

HUBUNGAN PENGETAHUAN GIZI DAN TINGKAT KONSUMSI ENERGI, PROTEIN IBU HAMIL DENGAN KEJADIAN KEKURANGAN ENERGI KRONIK DI PUSKESMAS SANANWETAN KOTA BLITAR

(Studi Deskriptif di Puskesmas Sananwetan Kota Blitar)

Abstrak

Penelitian ini dilaterbelakangi dengan jumlah kunjungan ibu hamil yang paling banyak di Puskesmas Sananwetan Kota Blitar yaitu sebanyak 761 orang pada tahun 2012. Angka kejadian KEK di Puskesmas Sananwetan juga meningkat yaitu pada tahun 2011 sebesar 72 orang dan 2012 sebesar 78 orang

Tujuan penelitian adalah untuk mengetahui hubungan tingkat pengetahuan dan tingkat konsumsi energi, protein dengan kejadian Kekurangan Energi Kronik (KEK) di Puskesmas Sananwetan Kota Blitar.

Jenis penelitian adalah deskriptif analitik dengan metode *cross sectional*. Populasi penelitian ini adalah seluruh ibu hamil yang berkunjung di poli gizi Puskesmas Sananwetan Kota Blitar. Sampel penelitian ini adalah menggunakan simple random sampling, sampel sebanyak 48 responden.

Hasil yang didapat adalah pengetahuan tentang kebutuhan zat gizi 70.83% baik dan 12.5% cukup, pengetahuan kecukupan gizi 66.67% kurang dan 12.5% baik, pengetahuan faktor mempengaruhi KEK 70.83% baik dan 12.5% kurang, pengetahuan dampak KEK 81.25% baik dan 8.33% cukup sedangkan hasil uji *spearman* diketahui tidak ada hubungan antara tingkat pengetahuan gizi ibu hamil dengan kejadian KEK ($P = 0.104 > \alpha 0.05$), tidak ada hubungan antara tingkat konsumsi energi ibu hamil dengan kejadian KEK ($P = 0.173 > \alpha 0.05$), tidak ada hubungan antara tingkat konsumsi protein dengan kejadian KEK ($P = 0.460 > \alpha 0.05$).

Tidak ada hubungan antara tingkat pengetahuan ibu hamil dengan kejadian KEK, tidak ada hubungan antara tingkat konsumsi energi dengan kejadian KEK dan tidak ada hubungan antara tingkat konsumsi protein dengan kejadian KEK.

Disarankan petugas kesehatan untuk memberi motivasi untuk menambah pengetahuan ibu hamil dan ibu hamil diupayakan mencari pengetahuan melalui sumber informasi.

Kata kunci : *pengetahuan, tingkat konsumsi energi protein, KEK*

THE CORRELATION BETWEEN NUTRITION EDUCATION AND ENERGY AND PROTEIN CONSUMPTION LEVEL OF PREGNANT MOTHERS WITH CHRONIC ENERGY DEFICIENCY AT SANANWETAN HEALTH CENTER - BLITAR

(Descriptive study at Sananwetan Health Center – Blitar)

Abstract

This study is conducted due to the high rate of visiting of pregnant mothers at Sananwetan Health center – Blitar, which reaches 761 mothers in 2012. The number of chronic energy deficiency at Sananwetan Health Center reaches 72 in 2011 and 78 in 2012.

The aim of this study is to discover the correlation between the education level and energy and protein consumption level of pregnant mothers with chronic energy deficiency at Sananwetan Health Center – Blitar.

This study moreover is analytical descriptive with *cross sectional* method. The population of the study is all of the pregnant mothers visiting at poly nutrition Sananwetan Health Center – Blitar. While, the sample of the study is taken by *simple random sampling*, which consists of 48 respondents.

The results of this study show that the education of nutrient need reaches 70.83% good and 12.5% sufficient; the education of nutrient sufficiency reaches 66.67% less and 12.5% good; the education of factors affecting chronic energy deficiency reaches 70.83% good and 12.5% less; and the education of the effect of chronic energy deficiency reaches 81.25% good and 8.33% sufficient. While, the *spearman* test results show that there is no correlation between nutrition education level of pregnant mothers and the chronic energy deficiency ($P = 0.104 > \alpha 0.05$); there is no correlation between energy consumption level of pregnant mothers and chronic energy deficiency ($P = 0.173 > \alpha 0.05$); and there is no correlation either between protein consumption level of pregnant mothers and chronic energy deficiency ($P = 0.460 > \alpha 0.05$).

There is no correlation between education level of pregnant mothers and chronic energy deficiency; there is no correlation between energy consumption level of pregnant mothers and chronic energy deficiency' and there is no correlation either between protein consumption level of pregnant mothers and chronic energy deficiency.

It is suggested to the health center officers to motive the pregnant mothers to improve their education related to the health; it is also suggested to the pregnant mothers to seek any kind of knowledge through the information sources.

Keywords : *education, energy and protein consumption level, chronic energy deficiency*