

# HUBUNGAN ASUPAN ENERGI DAN PROTEIN DENGAN PERUBAHAN IBU HAMIL KEK MENJADI IBU HAMIL NORMAL DI PUSKESMAS SRANDAKAN YOGYAKARTA

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## INTISARI

**Latar Belakang** : Salah satu masalah gizi ibu hamil di Indonesia yaitu KEK (Kekurangan Energi Kronik). Asupan energi dan asupan protein yang kurang dapat mengakibatkan resiko KEK. Pada ibu hamil umumnya disebabkan karena asupan gizi yang kurang selama hamil. Dengan mengetahui kaitan antara asupan energi dan asupan protein dengan mengukur pola kebiasaan makan ibu hamil, diharapkan status gizi ibu hamil dapat ditingkatkan.

**Tujuan** : Untuk mengetahui hubungan asupan energi dan protein dengan perubahan ibu hamil Kekurangan Energi kronik (KEK) menjadi ibu hamil normal di Wilayah Kerja Puskesmas Srandakan Yogyakarta.

**Metode** : Jenis penelitian ini adalah *Survei Analitik* dengan menggunakan desain Case Control. Populasi adalah Ibu hamil trimester III yang mempunyai riwayat KEK di Puskesmas Srandakan pada bulan September-April 2018 diambil dengan teknik *total Sampling* dan didapatkan 40 orang. Variabel bebas dalam penelitian ini adalah asupan energi dan asupan protein, sedangkan variabel terikat adalah kejadian Kekurangan Energi Kronik (KEK). Data diambil dengan wawancara langsung menggunakan formulir *semi quantitative food frequency* dan pengukuran lingkaran lengan atas (LILA) dengan pita LILA. Data dianalisis dengan analisis univariat (deskriptif) dan bivariat (chi-Square).

**Hasil** : Responden yang tetap mengalami KEK sebanyak 15 responden (37,5%) dan yang menjadi tidak KEK sebanyak 25 (62,5%). Analisis bivariat menunjukkan bahwa terdapat hubungan yang signifikan antara asupan energi dengan perubahan ibu hamil KEK menjadi ibu hamil normal di Puskesmas Srandakan dan tidak terdapat hubungan yang signifikan antara asupan protein dengan perubahan ibu hamil KEK menjadi ibu hamil normal di Puskesmas Srandakan.

**Kesimpulan** : Terdapat hubungan antara asupan energi dengan perubahan ibu hamil KEK menjadi Ibu hamil normal di Puskesmas Srandakan dan tidak terdapat hubungan protein dengan perubahan ibu hamil KEK menjadi ibu hamil normal di Puskesmas Srandakan.

**Kata Kunci** : Asupan Energi, Asupan Protein, Kekurangan Energi Kronik

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THE CORRELATION OF ENERGY AND PROTEIN INTAKE WITH THE  
IMPROVEMENT OF PREGNANT WOMEN WITH CED (CHRONIC ENERGY  
DEFICIENCY) TO NORMAL PREGNANT WOMEN AT SRANDAKAN  
COMMUNITY HEALTH CENTER YOGYAKARTA

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ABSTRACT

**Background:** One of the nutrition problems of pregnant women in Indonesia is CED (Chronic Energy Deficiency). Less energy and protein intake can result in CED risk. In pregnant women, CED is generally caused due to lack of nutrient intake during pregnancy. By identifying the correlation between energy and protein intake by measuring patterns of eating habits of pregnant women, it is expected that the nutritional status of pregnant women can be improved.

**Objective:** To identify the correlation of energy and protein intake with the improvement of pregnant women with chronic energy deficiency (CED) to normal pregnant women at Srandakan Community Health Center working unit, Yogyakarta.

**Method:** The research type is Analytical Survey by using Case Control design. The population is the third trimester pregnant women who experienced CED at Srandakan Community Health Center in September-April 2018 taken by total sampling technique and obtained 40 respondents. The independent variable in this research is energy and protein intake, while the dependent variable is the occurrence of Chronic Energy Deficiency (CED). The data were taken by direct interview using semi-quantitative food frequency form and upper arm circumference measurement with mid-upper arm circumference tape and were analyzed by univariable (descriptive) and bivariate (chi-Square) analysis.

**Results:** Respondents who remained to experience CED were 15 respondents (37.5%) and that recovered from CED were 25 respondents (62.5%). Bivariate analysis shows that there is a significant correlation between energy intake and the improvement of pregnant women with CED to normal pregnant women at Srandakan Community Health Center and there is no significant correlation between protein intake and the improvement of pregnant women with CED to normal pregnant women at Srandakan Community Health Center.

**Conclusion:** There is a correlation between energy intake with the improvement of pregnant women with chronic energy deficiency (CED) to normal pregnant women at Srandakan Community Health Center and there is no correlation between protein intake with the improvement of pregnant women with chronic energy deficiency (CED) to normal pregnant women at Srandakan Community Health Center.

**Keywords :** Energy Intake, Protein intake, Chronic Energy Deficiency

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