

## ABSTRAK

### FAKTOR - FAKTOR YANG MEMENGARUHI KEJADIAN KEKURANGAN ENERGI KRONIS (KEK) PADA IBU HAMIL TRIMESTER I DI WILAYAH KERJA PUSKESMAS PURWOKERTO SELATAN TAHUN 2025

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**Latar Belakang :** Kekurangan Energi Kronis (KEK) pada ibu hamil masih menjadi masalah kesehatan masyarakat yang berpotensi meningkatkan risiko komplikasi kehamilan dan gangguan pertumbuhan janin. Di wilayah kerja Puskesmas Purwokerto Selatan, kejadian KEK pada ibu hamil masih ditemukan sehingga diperlukan kajian mengenai faktor-faktor yang berhubungan dengan kondisi tersebut. Penelitian ini bertujuan untuk menganalisis faktor yang berhubungan dengan kejadian KEK pada ibu hamil trimester I.

**Metode :** Penelitian ini menggunakan desain observasional analitik dengan pendekatan case control. Sampel penelitian berjumlah 111 responden yang dipilih menggunakan teknik purposive sampling. Variabel dependen adalah kejadian KEK pada ibu hamil, sedangkan variabel independen meliputi paritas, asupan gizi, pengetahuan, pendidikan, dan pendapatan. Pengumpulan data dilakukan menggunakan kuesioner dan pengukuran Lingkar Lengan Atas (LILA). Analisis data dilakukan secara univariat, bivariat menggunakan uji chi-square, serta multivariat menggunakan regresi logistik.

**Hasil penelitian :** Hasil penelitian menunjukkan terdapat hubungan signifikan antara paritas ( $p=0,000$ ), asupan gizi ( $p=0,000$ ), dan pendapatan ( $p=0,000$ ) dengan kejadian KEK pada ibu hamil. Analisis multivariat menunjukkan bahwa paritas (OR=3,383; 95% CI: 1,369–8,362), asupan gizi (OR=5,712; 95% CI: 2,210–14,769), dan pendapatan (OR=4,138; 95% CI: 1,668–10,266) merupakan faktor yang berpengaruh terhadap kejadian KEK. Asupan gizi menjadi faktor paling dominan dalam kejadian KEK pada ibu hamil.

**Kesimpulan :** Kejadian Kekurangan Energi Kronik (KEK) pada ibu hamil dipengaruhi oleh paritas, asupan gizi, dan pendapatan keluarga. Diperlukan peningkatan edukasi gizi serta intervensi pemantauan status gizi ibu hamil secara berkelanjutan guna mencegah terjadinya Kekurangan Energi Kronik (KEK) sejak awal kehamilan.

**Kata Kunci :** Kekurangan Energi Kronis (KEK), Ibu Hamil, Asupan Gizi, Paritas, Pengetahuan, Pendidikan, Pendapatan.

## ABSTRACT

### **Factors Associated with the Incidence of Chronic Energy Deficiency (CED) Among First Trimester Pregnant Women in the Working Area of South Purwokerto Public Health Center in 2025**

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**Background :** Chronic Energy Deficiency (CED) in pregnant women remains a public health issue that has the potential to increase the risk of pregnancy complications and fetal growth disorders. In the working area of the South Purwokerto Health Center, cases of CED in pregnant women are still found, so a study on factors related to this condition is needed. This study aims to analyze the factors associated with the occurrence of CED in women in the among trimester of pregnancy.

**Method :** This study used an analytical observational design with a case-control approach. The study sample consisted of 111 respondents selected using purposive sampling technique. The dependent variable was the occurrence of chronic energy deficiency in pregnant women, while the independent variables included parity, nutritional intake, knowledge, education, and income. Data collection was conducted using questionnaires and measurement of Upper Arm Circumference (UAC). Data analysis was carried out univariately, bivariately using the chi-square test, and multivariately using logistic regression.

**Research results :** The study results indicate that there is a significant relationship between parity ( $p=0.000$ ), nutritional intake ( $p=0.000$ ), and income ( $p=0.000$ ) with the occurrence of maternal energy-protein deficiency (KEK) in pregnant women. Multivariate analysis shows that parity (OR=3.383; 95% CI: 1.369–8.362), nutritional intake (OR=5.712; 95% CI: 2.210–14.769), and income (OR=4.138; 95% CI: 1.668–10.266) are factors that influence the occurrence of KEK. Nutritional intake is the most dominant factor in the occurrence of KEK in pregnant women.

**Conclusion :** The occurrence of Chronic Energy Deficiency (CED) in pregnant women is influenced by parity, nutritional intake, and family income. There is a need to improve nutrition education as well as interventions for the continuous monitoring of the nutritional status of pregnant women to prevent Chronic Energy Deficiency (CED) from the beginning of pregnancy.

**Keywords :** Chronic Energy Deficiency (CED), Pregnant Women, Nutrient Intake, Parity, Knowledge, Education, Income.