

**GAMBARAN PENGETAHUAN IBU HAMIL TENTANG KEKURANGAN  
ENERGI KRONIK BERDASARKAN KARAKTERISTIK  
DI PUSKESMAS BINONG KABUPATEN SUBANG  
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**ABSTRAK**

Kekurangan Energi Kronik (KEK) pada ibu hamil merupakan masalah gizi yang dapat meningkatkan risiko komplikasi kehamilan, persalinan prematur, bahkan kematian ibu dan bayi. Penelitian ini bertujuan untuk mengetahui gambaran pengetahuan ibu hamil tentang KEK berdasarkan karakteristik usia, pendidikan, dan pekerjaan di Puskesmas Binong Kabupaten Subang tahun 2025. Penelitian ini menggunakan desain deskriptif kuantitatif dengan pendekatan cross sectional. Sampel sebanyak 20 responden diambil dari populasi 97 ibu hamil menggunakan rumus Slovin. Data dikumpulkan melalui kuesioner dan dianalisis secara univariat. Hasil menunjukkan bahwa 45% ibu hamil memiliki pengetahuan kurang, 35% cukup, dan hanya 20% yang memiliki pengetahuan baik. Pengetahuan rendah ditemukan pada ibu hamil berusia <20 tahun, berpendidikan rendah, dan tidak bekerja. Hasil ini menunjukkan perlunya intervensi edukasi gizi yang terarah untuk meningkatkan pemahaman ibu hamil dalam mencegah KEK sejak dini.

**Kata kunci:** Kekurangan energi kronik, ibu hamil, pengetahuan, usia, pendidikan.

**AN OVERVIEW OF PREGNANT WOMEN'S KNOWLEDGE ABOUT  
CHRONIC ENERGY DEFICIENCY BASED ON CHARACTERISTICS  
AT BINONG HEALTH CENTER, SUBANG REGENCY IN 2025**

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**ABSTRACT**

Chronic Energy Deficiency (CED) in pregnant women is a nutritional problem that increases the risk of pregnancy complications, premature birth, and even maternal and infant mortality. This study aims to describe the knowledge of pregnant women about CED based on age, education, and employment characteristics at Binong Health Center, Subang Regency, in 2025. This is a descriptive quantitative study with a cross-sectional approach. A sample of 20 respondents was selected from a population of 97 pregnant women using Slovin's formula. Data were collected through questionnaires and analyzed using univariate analysis. The results showed that 45% of pregnant women had poor knowledge, 35% moderate, and only 20% had good knowledge. Poor knowledge was mostly found among women under 20 years old, with low education levels, and those who were unemployed. These findings highlight the urgent need for targeted nutritional education to increase awareness and early prevention of CED among pregnant women.

**Keywords:** *Chronic energy deficiency, pregnant women, knowledge, age, education*