

GAMBARAN KARAKTERISTIK IBU DAN BAYI BERAT LAHIR RENDAH (BBLR) DI RSUD WONOSARI TAHUN 2025

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ABSTRAK

Latar Belakang: Bayi Berat Lahir Rendah (BBLR) masih menjadi masalah kesehatan yang signifikan karena berkontribusi terhadap tingginya angka kematian neonatal. Prevalensi BBLR di Kabupaten Gunungkidul menunjukkan tren peningkatan, sehingga diperlukan kajian untuk mengetahui karakteristik ibu dan bayi sebagai dasar upaya pencegahan dan peningkatan kualitas pelayanan kesehatan.

Tujuan: Mengetahui gambaran karakteristik ibu dan bayi dengan BBLR di RSUD Wonosari tahun 2025.

Metode: Penelitian ini menggunakan desain deskriptif kuantitatif dengan pendekatan *cross sectional*. Data yang digunakan berupa data sekunder dari rekam medis ibu dan bayi di RSUD Wonosari tahun 2025. Sampel penelitian sebanyak 218 kelahiran yang terdiri dari 58 bayi BBLR dan 160 bayi tidak BBLR. Analisis data dilakukan secara univariat dengan distribusi frekuensi dan persentase.

Hasil: Sebagian besar bayi lahir dengan berat badan normal (73,4%), sedangkan berat bayi lahir <2500 sebesar 26,6%. Sebagian ibu berusia 20–35 tahun (80,7%), usia kehamilan aterm (81,2%), paritas multipara (61,5%), dan pendidikan menengah (66,5%). Sebagian besar ibu tidak anemia (77,5%) dan tidak memiliki riwayat kehamilan gemelli (96,8%). Pada kelompok BBLR, proporsi lebih tinggi ditemukan pada kehamilan preterm (50%), ibu berpendidikan dasar (39,7%), dan kehamilan gemelli (10,3%). Sebagian besar BBLR berjenis kelamin bayi laki-laki (72,4%).

Kesimpulan: Kejadian BBLR di RSUD Wonosari masih cukup tinggi dan dapat digambarkan melalui karakteristik maternal dan neonatal, terutama usia kehamilan, pendidikan ibu, dan kehamilan gemelli. Diperlukan peningkatan deteksi dini serta kualitas pelayanan antenatal untuk menurunkan kejadian BBLR.

Kata Kunci: BBLR, karakteristik ibu, karakteristik bayi, kehamilan, neonatal

CHARACTERISTICS OF MOTHERS AND BABIES WITH LOW BIRTH WEIGHT (LBW) AT WONOSARI REGIONAL HOSPITAL IN 2025

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ABSTRACT

Background: Low Birth Weight (LBW) remains a significant public health issue due to its contribution to neonatal mortality. The prevalence of LBW in Gunungkidul Regency shows an increasing trend, highlighting the need to identify maternal and neonatal characteristics as a basis for prevention and improving healthcare services.

Objective: To describe the characteristics of mothers and infants with LBW at Wonosari Regional Hospital in 2025.

Methods: This study used a quantitative descriptive design with a cross-sectional approach. Secondary data were obtained from medical records of mothers and infants at Wonosari Regional Hospital in 2025. The sample consisted of 218 births, including 58 LBW infants and 160 non-LBW infants. Data were analyzed using univariate analysis with frequency distribution and percentages.

Results: Most infants were born with a normal birth weight (73.4%), while 26.6% had a birth weight of less than 2,500 grams. The majority of mothers were aged 20–35 years (80.7%), had term pregnancies (81.2%), were multiparous (61.5%), and had a secondary level of education (66.5%). Most mothers were not anemic (77.5%) and had no history of twin pregnancy (96.8%). Among the LBW group, higher proportions were found in preterm pregnancies (50%), mothers with primary education (39.7%), and twin pregnancies (10.3%). Male infants were more predominant in the LBW group (72.4%).

Conclusion: The incidence of LBW at Wonosari Regional Hospital remains relatively high and is associated with maternal and neonatal characteristics, particularly gestational age, maternal education, and multiple pregnancies. Improving early detection and antenatal care quality is essential to reduce LBW incidence.

Keywords: low birth weight, maternal characteristics, neonatal characteristics, pregnancy, neonatal