

PENGARUH PEMBERIAN MAKANAN TAMBAHAN TERHADAP LINGKAR LENGAN ATAS IBU HAMIL KURANG ENERGI KRONIS (KEK) DI WILAYAH UPTD PUSKESMAS KEBONHARJO KABUPATEN TUBAN

ABSTRAK

Asupan dapat menentukan status gizi ibu hamil. Pertumbuhan janin bergantung pada asupan ibu selama kehamilan, jika asupan baik kemungkinan besar akan melahirkan bayi yang sehat. Kurang Energi Kronis merupakan salah satu masalah gizi buruk yang sering dialami oleh ibu hamil karena kekurangan energi dalam jangka waktu yang lama. Keadaan ini ditandai dengan lingkaran lengan atas < 23,5 cm. Risiko ibu hamil kurang energi kronis (KEK) yaitu berat badan bayi lahir rendah, keguguran, lahir cacat, kematian bayi. Selain itu menghambat tumbuh kembang janin, seperti perkembangan fisik, otak dan metabolisme. Masalah ini menjadi fokus perhatian sehingga pemerintah membuat program yaitu pemberian makanan tambahan kepada kelompok rawan gizi yang meliputi ibu hamil risiko kurang energi kronis (KEK).

Tujuan penelitian adalah mengetahui pengaruh pemberian makanan tambahan terhadap Lingkaran Lengan Atas ibu hamil kurang energi kronis (KEK) di wilayah UPTD Puskesmas Kebonharjo Kabupaten Tuban.

Jenis penelitian *pra-experimental* dengan pendekatan waktu *one group pretest posttest design*. Variabel yang diamati adalah pemberian makanan tambahan dan status gizi ibu hamil kurang energi kronis (KEK). Dilakukan secara *sampling jenuh* sebanyak 20 responden. Metode pengumpulan data dengan observasi, pengisian kuesioner, dan mengambil dokumentasi untuk mendukung data yang diperoleh. Analisa *bivariate* menggunakan uji statistik non parametrik yaitu *uji Wilcoxon Signed Rank Test*.

Hasil penelitian menunjukkan bahwa ada pengaruh pemberian makanan tambahan terhadap lingkaran lengan atas (LILA) ibu hamil kurang energi kronis (KEK) $p = 0,00$

Pemberian makanan tambahan pada ibu hamil kurang energi kronis sebaiknya tetap diberikan untuk meningkatkan status gizi ibu hamil dan menurunkan prevalensi berat badan bayi lahir rendah.

Kata kunci : Status gizi ibu hamil, Lingkaran Lengan Atas, Kurang Energi Kronis (KEK), Pemberian Makanan Tambahan

**THE EFFECT OF SUPPLYING ADDITIONAL FOOD ON THE ARM CIRCLE
OF PREGNANT WOMEN LESS CHRONIC ENERGY (CED) IN THE UPTD
AREA OF KEBONHARJO HEALTH CENTER, TUBAN DISTRICT**

ABSTRACT

Intake can determine the nutritional status of pregnant women. Fetal growth depends on the mother's intake during pregnancy, if the intake is good it is likely to give birth to a healthy baby. Chronic Lack of Energy is one of the malnutrition problems that are often experienced by pregnant women due to lack of energy for a long period of time. This situation is characterized by a circumference of the upper arm <23.5 cm. The risks of chronic energy deficiency for pregnant women (CED) are low birth weight, miscarriage, birth defects, and infant mortality. In addition, it inhibits fetal growth and development, such as physical development, brain and metabolism. This problem has become the focus of attention so that the government has made a program, namely providing additional food to nutritionally vulnerable groups which include pregnant women at risk of chronic energy deficiency (CED).

The purpose of this study was to determine the effect of supplementary feeding on the upper arm circumference of chronic energy deficient pregnant women (CED) in the UPTD area of Kebonharjo Health Center, Tuban Regency.

This type of pre-experimental research used one group pretest posttest design approach. The variables observed were supplementary feeding and nutritional status of chronic energy deficient pregnant women (CED). Done with saturated sampling of 20 respondents. Methods of data collection by observation, filling out questionnaires, and taking documentation to support the data obtained. Bivariate analysis used a non-parametric statistical test, namely the Wilcoxon Signed Rank Test.

The results showed that there was an effect of supplementary feeding on the circumference of the upper arm (LILA) of chronic energy deficient pregnant women (KEK) $p = 0.00$

Supplementary feeding for pregnant women with chronic energy deficiency should still be given to improve the nutritional status of pregnant women and reduce the prevalence of low birth weight.

Key words: Nutritional status of pregnant women, Upper Arm Circumference, Chronic Lack of Energy (CED), Supplementary Feeding