HUBUNGAN ANEMIA DAN KURANG ENERGI KRONIK (KEK) PADA IBU HAMIL DENGAN KEJADIAN BERAT BADAN LAHIR RENDAH (BBLR) DI WILAYAH KERJA PUSKESMAS KANDANGAN KABUPATEN TEMANGGUNG TAHUN 2021

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ABSTRAK

Latar Belakang: Bayi yang lahir dengan berat lahir yang rendah mempunyai risiko lebih besar untuk mengalami morbiditas dan mortalitas daripada bayi lahir yang memiliki berat badan normal. Faktor malnutrisi sebelum dan selama kehamilan mempunyai peranan yang sangat besar dalam kejadian Bayi Berat Lahir Rendah (BBLR) dan kematian perinatal, salah satunya adalah anemia dan KEK pada kehamilan. Kejadian BBLR di Puskesmas Kandangan Kabupaten Temanggung terjadi peningkatan dari tahun 2020 ke 2021.

Tujuan Penelitian: Mengetahui hubungan anemia dan KEK pada ibu hamil dengan kejadian BBLR di wilayah kerja Puskesmas Kandangan Kabupaten Temanggung.

Metode Penelitian: Penelitian ini menggunakan desain survei analitik dengan pendekatan *cross-sectional*. Penelitian dilaksanakan bulan April 2022 di wilayah kerja Puskesmas Kandangan Kabupaten Temanggung. Populasi penelitian adalah semua bayi baru lahir tahun 2021 di wilayah kerja Puskesmas Kandangan. Data diambil dari rekam medis pasien. Teknik sampling adalah simpel random sampling sebanyak 255 bayi baru lahir. Analisis data menggunakan uji *Chi Square* dan uji *Rank Spearman*

Hasil Penelitian: Berdasarkan analisis univariat menunjukkan bahwa sebagian besar ibu berusia reproduksi sehat, tidak anemia, dan tidak KEK. Hasil analisis bivariat menunjukkan ada hubungan umur ibu hamil (*p value* 0,000), paritas ibu hamil (*p value* 0,000), anemia (*p value* 0,000), dan KEK (*p value* 0,000) dengan kejadian BBLR di wilayah kerja Puskesmas Kandangan Kabupaten Temanggung.

Kesimpulan: Karakteristik ibu hamil (usia dan paritas), anemia dan KEK berhubungan dengan kejadian BBLR di wilayah kerja Puskesmas Kandangan Kabupaten Temanggung.

Kata Kunci: Anemia, KEK, BBLR

THE RELATIONSHIP ANEMIA AND CHRONIC ENERGY DEFICIENCY (CED) IN PREGNANT WOMEN WITH LOW BIRTH WEIGHT (LBW) IN THE WORKING AREA OF KANDANGAN HEALTH CENTER TEMANGGUNG REGENCY IN 2021

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ABSTRACT

Background: *Low Birth Weight (LBW) is a baby born weighing ≤ 2500 grams. Babies born with low birth weight have a greater risk of experiencing morbidity and mortality than babies born with normal weight. Malnutrition factors before and during pregnancy have a very large role in the incidence of low birth weight infants (LBW) and perinatal mortality, one of which is anemia and CED in pregnancy. The incidence of LBW at the Kandangan Health Center, Temanggung Regency has increased from 2020 to 2021.*

Objectives: *To determine the relationship between anemia and CED in pregnant women with an incidence of LBW in the work area of the Kandangan Health Center, Temanggung Regency.*

Methods: *This study used an analytical survey design with a cross-sectional approach. The study was carried out in April 2022 in the work area of the Kandangan Health Center, Temanggung Regency. The population of this study were all newborn babies in 2021 in the work area of the Kandangan Health Center. The data was taken from the patient's medical record. The sampling technique used was simple random sampling with a total sample of 255 newborns. Maternal age and parity as extraneous variables were also analyzed. Data analysis using Chi-Square and Rank Spearman test.*

Results: *The results of univariate analysis showed that the most of the maternal age are reproductive healthy, not anemic and not CED .The result of bivariate analysis showed that there was a relationship between the age of pregnant women (p-value 0.000), parity of pregnant women (p-value 0.000), anemia (p-value 0.000), and CED (p-value 0.000) with the incidence of LBW in the working area of the Kandangan Health Center, Temanggung Regency.*

Conclusion: *Characteristics of pregnant women (age and parity), anemia and CED are associated with the incidence of LBW in the working area of the Kandangan Health Center, Temanggung Regency.*

Keywords: *Anemia, CED, LBW*