

ABSTRAK

Masa kehamilan sangat erat kaitannya dengan kebutuhan nutrisi. Kekurangan nutrisi selama kehamilan dapat menyebabkan terjadinya KEK. Kejadian KEK pada ibu hamil dapat dipengaruhi oleh karakteristik ibu yaitu usia, paritas, pendidikan dan pekerjaan. Tujuan penelitian untuk mengetahui gambaran kejadian kekurangan energi kronik berdasarkan karakteristik ibu hamil trimester I dan II di Puskesmas Ibrahim Adjie Bandung tahun 2022.

Metode penelitian menggunakan *deskriptif kuantitatif*. Populasi yaitu seluruh ibu hamil trimester I dan II yang mengalami KEK sebanyak 85 orang, sampel sebanyak 85 orang, teknik sampling dengan *total sampling*. Analisa data menggunakan analisis univariat.

Hasil penelitian diperoleh sebagian besar usia ibu hamil trimester I dan II (83.5%) pada usia 20-35 tahun, sebagian besar paritas ibu hamil trimester I dan II (68.2%) pada paritas multipara, sebagian besar pendidikan ibu hamil trimester I dan II (76.5%) pada jenjang pendidikan SMA, dan sebagian besar pekerjaan ibu hamil trimester I dan II (75.3%) tidak bekerja.

Simpulan hasil penelitian menunjukkan banyaknya ibu hamil trimester I dan II yang mengalami kejadian KEK pada karakteristik usia tidak berisiko, paritas multipara, pendidikan SMA, dan pada ibu tidak bekerja. Tingginya kejadian KEK pada ibu hamil maka perlunya peningkatan penyuluhan kesehatan pada ibu hamil serta peningkatan mutu pelayanan agar dapat mengurangi resiko terjadinya dampak buruk akibat KEK pada ibu dan janin.

Kata Kunci: Ibu Hamil, Kekurangan Energi Kronik (KEK), Karakteristik

ABSTRACT

The gestation period is closely related to nutritional needs. Nutritional deficiencies during pregnancy can lead to SEZs. The incidence of SEZ in pregnant women can be influenced by maternal characteristics, namely age, parity, education and occupation. The purpose of the study was to determine the picture of the incidence of chronic energy deficiency based on the characteristics of first and second trimester pregnant women at the Ibrahim Adjie Bandung Health Center in 2022.

The research method uses quantitative descriptive. The population, namely all pregnant women in the first and second trimesters who experienced SEZ, as many as 85 people, sampling techniques with total sampling. Data analysis using univariate analysis.

The results of the study obtained most of the ages of pregnant women in the I and II trimesters (83.5%) at the age of 20-35 years, most of the parity of pregnant women in the I and II trimesters (68.2%) in multipara parity, most of the education of pregnant women in the first and second trimesters (76.5%) at the high school education level, and most of the jobs of pregnant women in the I and II trimesters (75.3%) did not work.

The conclusion of the results showed that many pregnant women in the first and second trimesters experienced the incidence of SEZ at the characteristics of non-risk age, multiparity parity, high school education, and non-working mothers. The high incidence of SEZ in pregnant women requires increased health counseling for pregnant women and improved service quality in order to reduce the risk of adverse effects due to SEZ on mothers and fetuses.

Keywords: Pregnant Women, Chronic Energy Deficiency (SEZ), Characteristics