

Abstrak

HUBUNGAN TINGKAT KECUKUPAN ENERGI DAN PROTEIN SERTA FREKUENSI KUNJUNGAN *ANTENATAL CARE* TERHADAP KEJADIAN KEKURANGAN ENERGI KRONIK PADA IBU HAMIL DI KECAMATAN KEMBARAN KABUPATEN BANYUMAS

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Latar Belakang : Masa kehamilan memerlukan asupan gizi yang adekuat dan pemeriksaan kehamilan secara rutin sebagai upaya penting untuk mendukung pertumbuhan janin serta mencegah masalah gizi, morbiditas, dan mortalitas pada ibu dan anak. Prevalensi ibu hamil yang mengalami KEK di Provinsi Jawa Tengah sebesar 24,6%. Penelitian ini bertujuan untuk mengetahui hubungan antara tingkat kecukupan energi dan protein, serta frekuensi kunjungan *antenatal care* terhadap kejadian kekurangan energi kronik pada ibu hamil di Kecamatan Kembaran Kabupaten Banyumas.

Metodologi : Penelitian ini menggunakan desain penelitian kuantitatif dengan pendekatan *cross sectional* pada 63 ibu hamil pada trimester 2 dan 3 di Kecamatan Kembaran Kabupaten Banyumas. Sampel diambil menggunakan metode *purposive sampling*. Variabel yang diteliti meliputi tingkat kecukupan energi dan protein, serta frekuensi kunjungan *antenatal care* terhadap kejadian kekurangan energi kronik. Pengambilan data menggunakan kuesioner riwayat *antenatal care* dan *food recall* 2x24 jam. Data dianalisis menggunakan uji *chi-square*.

Hasil Penelitian : Sebanyak 95,2% responden memiliki tingkat kecukupan energi yang kurang, sebanyak 90,5% responden memiliki tingkat kecukupan protein yang kurang, sebanyak 52,4% responden memiliki riwayat *antenatal care* lengkap. Terdapat 11,1% responden mengalami KEK. Tidak terdapat hubungan antara tingkat kecukupan energi dengan kejadian KEK ($p=1,000$). Tidak terdapat hubungan antara tingkat kecukupan protein dengan kejadian KEK ($p=0,522$). Tidak terdapat hubungan antara frekuensi kunjungan *antenatal care* dengan kejadian KEK ($p=0,429$).

Kesimpulan : Tidak terdapat hubungan antara tingkat kecukupan energi, protein, dan frekuensi kunjungan *antenatal care* terhadap kejadian kekurangan energi kronik.

Kata kunci : *antenatal care*, ibu hamil, kecukupan energi, kecukupan protein, kekurangan energi kronik (KEK).

Abstract

THE RELATIONSHIP BETWEEN ENERGY AND PROTEIN ADEQUACY LEVELS AND THE FREQUENCY OF ANTENATAL CARE VISITS WITH THE INCIDENCE OF CHRONIC ENERGY DEFICIENCY AMONG PREGNANT WOMEN IN KEMBARAN DISTRICT BANYUMAS REGENCY

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Background : Adequate nutrition intake and regular antenatal care are important to support fetal growth and prevent nutritional problems, morbidity, and mortality in mothers and children. The prevalence of chronic energy deficiency among pregnant women in Central Java Province is 24,6%. This study aimed to determine the relationship between energy and protein adequacy levels and the frequency of antenatal care visits with the incidence of chronic energy deficiency among pregnant women in Kembaran District, Banyumas Regency.

Methods : This quantitative study used a cross sectional with 63 pregnant women in their second and third trimesters and selected using purposive sampling. The variables are energy and protein adequacy levels, and the frequency of antenatal care visits with the incidence of chronic energy deficiency. Data were collected using antenatal care history questionnaire and 2x24 hour food recall. Data were analyzed using chi-square test.

Results : 95,2% respondents had inadequate energy levels, 90,5% respondents had inadequate protein levels, and 52,4% respondents had a complete antenatal care history. About 11,1% respondents had a chronic energy deficiency. There was no relationship between energy adequacy levels with the incidence of chronic energy deficiency ($p=1,000$). There was no relationship between protein adequacy levels with the incidence of chronic energy deficiency ($p=0,522$). There was no relationship between the frequency of antenatal care visits with the incidence of chronic energy deficiency ($p=0,429$).

Conclusion : There was no relationship between energy and protein adequacy levels, and the frequency of antenatal care visits with the incidence of chronic energy deficiency.

Keywords : antenatal care, chronic energy deficiency, energy adequacy level, pregnant women, protein adequacy level.