

**HUBUNGAN TINGKAT PENGETAHUAN TENTANG GIZI IBU HAMIL
DENGAN KEJADIAN KURANG ENERGI KRONIK (KEK) PADA
IBU HAMIL DI WILAYAH PUSKESMAS NGOMBOL
PURWOREJO TAHUN 2021**

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ABSTRAK

Latar Belakang: Data Organisasi Kesehatan Dunia (WHO) 40% kematian ibu di negara berkembang berkaitan dengan anemia dan Kurang Energi Kronis (KEK). Menurut WHO sekitar 40% kematian ibu dinegara berkembang berkaitan dengan anemia pada kehamilan dan kebanyakan anemia pada kehamilan disebabkan oleh perdarahan akut dan status gizi yang buruk. Gizi ibu hamil perlu mendapat perhatian karena berkaitan dengan perkembangan janin yang dikandungnya. Hasil studi pendahuluan yang peneliti lakukan di Puskesmas Ngombol terhadap 10 ibu hamil diperoleh 5 ibu hamil (50%) memiliki pengetahuan tentang gizi ibu hamil. Pengetahuan tentang gizi ibu hamil merupakan salah satu faktor penting yang berhubungan dengan kasus KEK pada ibu hamil.

Tujuan : diketahuinya Hubungan Tingkat Pengetahuan tentang Gizi Ibu Hamil dengan Kurang Energi Kronik (KEK) pada Ibu Hamil di Wilayah Puskesmas Ngombol Purworejo Tahun 2021

Metode: Jenis penelitian observasional analitik dengan pendekatan cross sectional.. Populasi target dalam penelitian ini adalah seluruh ibu hamil yang memeriksakan kehamilannya di Puskesmas Ngombol tahun 2021 sebanyak 125 orang dan semuanya dijadikan sampel penelitian. Pengumpulan data menggunakan kuesioner. Pengujian hipotesis menggunakan uji *chi square*.

Hasil: Tingkat pengetahuan tentang gizi ibu hamil di wilayah Puskesmas Ngombol Purworejo Tahun 2021 sebagian besar rendah.

Kejadian KEK pada ibu hamil di wilayah Puskesmas Ngombol Purworejo Tahun 2021 sebanyak 24 orang. Kejadian KEK dipengaruhi faktor tingkat pendidikan ibu, pendapatan keluarga dan tingkat pengetahuan tentang gizi ibu hamil. Ada hubungan tingkat pengetahuan tentang gizi ibu hamil dengan kejadian KEK pada ibu hamil di Wilayah Puskesmas Ngombol Purworejo Tahun 2021 dengan keeratan rendah ditandai nilai $C=0,262$ (0,200-0,399).

Kesimpulan : Ada hubungan tingkat pengetahuan tentang gizi ibu hamil dengan kejadian KEK pada ibu hamil di Wilayah Puskesmas Ngombol Purworejo Tahun 2021.

Kata kunci: Pengetahuan, Gizi Ibu Hamil, Kekurangan Energi Kronis

**RELATIONSHIP LEVELS OF KNOWLEDGE ABOUT NUTRITION OF
PREGNANT MOTHERS WITH CHRONIC ENERGY LACK OF EVENTS
(KEK) IN PREGNANT MOTHERS IN THE AREA OF NGOMBOL HEALTH
CENTER PURWOREJO IN 2021**

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ABSTRACT

Background: Data from the World Health Organization (WHO) 40% of maternal deaths in developing countries are related to anemia and Chronic Energy Deficiency (KEK). According to WHO, about 40% of maternal deaths in developing countries are related to anemia in pregnancy and most anemia in pregnancy is caused by acute bleeding and poor nutritional status. Nutrition of pregnant women needs attention because it is related to the development of the fetus they contain. The results of the preliminary study that the researchers conducted at the Ngombol Community Health Center on 10 pregnant women showed that 5 pregnant women (50%) had knowledge about nutrition for pregnant women. Knowledge about nutrition for pregnant women is one of the important factors related to cases of KEK in pregnant women.

Objective: to find out the relationship between the level of knowledge about nutrition of pregnant women and chronic energy deficiency (KEK) in pregnant women in the Ngombol Health Center area of Purworejo in 2021

Methods: This type of analytic observational study with a cross sectional approach. The target population in this study were all pregnant women who had their pregnancy checked at the Ngombol Health Center in 2021 as many as 125 people and all of them were used as research samples. Collecting data using a questionnaire. Hypothesis testing using chi square test.

Result: The level of knowledge about nutrition of pregnant women in the area of Puskesmas Ngombol Purworejo in 2021 is mostly low.

The incidence of SEZ in pregnant women in the Ngombol Health Center area of Purworejo in 2021 was 24 people. The incidence of SEZ is influenced by factors such as the level of mother's education, family income and the level of knowledge about nutrition of pregnant women. There is a relationship between the level of knowledge about nutrition of pregnant women and the incidence of SEZ in pregnant women in the Ngombol Purworejo Community Health Center in 2021 with low closeness marked by the value of $C = 0.262$ (0.200-0.399).

Conclusion: There is a relationship between the level of knowledge about the nutrition of pregnant women with the incidence of SEZ in pregnant women in the Ngombol Purworejo Community Health Center in 2021.

Keywords: Knowledge, Maternal Nutrition, Chronic Energy Deficiency