GAMBARAN PENGETAHUAN DAN POLA MAKAN IBU HAMIL KURANG ENERGI KRONIS (KEK) DI WILAYAH KERJA PUSKESMAS SOBO KECAMATAN BANYUWANGI

ABSTRAK

Latar belakang, Kekurangan energi kronik (KEK) adalah ketika ibu hamil mengalami kekurangan makanan yang berlangsung lama atau kronis, yang menyebabkan masalah kesehatan. Data Riskesdas Jawa Timur 2018, prevalensi WUS hamil risiko KEK adalah 19,59% dan dan di Banyuwangi 5%. **Tujuan Penelitian,** untuk mengetahui gambaran pengetahuan dan pola makan ibu hamil KEK. **Metode Penelitian,** menggunakan metode deskriptif dan analisa data menggunakan analisa univariat dengan sampel 15 responden dan pengumpulan data dengan wawancara melalui kuisioner karakteristik responden, kuisioner pengetahuan, dan form SQ-FFQ. **Hasil Penelitian,** ibu hamil yang mengalami Kekurangan Energi Kronis (KEK) umumnya berada di usia 20-30 tahun, yaitu 10 responden (66,7%), pendidikan terakhir mereka adalah lulus SMA sebanyak 10 responden (66,7%), bekerja sebagai karyawati sebanyak 9 responden (60,0%), pendapatan keluarga 1.000.000-2.000.000 yaitu 10 responden (66,7%), tingkat pengetahuan kategori cukup yaitu 8 responden (53,3%), kategori kurang sebanyak 7 responden (46,7%), dan pola makan kategori kurang sebanyak 100,0%. Hasil dari pengetahuan dengan pola makan yaitu pengetahuan cukup dengan pola makan kurang yaitu 8 responden (53,3%), sedangkan pengetahuan baik dengan pola makan kurang sebanyak 8 responden (46,7%). **Kesimpulan Penelitian,** Kesimpulan ibu hamil KEK mayoritas berpegetahuan cukup dan pola makan kurang serta tingkat pendapatan cukup yang mempengaruhi daya beli makanannya serta upaya penanggulangan ibu hamil KEK yaitu dengan memberikan PMT, penyuluhan mengenai gizi kehamilan dan pola makan ibu hamil.

Kata kunci : *Pengetahuan, Pola Makan, Ibu Hamil KEK*

DESCRIPTION OF THE KNOWLEDGE AND EATING PATTERN OF PREGNANT WOMEN WITH CHRONIC LACK OF ENERGY (CED) IN THE WORKING AREA OF SOBO PUBLIC HEALTH, BANYUWANGI DISTRICT

ABSTRACT

Background, chronic energy deficiency (CED) is when pregnant women experience a long-lasting or chronic lack of food, which causes health problems. East Java Riskesdas data for 2018, the prevalence of pregnant WUS at risk of CED is 19.59% and in Banyuwangi it is 5%. **Research objectives,** to describe the knowledge and diet of pregnant women with CED. **Research method,** using descriptive method and data analysis using univariate analysis with a sample of 15 respondents and collecting data by interviewing through respondent characteristic questionnaires, knowledge questionnaires, and the SQ-FFQ form. **Research results,** pregnant women who experience Chronic Energy Deficiency (CED) are generally aged 20-30 years, namely 10 respondents (66.7%), their last education is high school graduation as many as 10 respondents (66.7%), work as female employees as many as 9 respondents (60.0%), family income 1,000,000-2,000,000, namely 10 respondents (66.7%), the level of knowledge in the sufficient category is 8 respondents (53.3%), the less category is 7 respondents (46.7%), and less category eating patterns as much as 100.0%. The results of knowledge with eating patterns, namely sufficient knowledge with less eating patterns, namely 8 respondents (53.3%), while good knowledge with less eating patterns were 8 respondents (46.7%). **Research conclusion,** The conclusion of the majority of CED pregnant women is sufficient knowledge and eating patterns are lacking as well as sufficient income levels which affect their food purchasing power as well as efforts to deal with CED pregnant women, namely by providing PMT, counseling on pregnancy nutrition and pregnant women's diet.

Keywords : *Knowledge, Diet, CED Pregnant Women*