

GAMBARAN PENGETAHUAN, RIWAYAT KEK DAN USIA KEHAMILAN IBU PADA BAYI BBLR DI WILAYAH KERJA PUSKESMAS TARIK KABUPATEN SIDOARJO

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ABSTRAK

Latar Belakang Di antara bayi, berat badan lahir rendah merupakan indikator utama morbiditas dan mortalitas. Berat badan bayi penting dalam pertumbuhan serta perkembangan di masa depan. Terdapat beberapa risiko, seperti pertumbuhan dan perkembangan yang lebih lambat dibandingkan dengan bayi normal. Tujuan dari penelitian ini adalah untuk menilai pengetahuan, riwayat KEK dan usia kehamilan ibu pada bayi BBLR di wilayah kerja Puskesmas Tarik Kabupaten Sidoarjo. **Metode** Metode penelitian yang digunakan adalah deskriptif dan cross-sectional. Data primer dan sekunder digunakan dalam penelitian ini. **Hasil Penelitian** ini menemukan bahwa 23 ibu (51,1%), 17 ibu (37,8%) dan 5 ibu (11,1%) mengetahui tentang BBLR. Para ibu yang disurvei tidak memiliki pengalaman KEK: 30 ibu (66,7%) dan 15 ibu (33,3%) memiliki pengalaman KEK. Para ibu memiliki usia kehamilan kurang dari 37 minggu saat melahirkan. Sebanyak 41 ibu (91,1%) dan 4 ibu (8,95) melahirkan pada usia kehamilan lebih dari 37 minggu. **Kesimpulan** Ibu yang tidak memiliki riwayat KEK selama kehamilan dapat melahirkan bayi dengan berat badan lahir rendah. Infeksi, pre-eklampsia dan anemia dapat membuat ibu berisiko melahirkan bayi dengan berat badan rendah. **Saran** Puskesmas memberikan edukasi tentang BBLR, melakukan pemeriksaan antenatal secara rutin.

Kata Kunci: *BBLR, Pengetahuan ibu, riwayat KEK, usia kehamilan*

OVERVIEW OF KNOWLEDGE, CED HISTORY, AND MOTHER'S PREGNANCY AGE IN LBW BABIES IN THE WORKING AREA OF TARIK HEALTH CENTER, SIDOARJO DISTRICT

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ABSTRACT

Background Among infants, low birth weight is a key indicator of morbidity and mortality. An infant's birth weight is crucial for future growth and development. Several risks are associated with low birth weight, such as slower growth and development than normal-weight infants. **Purpose** The purpose of this study is to assess the knowledge, history of chronic energy deficiency (CED), and gestational age of mothers with low birth weight infants in the working area of Puskesmas Tarik, Sidoarjo Regency. **Method** The research method used was descriptive and cross-sectional. Both primary and secondary data were utilized in this study. **Results** According to this study, there were 23 mothers (51.1%) who had insufficient awareness of LBW, 17 moms (37.8%) who had good knowledge, and 5 mothers (11.1%) who had poor knowledge. None of the respondents had a history of CED. Thirteen moms (33.3%) out of thirty (66.7%) have a history of CED. The mothers' gestational ages were <37 weeks for 41 mothers (91.1%) and ≥37 weeks for 4 mothers (8.95) at the time of delivery. **Conclusion** Mothers without a history of CED during pregnancy can still give birth to low birth-weight infants. Infections, pre-eclampsia, and anemia can increase the risk of mothers delivering low birth-weight infants. **Recommendation** Puskesmas should provide education about low birth weight and conduct regular antenatal check-ups.

Keywords: *LBW, maternal knowledge, history of CED, gestational age*