

GAMBARAN UMUR IBU, PARITAS, JARAK KEHAMILAN DAN ASUPAN GIZI PADA IBU HAMIL KEK DI PUSKESMAS PLUMPANG KABUPATEN TUBAN

ABSTRAK

Menurut data Dinas Kesehatan Kabupaten Tuban, Ibu Hamil yang mengalami kurang Energi Kronis (KEK) terus meningkat setiap tahunnya. Pada tahun 2015 jumlah KEK sebesar 1.148 dengan prevalensi sebesar 8,32 %, tahun 2016 mengalami peningkatan menjadi 1.297 (8,48 %), tahun 2017 menjadi 1.527 (10,04 %) . Di Puskesmas Plumpang ibu hamil KEK terus meningkat setiap tahunnya, pada tahun 2015 terdapat 28 ibu hamil KEK (4,83%), tahun 2016 sebanyak 53 ibu hamil KEK (9,60%). Target Kemenkes pada tahun 2019 diharapkan persentase ibu hamil KEK dibawah 18,2%. Namun berdasarkan studi pendahuluan di Puskesmas Plumpang Kabupaten Tuban pada bulan November 2019 didapatkan 135 ibu hamil KEK (22,20%). Hal tersebut menunjukkan ketimpangan antara harapan dan kenyataan yang ada dilapangan. Berdasarkan latar belakang diatas maka perlu dilakukan penelitian mengenai faktor-faktor penyebab ibu hamil KEK di Puskesmas Plumpang Kabupaten Tuban diantaranya faktor usia, paritas, jarak kehamilan dan asupan gizi pada ibu hamil KEK.

Penelitian ini merupakan penelitian deskriptif bersifat observasional dan pengambilan datanya *cross sectional*. Populasi pada penelitian ini adalah ibu hamil KEK yang terdaftar di Puskesmas Plumpang Kabupaten Tuban berdasarkan studi pendahuluan bulan November 2019 yaitu sebesar 121 orang. Sampel dari penelitian adalah ibu hamil KEK yang belum melahirkan di Puskesmas Plumpang Kabupaten Tuban yang diambil dengan *simple random sampling* sehingga didapatkan sampel sebesar 43 ibu hamil KEK. Penelitian ini dilakukan di Puskesmas Plumpang Kabupaten Tuban pada bulan Februari – Maret 2020.

Hasil penelitian didapatkan umur ibu hamil KEK di Puskesmas Plumpang sebagian besar berada pada kelompok umur ibu 20-35 tahun yaitu sebanyak 26 orang (78,7%). Paritas ibu hamil KEK di Puskesmas Plumpang sebagian besar adalah multipara sebanyak 18 responden (54,5%). Jarak kehamilan pada ibu hamil KEK di Puskesmas Plumpang sebagian besar adalah kehamilan beresiko sebanyak 19 orang (57,6%). Asupan gizi ibu hamil KEK di Puskesmas Plumpang termasuk dalam kategori kurang yang terdiri dari : kecukupan energi seluruhnya berkategori sangat kurang 33 orang (100%), kecukupan protein sebagian besar berkategori kurang 17 orang (51,52%), kecukupan vitamin A seluruhnya 33 orang (100%) berkategori kurang, kecukupan vitamin C sebagian besar 32 orang (96,97%) berkategori kurang, kecukupan zat besi seluruhnya 33 orang (100%) berkategori kurang dan kecukupan kalsium seluruhnya 33 orang (100%) berkategori kurang.

Kata Kunci : Umur Ibu, Paritas, Jarak Kehamilan dan Asupan Gizi pada Ibu hamil KEK

**DESCRIPTION OF MOTHER AGE, PARITY, DISTANCE PREGNANCY
AND NUTRITION INTAKE IN CED (CHRONIC ENERGY DEFICIENCY)
PREGNANT MOTHER IN PLUMPANG PUBLIC HEALTH CENTER
TUBAN DISTRICT**

ABSTRACT

In the Plumpang Public Health Center, CED (Chronic Energy Deficiency) pregnant women continue to increase each year, in 2015 there were 28 CED (Chronic Energy Deficiency) pregnant women (4.83%), in 2016 there were 53 CED (Chronic Energy Deficiency) pregnant women (9.60%). The Ministry of Health's target in 2019 is expected to be the percentage of CED (Chronic Energy Deficiency) pregnant women below 18.2%. However, based on preliminary studies at the Plumpang Public Health Center in Tuban District in November 2019, 135 CED (Chronic Energy Deficiency) pregnant women were found (22.20%). This shows the imbalance between expectations and reality in the field. Based on the above background, it is necessary to do research on the factors that cause CED (Chronic Energy Deficiency) pregnant women in the Plumpang Public Health Center in Tuban Regency including factors of age, parity, distance of pregnancy and nutritional intake in CED (Chronic Energy Deficiency) pregnant women.

This research is a descriptive observational study and the data collection is cross sectional. The population in this study was pregnant women CED (Chronic Energy Deficiency) registered at the Plumpang Public Health Center in Tuban Regency in November 2019, amounting to 121 people. The sample of the study was CED (Chronic Energy Deficiency) pregnant women who had not yet given birth at the Plumpang Public Health Center in Tuban Regency, which were taken by simple random sampling so that a sample of 43 pregnant women from CED (Chronic Energy Deficiency) was obtained. This research was conducted at the Plumpang Public Health Center in Tuban Regency in February - March 2020.

The results showed that the age of CED (Chronic Energy Deficiency) pregnant women in the Plumpang Public Health Center were mostly in the age group of mothers 20-35 years, as many as 26 people (78.7%). The majority of CED (Chronic Energy Deficiency) pregnant women in the Plumpang Public Health Center were multiparaens, with 18 respondents (54.5%). The distance between pregnancy among CED (Chronic Energy Deficiency) pregnant women at the Plumpang Public Health Center is mostly at risk of 19 pregnancies (57.6%).

Nutritional intake of CED (Chronic Energy Deficiency) pregnant women in the Plumpang Community Health Center is included in the category of inadequate consisting of 33 people (100%) of total energy adequacy, 100% of protein adequacy, mostly 17 people (51.52%), vitamin A in total 33 people (100%) categorized as lacking, adequacy of vitamin C in most 32 people (96.97%)

categorized as lacking, iron adequacy entirely 33 people (100%) categorized as lacking and calcium adequacy entirely 33 people (100%) categorized as lacking.

Keywords : Maternal Age, Parity, Distance of Pregnancy and Nutrition for KEK Pregnant Women