

**DIETING PATTERNS AND ADDITIONAL WEIGHT IS ASSOCIATED  
WITH CHRONIC ENERGY LACK OF PREGNANT WOMEN IN  
WUKIRSARI IMOIRI BANTUL VILLAGE**

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**ABSTRACT**

Background : Nutritional problems that are often experienced by pregnant women, namely nutritional problems with chronic energy deficiency caused by imbalance in nutrient intake which is gradually taking place (chronic). Based on data from the Yogyakarta Health Office in 2019 the prevalence of pregnant women experiencing KEK in Yogyakarta increased for 2 consecutive years from 2017 to 2019. In 2017 the prevalence of pregnant women experiencing KEK was 10.70%, in 2018 11.76% and in 2019 it will increase to 12.68%.

Objective : This is to determine the description of diet and weight gain in relation to Chronic Energy Deficiency in Pregnant Women in Wukirsari Village, Imogiri District, Bantul Regency.

Method : This type of research is a descriptive study using a cross sectional research design, the research location is in Wukirsari Village, Imogiri District, Bantul Regency. Sampling using purposive sampling technique and obtained a sample of 32 pregnant women. The data collected is the food intake data of pregnant women obtained using the Semi Quantitative Food Frequency Questionnaire (SQFFQ) method and weight gain and Chronic Energy Deficiency (KEK) status in pregnant women using the MCH book documentation technique for pregnant women.

Result : Most of the pregnant women had a poor diet (81.25%), abnormal weight gain (71.9%) and Chronic Energy Deficiency status was not KEK (81.2%).

Conclusion : There is no relationship between diet and weight gain of pregnant women with the status of Chronic Energy Deficiency in pregnant women in Wukirsari Village, Imogiri, Bantul.

**Keywords :** diet, weight gain, Chronic Energy Deficiency

# **POLA MAKAN DAN PENAMBAHAN BERAT BADAN KAITANNYA DENGAN KEKURANGAN ENERGI KRONIK IBU HAMIL DI DESA WUKIRSARI IMOIRI BANTUL**

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## **ABSTRAK**

**Latar Belakang :** Masalah gizi yang sering dialami oleh ibu hamil yaitu masalah gizi Kurang Energi Kronik yang disebabkan karena ketidakseimbangan asupan zat gizi yang berangsur lama (menahun). Berdasarkan data Dinas Kesehatan Yogyakarta tahun 2019 prevalensi ibu hamil yang mengalami KEK di Yogyakarta meningkat selama 2 tahun berturut-turut dari tahun 2017 hingga tahun 2019. Pada tahun 2017 prevalensi ibu hamil yang mengalami KEK yaitu 10,70%, tahun 2018 11,76% dan pada tahun 2019 meningkat menjadi 12,68%.

**Tujuan :** Untuk mengetahui gambaran pola makan dan penambahan berat badan kaitannya dengan Kurang Energi Kronik pada Ibu Hamil di Desa Wukirsari, Kecamatan Imogiri, Kabupaten Bantul.

**Metode :** Jenis penelitian ini merupakan penelitian deskriptif menggunakan desain penelitian *cross sectional*, lokasi penelitian di Desa Wukirsari, Kecamatan Imogiri, Kabupaten Bantul. Pengambilan sampel menggunakan teknik *purposive sampling* dan diperoleh sampel sebanyak 32 ibu hamil. Data yang dikumpulkan yaitu data asupan makan ibu hamil yang diperoleh dengan menggunakan metode *Semi Quantitative Food Frequency Quistionnaire (SQFFQ)* dan penambahan berat badan serta status Kurang Energi Kronik (KEK) pada ibu hamil dengan teknik dokumentasi buku KIA ibu hamil.

**Hasil Penelitian :** Sebagian besar ibu hamil memiliki pola makan yang kurang (81,25%), penambahan berat badan yang tidak normal (71,9%) dan status Kurang Energi Kronik tidak KEK (81,2%).

**Kesimpulan :** Tidak terdapat kaitan antara pola makan dan penambahan berat badan ibu hamil dengan status Kekurangan Energi Kronik pada ibu hamil di Desa Wukirsari, Imogiri, Bantul.

Kata kunci: pola makan, penambahan berat badan, Kekurangan Energi Kronik

