

GAMBARAN ASUPAN ENERGI DAN PROTEIN IBU HAMIL KURANG ENERGI KRONIS (KEK) DI WILAYAH KERJA PUSKEMAS PLERET BANTUL

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ABSTRAK

Latar Belakang : Kurang Energi Kronis (KEK) adalah keadaan seseorang yang menderita kekurangan makanan yang berlangsung menahun (*kronis*) yang ditandai dengan lingkaran lengan atas (LILA) < 23,5 cm sehingga mengakibatkan timbulnya gangguan kesehatan. KEK merupakan salah satu risiko terjadinya anemia pada ibu hamil.

Tujuan Penelitian : Penelitian ini bertujuan untuk mengetahui gambaran asupan energi dan protein ibu hamil Kurang Energi Kronis (KEK).

Metode Penelitian : Penelitian ini merupakan penelitian observasional dengan desain *cross sectional* menggunakan sampel sebanyak 15 ibu hamil yang mengalami Kurang Energi Kronis (KEK) di wilayah kerja Puskesmas Pleret Bantul. Pengumpulan data menggunakan data primer. Analisis data menggunakan tabel distribusi frekuensi.

Hasil : Sebanyak 93,3% ibu hamil berusia 20 – 35 tahun, sedangkan sekitar 6,7% ibu hamil berusia > 35 tahun. Berdasarkan kategori pendidikan sebanyak 20% ibu hamil berpendidikan rendah, sebanyak 46,7% berpendidikan menengah dan sebanyak 33,3% ibu hamil berpendidikan tinggi. Berdasarkan kategori aktivitas sebanyak 13,3% ibu hamil beraktivitas ringan dan sebanyak 86,7% ibu hamil beraktivitas sedang. Berdasarkan kategori paritas sebanyak 40% ibu hamil mengalami paritas primipara, sebanyak 40% ibu hamil mengalami paritas multipara, dan sebanyak 20% ibu hamil mengalami paritas grandemultipara. Asupan energi ibu hamil KEK untuk kategori kurang sebanyak 53,4% dan untuk kategori baik ada 33,3% sedangkan untuk asupan lebih ada 13,3%. Untuk asupan protein ibu hamil KEK untuk kategori kurang sebanyak 86,7% dan sebanyak 13,3% termasuk dalam kategori baik.

Kesimpulan : Berdasarkan kategori umur ibu hamil KEK (20-35 tahun) sebanyak 93,3%, berdasarkan kategori pendidikan sebanyak 80% ibu hamil KEK berpendidikan menengah, berdasarkan kategori aktivitas sebanyak 86,7% ibu hamil KEK beraktivitas sedang, berdasarkan kejadian paritas sebanyak 40% ibu hamil mengalami paritas primipara dan multipara, berdasarkan asupan energi sebanyak 53,4% asupan energi ibu hamil kurang, dan sebanyak 86,7% mengalami asupan protein kurang.

Kata kunci : Ibu Hamil, Kurang Energi Kronis (KEK), Asupan, Karakteristik

DESCRIPTION OF ENERGY AND PROTEIN INTAKE OF PREGNANT WOMEN LESS CHRONIC ENERGY (KEK) IN THE WORKING AREA OF PUSKEMAS PLERET BANTUL

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ABSTRACT

Background : Chronic Lack of Energy (KEK) is a condition of a person who suffers from a chronic shortage of food (chronic) which is characterized by a circumference of the upper arm (LILA) <23.5 cm which causes health problems. KEK is one of the risks of anemia in pregnant women.

Research Objectives : This study aims to describe the energy and protein intake of pregnant women with chronic energy deficiency (KEK).

Methods : This study is an observational study with a cross sectional design using a sample of 15 pregnant women who experience Chronic Energy Deficiency (KEK) in the working area of Puskesmas Pleret Bantul. Data collection uses primary data. Data analysis using frequency distribution tables.

Results : As many as 93.3% of pregnant women aged 20 - 35 years, while about 6.7% of pregnant women aged > 35 years. Based on the education category, 20% of pregnant women have low education, 46.7% have secondary education and 33.3% of pregnant women have high education. Based on the activity category, 13.3% of pregnant women had light activity and as much as 86.7% of pregnant women had moderate activity. Based on the parity category, 40% of pregnant women experience primiparous parity, as many as 40% of pregnant women experience multiparous parity, and as many as 20% of pregnant women experience grandemultipar parity. Energy intake of pregnant women in KEK for the less category was 53.4% and for the good category there was 33.3% while for the more intake there was 13.3%. For the protein intake of pregnant women, KEK for the less category was 86.7% and as much as 13.3% was in the good category.

Conclusion : Based on the age category of pregnant women, KEK (20-35 years) was 93.3%, based on the education category 80% of pregnant women with KEK had secondary education, based on activity categories, 86.7% of pregnant women had moderate activity, based on the incidence of parity as much as 40% of pregnant women experienced primiparous and multiparous parity, based on energy intake as much as 53.4% of pregnant women had less energy intake, and as many as 86.7% had insufficient protein intake.

Keywords : Pregnant Women, Chronic Lack of Energy (KEK), Intake, Characteristics