasi 40 ibu hamil usia ≥ 24 minggu dan sampel 36 ibu hamil ≥ 24 minggu. Teknik sampling menggunakan *simple random sampling* yang kemudian dianalisis menggunakan uji *chi square*.

Hasil penelitian didapatkan sebagian besar (66,7%) ibu hamil di Desa Karangagung memiliki pengetahuan baik dan hampir seluruhnya (86,2%) tidak mengalami KEK. Hasil uji *Chi Square* didapatkan $p=0,001$ dan $p < 0,05$. Sehingga ada hubungan antara pengetahuan ibu hamil tentang asupan protein dengan kejadian kurang energi kronis (KEK).

Peningkatan pengetahuan ibu hamil dapat dilakukan dengan adanya peningkatan kelas ibu hamil, diharapkan dengan adanya kelas ibu hamil, ibu hamil dapat terus menambah pengetahuannya. Dengan meningkatkan pengetahuan tentang asupan nutrisi saat hamil, dapat mengurangi kejadian kurang energi kronis (KEK) pada ibu hamil, sehingga akan mengurangi BBLR, gangguan pertumbuhan janin, cacat bawaan, dan keguguran.

Kata kunci : Pengetahuan, Ibu hamil, Asupan protein, Kurang energi kronis (KEK)

ABSTRACT

KNOWLEDGE OF PREGNANT WOMEN ABOUT PROTEIN INTAKE WITH OCCURRENCE OF CHRONIC ENERGY DEFICIENCY (KEK) ON PREGNANT WOMEN IN KARANGAGUNG VILLAGE WORKING AREA OF COMMUNITY HEALTH CENTER OF PALANG

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Nutritional status is an important thing to consider during pregnancy, because nutritional factors affect the health status of the mother during pregnancy and for the development of the fetus. Fulfillment of protein needs is very important, because protein is used for the process of fetal development. During pregnancy a significant increase in protein is 68% (Maryam, 2016). Insufficient energy and protein intake can cause chronic energy deficiency (KEK). Pregnant women are at risk of developing KEK if they have LILA <23.5 cm. Pregnant women with KEK are at risk of delivering LBW babies which will carry the risk of death. The aim of the study is to determine the relationship between mother's knowledge about protein intake and the incidence of chronic energy deficiency on pregnant women.

This research method used correlational, with cross-sectional approach. Collecting data by using questionnaires and observation sheets. With a population of 40 pregnant women aged ≥ 24 weeks and a sample of 36 pregnant women ≥ 24 weeks. The sampling technique used simple random sampling which was then analyzed using the chi square test.

The results showed that most (66.7%) pregnant women in Karangagung village had good knowledge and almost all (86.2%) did not experience KEK. Chi Square test results obtained $p = 0.001$ and $p < 0.05$. So there was a relationship between the knowledge of pregnant women about protein intake and the occurrence of chronic energy deficiency (KEK).

Enhancement of knowledge of pregnant women can be done by increasing the class of pregnant women, it is expected that with the class of pregnant women, they can continue to increase their knowledge. By increasing knowledge about nutrition intake during pregnancy, it can reduce the occurrence of chronic energy deficiency (KEK) in pregnant women, so it will reduce LBW, impaired fetal growth, congenital defects, and miscarriages.

Keywords : *Knowledge, Pregnant Women, Protein Intake, Chronic Energy Deficiency (KEK)*