

**KEMENTERIAN KESEHATAN REPUBLIK INDONESIA
POLITEKNIK KESEHATAN KEMENKES RIAU
PROGRAM STUDI DIV KEBIDANAN**

SKRIPSI, JUNI 2021

NUR AINUN

Hubungan Antara Indeks Massa Tubuh (IMT) dan Kenaikan Berat Badan Ibu Selama Kehamilan dengan Berat Badan Lahir Bayi di Kelurahan Tabek Gadang Wilayah Kerja Puskesmas Sidomulyo Kota Pekanbaru
xi+ 53 halaman+ 5 tabel +8 lampiran

ABSTRAK

Indeks Massa Tubuh (IMT) digunakan sebagai indikator status gizi ibu hamil dan dasar rekomendasi kenaikan berat badan ibu pada kehamilan. Status gizi ibu sebelum dan selama hamil dapat mempengaruhi pertumbuhan janin yang sedang dikandung (Kemenkes RI, 2019). Tujuan penelitian untuk mengetahui hubungan antara indeks massa tubuh dan kenaikan berat badan ibu selama kehamilan dengan berat badan lahir bayi. Jenis penelitian adalah deskriptif analitik dengan pendekatan *cross sectional*. Penelitian dilaksanakan pada bulan Januari- Mei 2021 di kelurahan Tabek Gadang wilayah kerja Puskesmas Sidomulyo kota Pekanbaru. Sampel pada penelitian ini berjumlah 664 orang yang telah memenuhi kriteria inklusi dengan teknik total sampling. Analisis data menggunakan uji *chi-square* dengan tingkat kepercayaan 95%. Hasil penelitian didapatkan ada hubungan antara indeks massa tubuh dan kenaikan berat badan ibu selama kehamilan dengan berat badan bayi lahir $p\text{ value} = (0,000 < 0,005)$. IMT dan kenaikan berat badan ibu selama kehamilan mempengaruhi berat badan lahir bayi di kelurahan Tabek gadang wilayah kerja Puskesmas Sidomulyo kota Pekanbaru.

Kata Kunci : *Berat Badan Lahir Bayi, Indeks Massa Tubuh(IMT)*.

Daftar pustakan : 23 referensi (2011-2019)

**HEALTH MINISTRY OF REPUBLIC INDONESIA
HEALTH POLYTECHNIC OF RIAU
STUDY PROGRAM OF D-IV MIDWIFERY**

SCRIPT, JUNI 2021

NUR AINUN

The Relationship Between Body Mass Indeks (BMI) and Maternal Weight Gain During Pregnancy and Infant Birth Weight in Tabek Gadang Puskesmas Sidomulyo work Area, Pekanbaru City.

xi+53 Pages+5 Tables +8 Attachments

ABSTRACT

Body Mass Index (BMI) is used as an indicator of the nutritional status of pregnant women and the basis for recommendations for maternal weight gain in pregnancy. The nutritional status of the mother before and during pregnancy can affect the growth of the fetus being conceived (Kemenkes RI, 2019). The purpose of this study was to determine the relationship between body mass index and maternal weight gain during pregnancy with the baby's birth weight. This type of research is descriptive analytic with a cross sectional approach. The research was carried out in January-May 2021 in the Tabek Gadang sub-district, the working area of the Sidomulyo Health Center, Pekanbaru city. The sample in this study amounted to 664 people who have met the inclusion criteria with total sampling technique. Data analysis used chi-square test with 95% confidence level. The results showed that there was a relationship between body mass index and maternal weight gain during pregnancy with the baby's birth weight p value = (0.000 <0.005). BMI and maternal weight gain during pregnancy affect the birth weight of babies in the Tabek Gadang village, the working area of the Sidomulyo Health Center, Pekanbaru city.

Keyword : Infant Birth Weight, Body Mass Index (BMI)
Reading List : 23 References (2011-2019)