

# HUBUNGAN KEKURANGAN ENERGI KRONIS DAN ANEMIA PADA IBU HAMIL DENGAN KEJADIAN BAYI BERAT LAHIR RENDAH DI RSKIA SADEWA

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## ABSTRAK

**Latar belakang:** Di Indonesia kejadian BBLR >15,5% dari kelahiran bayi setiap tahunnya. KEK dan anemia pada ibu hamil merupakan salah satu faktor yang memengaruhi terjadinya BBLR. Ibu hamil dengan KEK dan anemia dapat melahirkan BBLR.

**Tujuan:** Mengetahui hubungan KEK dan anemia pada ibu hamil dengan kejadian BBLR di RSKIA Sadewa.

**Metode:** Desain penelitian analisis observasional dengan pendekatan *case control*. Sampel penelitian diambil menggunakan teknik *Simple Random Sampling* dengan ditetapkan kriteria inklusi dan eksklusi didapatkan sebanyak 120 sampel dengan rincian 40 sampel kasus dan 80 sampel kontrol. Penelitian dilakukan di RSKIA Sadewa. Penelitian ini menggunakan data sekunder dengan melihat data pada register dan rekam medis. Analisis data menggunakan Uji *chi square* dengan kemaknaan ( $p \leq 0,05$ ) dan *Odds ratio (OR)*.

**Hasil:** Responden KEK yang melahirkan bayi BBLR sebesar 80% dan responden anemia yang melahirkan bayi BBLR sebesar 67,5%. Hasil uji Chi-square menunjukkan ada hubungan KEK pada ibu hamil dengan kejadian BBLR ( $p=0,000$ ;  $OR=12,842$ ) dan ada hubungan anemia pada ibu hamil dengan kejadian BBLR ( $p=0,000$ ;  $OR=18,692$ ). Kesimpulan: Ada hubungan KEK dan anemia pada ibu hamil dengan kejadian bayi berat lahir rendah di RSKIA Sadewa.

**Kata kunci:** Bayi berat lahir rendah, KEK, Anemia

**THE RELATIONSHIP BETWEEN CHRONIC ENERGY  
DEFICIENCY AND ANEMIA IN PREGNANT WOMEN WITH THE  
INCIDENCE OF LOW BIRTH WEIGHT AT SADEWA MATERNAL  
AND CHILD HOSPITAL**

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**ABSTRACT**

**Background:** *In Indonesia, the incidence of low birth weight (LBW) is more than 15.5% of all births every year. LBW can be caused by Chronic Energy Deficiency (CED) and anemia in pregnant women.*

**Objective:** *To determine the relationship between CED and anemia in pregnant women with the incidence of LBW at Sadewa Maternal and Child Hospital.*

**Method:** *This observational analytical study used a case-control approach. The research sample was taken using simple random sampling technique with predetermined inclusion and exclusion criteria, resulting in 120 samples, including 40 cases and 80 controls. The research was conducted at Sadewa Maternal and Child Hospital. Secondary data was collected by reviewing data from registers and medical records. Data analysis was performed using the chi-square test with significance ( $p \leq 0.05$ ) and odds ratio (OR).*

**Results:** *The incidence of LBW in respondents with CED was 80%, while the incidence of LBW in respondents with anemia was 67.5%. The chi-square test showed a significant relationship between CED in pregnant women and the incidence of LBW ( $p=0.000$ ;  $OR=12.842$ ) and between anemia in pregnant women and the incidence of LBW ( $p=0.000$ ;  $OR=18.692$ ).*

**Conclusion:** *There is a relationship between CED and anemia in pregnant women with the incidence of LBW at Sadewa Maternal and Child Hospital.*

**Keywords:** *Low birth weight, Chronic energy deficiency, Anemia.*