ABSTRAK

STATUS GIZI IBU HAMIL DENGAN RESIKO TERJADINYA PREEKLAMSIA DI DESA LERAN WETAN WILAYAH KERJA PUSKESMAS PALANG

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Berat badan ibu sebelum hamil dan kenaikan berat badan selama hamil kurang (underwight) atau lebih (overweight) dari normal akan membuat kehamilan menjadi resiko(Maryam, 2016) di dapatkan data kunjungan ibu hamildengan preeklamsia sebanyak 12 ibu hamil, terdapat ibu hamil dengan status gizi obesitas mengalami preeklamsia 10 orang dan status gizi kurang juga mengalami preeklamsia sebanyak 2 orang. Tujuan penelitian adalah diketahuinya hubungan antara status giziibuhamildenganresikoterjadinyapreeklamsia.

Metode penelitian ini menggunakan korelasional, dengan pendekatan waktu *cross sectional*. Cara pengambilan data menggunakan kuesioner dan lembar observasi yang kemudian dianalisa dengan prosentase, kemudian ditabulasi silang dengan populasi semua ibu hamil sebanyak 42 ibu hamil dengan sample 38 ibu hamil.

Hasilpenelitiandidapatkan sebagian besar ibuhamilberumur antara 21-38 tahun 57,8% ,dan hampir setengahnya ibu hamil tidak bekerja atau sebagai ibu rumah tangga, kemudianStatus Gizi Ibu Hamil hampir setengahnya dalamkategori status gizi obesitas 31,5% dan hampir setengahnya memiliki gizi kurus 28,9%, sebagian besar ibuhamildi tidak beresiko mengalami preeklamsia 52,6%,

Hasil uji *Chi Square* dengan menggunakan SPSS 16 didapatkan ρ=0,000 dengan $\rho < 0,05$ dengan jumlah responden 38 ibu hamil. Berarti ada hubungan antara status giziibuhamildenganresikoterjadinyapreeklamsia.

Perlu diadakannya penyuluhan sesuai program Puskesmasbaikolehpetugaskesehatan yang dibantuolehkader-kadermengenai preeklamsia ibu hamil dan faktor-faktor yang dapat mempengaruhinya terutama yang berhubungan dengan usia ibu, pekerjaan ibu, status gizi/ IMT.

Kata kunci :status gizi, kehamilan, resikopreeklamsia

ABSTRACT

NUTRITIONAL STATUS OF PREGNANT WOMEN WITH THE RISK OF PREECLAMSIA IN LERAN WETAN VILLAGE WORKING AREA OF PALANG HEALTH CENTER

by : Liananda Oktafiani Putri

Maternal body weight before pregnancy and weight gain during pregnancy (underwight) or more (overweight) than normal will make pregnancy is at risk (Maryam, 2016). It's obtained data of pregnant women visit with preeclampsia as many as 12 pregnant women, there were pregnant women with nutritional obesiy status experienced preeclampsia as many as 10 people and less nutritional status also experienced preeclampsia 2 people. The aim of the study is to determine the correlation between nutritional status of pregnant women and the risk of preeclampsia.

This research method used correlational, with a cross sectional approach. Data was collected by using using questionnaires and observation sheets which were then analyzed by percentage, then cross-tabulated with a population of all pregnant women as many as 42 pregnant women with a sample of 38 .

The results showed that most pregnant women aged between 21-38 years old 57.8%, and almost half of pregnant women was jobless or as housewives, then Nutritional Status of Pregnant Women was almost half in the category of 31.5% obesity nutritional status and almost half had lean nutrition 28.9%, most pregnant women were not at risk of developing preeclampsia 52.6%,

Chi Square test results using SPSS 16 obtained $\rho = 0,000$ with $\rho < 0.05$ with the number of respondents 38 pregnant women. This meant that there wasa rcorrelation between the nutritional status of pregnant women with the risk of preeclampsia.

It is necessary to provide counseling according to the Puskesmas program both by health professinals assisted by cadres regarding preeclampsia of pregnant women and the factors that can influence it especially those related to maternal age, maternal work, nutritional status / BMI.

Keywords: *nutritional status, pregnancy, risk of preeclampsia*