

**HUBUNGAN PEMBERIAN MAKANAN TAMBAHAN PADA IBU HAMIL
KEK DENGAN KEJADIAN BBLR DI PUSKESMAS NITA KABUPATEN
SIKKA PROPINSI NUSA TENGGARA TIMUR**

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ABSTRAK

Latar Belakang: BBLR masih menjadi penyebab kematian terbanyak di Indonesia dengan Angka Kematian tahun 2021 (34,5%). Terdapat sejumlah faktor yang berhubungan dengan kejadian BBLR salah satunya ibu hamil Kurang Energi Kronik (KEK) maka perlu upaya penanggulangan dengan pemberian makanan tambahan

Tujuan: Mengetahui hubungan antara pemberian makanan tambahan pada ibu hamil KEK dengan kejadian BBLR.

Metode: Jenis penelitian ini adalah observasional analitik dengan rancangan *case control*. Sampel dalam penelitian ini adalah bayi yang lahir dari ibu hamil KEK terdiri dari 20 kelompok kasus dan 20 kelompok kontrol dengan teknik pengambilan sampel menggunakan *purposive sampling* menggunakan pendekatan retrospektif. Analisis data terdiri dari analisis univariate menggunakan distribusi frekuensi, analisis bivariat menggunakan uji *chi square*, dan analisis multivariat menggunakan regresi logistik.

Hasil: Hasil penelitian Univariat didapatkan ibu hamil KEK yang tidak diberi PMT 52,5%, usia ibu beresiko 52,5% dan paritas beresiko 55%, pada analisis bivariate didapatkan ada hubungan yang signifikan pemberian makanan tambahan pada ibu hamil KEK dengan kejadian BBLR (*p value* =0,002<0,05). Variabel lain yang diteliti umur tidak ada hubungan dengan kejadian BBLR *p value* 0,057, paritas ada hubungan dengan BBLR *p value* 0,004. Hasil uji regresi logistik diketahui ada hubungan variabel pemberian makanan tambahan pada ibu hamil KEK, Usia dan Paritas dengan kejadian BBLR dengan persamaan regresi berpeluang terjadi BBLR 1,940 kali

Kesimpulan: Ada hubungan antara pemberian makanan tambahan pada ibu hamil KEK, paritas dan umur dengan kejadian BBLR

Kata kunci: BBLR, Ibu hamil KEK, PMT

**THE RELATIONSHIP OF FEEDING SUPPLEMENTARY FOOD TO
PREGNANT WOMEN WITH LBW LBW IN NITA'S HEALTH CENTER,
SIKKA DISTRICT, EAST NUSA TENGGARA PROVINCE**

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ABSTRACT

Background : *LBW is still the most common cause of death in Indonesia with a 2021 mortality rate (34.5%). There are a number of factors associated with the incidence of LBW, one of which is pregnant women with Chronic Energy Deficiency (CED) so it is necessary to take efforts to deal with it by providing additional food*

Objective: *Knowing the relationship between supplementary feeding in CED pregnant women and the incidence of LBW .*

Methods : *This type of research is analytic observational with a case control design . The sample in this study were babies born to KEK pregnant women consisting of 20 case groups and 20 control groups with a sampling technique using purposive sampling using a retrospective approach . Data analysis consisted of univariate analysis using the frequency distribution, bivariate analysis using the chi square test , and multivariate analysis using logistic regression.*

Results: *The results of the Univariate study found that pregnant women with CED who were not given PMT were 52.5%, the age of the mother was at risk of 52.5% and parity was at risk of 55%, in bivariate analysis it was found that there was a significant relationship between supplementary feeding in pregnant women with CED and the incidence of LBW (p-value =0.002<0.05). Another variable studied was age that had no relationship with the incidence of LBW p value 0.057, parity had a relationship with LBW p value 0.004. The results of the logistic regression test show that there is a relationship between the variables of supplementary feeding in pregnant women with CED, age and parity with the incidence of LBW with the regression equation that has the opportunity to occur LBW 1.940 times*

Conclusion: *There is a relationship between supplementary feeding in CED pregnant women, parity and age with the incidence of LBW*

Keywords : *LBW, KEK pregnant women, PMT*