

CHARACTERISTICS OF PREGNANT WOMEN WITH CHRONIC ENERGY DEFICIENCY (CED) IN THE WORKPLACE OF PUSKESMAS WONOSARI II GUNUNGKIDUL AT 2020

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ABSTRACT

Background : Data shows that the maternal mortality rate (MMR) in Indonesia is still high. Chronic energy deficiency (CED) becomes one of the indirect causes of maternal mortality in pregnancy. The prevalence of the highest CED in Yogyakarta is in Gunungkidul Regency (17.14%). The lowest percentage of CED is at Puskesmas Wonosari II (11.81%).

Objectives : To know the characteristics of pregnant women with chronic energy deficiency (CED) in the working area of Puskesmas Wonosari II Gunungkidul.

Methods : This study uses a descriptive method with a cross sectional approach, research time from January 2020 – June 2020. The subject of the study is expectant mothers who are willing to fill a poll of 88 people, 44 non-CED respondents and 44 pregnant mothers with CED. The variables studied include age, birth distance, parity, education level, occupational status, and anemia status. The instrument used is a poll via Google forms. Data analysis using univariate analysis with cross-tabulation testing.

Results : The results obtained mostly pregnant mothers with chronic energy deficiency (CED) aged 20-35 years as many as 39 people, with a birth distance ≥ 2 years as 6 people, Nulipara as many as 35 people, the highest level of education is medium (26 people), with the job status of the largest is low as much as 24 people, and the status of mothers are mostly experiencing anemia as 26 people. In pregnant women who do not experience the CED, mostly aged 20-35 years, Primipara as much as 21 people, with secondary education (22 people), with medium and low job status, each of which is as much as 21 people, with the status of no anemia as much as 35 people.

Conclusion : The results of the study concluded that CED in pregnant women who have characteristics in accordance with the theory is on the job's status and the status of anemia. Where in low job status and anemia then the proportion of the incidence of CED in pregnant women is quite high.

Keywords : pregnant women, CED, characteristics

KARAKTERISTIK IBU HAMIL DENGAN KEKURANGAN ENERGI KRONIS (KEK) DI WILAYAH KERJA PUSKESMAS WONOSARI II GUNUNGKIDUL TAHUN 2020

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ABSTRAK

Latar Belakang : Data menunjukkan bahwa Angka Kematian Ibu (AKI) di Indonesia masih tinggi. Kekurangan Energi Kronis (KEK) menjadi salah satu penyebab tidak langsung kematian ibu pada kehamilan. Prevalensi KEK tertinggi di DI Yogyakarta terdapat pada Kabupaten Gunungkidul (17,14%). Persentase KEK terendah berada di Puskesmas Wonosari II (11,81%).

Tujuan : Mengetahui gambaran karakteristik ibu hamil dengan Kekurangan Energi Kronik (KEK) di wilayah kerja Puskesmas Wonosari II Gunungkidul.

Metode : Penelitian ini menggunakan metode *deskriptif* dengan pendekatan *cross sectional*, waktu penelitian dari bulan Januari 2020 – Juni 2020. Subjek penelitian adalah ibu hamil yang bersedia mengisi angket sebanyak 88 orang, 44 responden non KEK dan 44 ibu hamil dengan KEK. Variabel yang diteliti meliputi umur, jarak kelahiran, paritas, tingkat pendidikan, status pekerjaan, dan status anemia. Instrumen yang digunakan adalah angket melalui *google formulir*. Analisis data menggunakan analisis univariat dengan pengujian tabulasi silang.

Hasil : Hasil penelitian didapatkan sebagian besar ibu hamil dengan Kekurangan Energi Kronis (KEK) berumur 20-35 tahun sebanyak 39 orang, dengan jarak kelahiran ≥ 2 tahun sebanyak 6 orang, nulipara sebanyak 35 orang, tingkat pendidikan tertinggi adalah menengah (26 orang), dengan status pekerjaan yang terbesar adalah rendah sebanyak 24 orang, dan status ibu sebagian besar mengalami anemia sebanyak 26 orang. Pada ibu hamil yang tidak mengalami KEK, sebagian besar berumur 20-35 tahun, primipara sebanyak 21 orang, tingkat pendidikan menengah (22 orang), status pekerjaan menengah dan rendah, masing – masing sebanyak 21 orang, dengan status tidak anemia sebanyak 35 orang.

Kesimpulan : Hasil penelitian disimpulkan bahwa KEK pada ibu hamil yang memiliki karakteristik sesuai dengan teori adalah pada status pekerjaan dan status anemia. Dimana pada status pekerjaan rendah dan mengalami anemia maka proporsi kejadian KEK pada ibu hamil cukup tinggi.

Kata Kunci : Ibu Hamil, KEK, Karakteristik