

## ABSTRAK

BBLR (Berat Badan Lahir Rendah) adalah bayi yang memiliki berat lahir kurang dari 2500 gram saat ditimbang setelah satu jam pertama kelahiran dan terus menjadi masalah kesehatan masyarakat. Ada beberapa faktor yang dapat menyebabkan BBLR, salah satunya adalah status gizi ibu saat hamil dan lingkungan asap rokok. Untuk membuktikan bahwa status gizi ibu saat hamil dan paparan asap rokok cenderung memiliki resiko terhadap kejadian BBLR maka ingin diteliti tentang adanya hubungan status gizi dan paparan asap rokok pada saat hamil dengan kejadian BBLR.

Penelitian ini merupakan penelitian analitik yang bersifat *case control*. Sampel diambil dengan teknik *Systematic Random Sampling* sejumlah 36 responden BBLR dan 36 responden BBLN. Variabel *independent* adalah status gizi dan paparan asap rokok, sedangkan variabel *dependent* adalah kejadian BBLR. Pengumpulan data menggunakan lembar observasi dan lembar kuesioner. Untuk menganalisis adanya hubungan digunakan uji *Chi Square* dengan taraf nyata 0,05.

Hasil penelitian menunjukkan bahwa untuk responden status gizi kurus pada saat hamil sebanyak 31 responden (43,1%) dan responden paparan asap rokok pada saat hamil terpapar sebanyak 37 responden (51,4%). Dari hasil analisis dengan uji *chi square* dapat disimpulkan ada hubungan status gizi dan paparan asap rokok pada saat hamil dengan kejadian BBLR.

Berdasarkan uraian diatas dapat disimpulkan bahwa status gizi dan paparan asap rokok pada saat hamil dengan kejadian BBLR. Sehingga disarankan pada ibu hamil untuk memenuhi gizi saat hamil dan menghindari paparan asap rokok agar tidak terjadi BBLR.

Kata kunci: Status gizi, paparan asap rokok, BBLR.

## **ABSTRACT**

*BBLR (Low Birth Weight) is a baby who has a birth weight of less than 2500 grams when weighed after the first hour of birth and continues to be a public health problem. There are several factors that can cause BBLR, one of which is the nutritional status of pregnant women and the environment of cigarette smoke. To prove that the nutritional status of women during pregnancy and exposure to cigarette smoke tends to have a risk to the incidence of BBLR, it wants to examine the relationship between nutritional status and exposure to cigarette smoke during pregnancy with the incidence of BBLR.*

*This research is an analytical study that is case control. Samples were taken using Systematic Random Sampling technique with a total of 36 BBLR respondents and 36 BBLN respondents. The independent variable is the nutritional status and exposure to cigarette smoke, while the dependent variable is the incidence of BBLR. Data were collected using observation sheets and questionnaire sheets. To analyze the relationship, Chi Square test was used with a real level of 0.05.*

*The results showed that for respondents with lean nutritional status during pregnancy as many as 31 respondents (43.1%) and respondents with exposure to cigarette smoke during pregnancy were exposed as many as 37 respondents (51.4%). From the results of the analysis with the chi square test, it can be concluded that there is a relationship between nutritional status and exposure to cigarette smoke during pregnancy with the incidence of BBLR.*

*Based on the description above, it can be concluded that the nutritional status and exposure to cigarette smoke during pregnancy with the incidence of BBLR. Therefore, it is recommended for pregnant women to meet their nutritional needs while pregnant and avoid exposure to cigarette smoke so that there is no BBLR.*

*Keywords: Nutritional status, exposure to cigarette smoke, BBLR.*