

**KEMENTERIAN KESEHATAN REPUBLIK INDONESIA  
POLITEKNIK KESEHATAN KEMENKES RIAU  
PROGRAM STUDI D IV KEBIDANAN**

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**PENGARUH PEMBERIAN BISKUIT IBU HAMIL TERHADAP BERAT  
BADAN (BB) IBU HAMIL KEK DI WILAYAH KERJA PUSKESMAS  
MINAS**

vii + 45 halaman + 6 tabel,+3 bagan+13 lampiran

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**ABSTRAK**

Pemberian makanan tambahan atau suplementasi gizi khususnya bagi ibu hamil dan anak merupakan salah satu strategi peningkatan akses pangan bergizi untuk pemenuhan kebutuhan anak dan ibu hamil dalam mengatasi masalah gizi. Berdasarkan data Survei Diet Total (SDT) tahun 2014 menunjukkan masih kurangnya konsumsi harian ibu hamil dan anak dari kebutuhannya berdasarkan angka kecukupan gizi. Penelitian ini bertujuan untuk mengetahui pengaruh Pemberian Biskuit Ibu Hamil Terhadap Berat Badan (BB) Ibu Hamil KEK di Wilayah Kerja Puskesmas Minas. Jenis penelitian kuantitatif dengan desain *quasi eksperimen*. Jumlah sampel 15 orang ibu hamil yang mengalami KEK dengan teknik pengambilan sampel *Accidental Sampling*. Analisa data menggunakan uji *t-dependent*. Hasil penelitian didapatkan rata-rata berat badan ibu sebelum diberikan biskuit ibu hamil adalah 55,65 kg (SD:51,24) dan sesudah diberikan biskuit ibu hamil nilai rata-rata berat badan ibu menjadi 56,11 kg (SD:51,62), dan ada perbedaan berat badan ibu hamil KEK sebelum dan sesudah pemberian biskuit ibu hamil ( $p = 0,000$ ). Ada pengaruh pemberian biskuit ibu hamil terhadap Berat Badan (BB) ibu hamil KEK. Disarankan kepada pihak manajemen Puskesmas Minas untuk dapat mengoptimalkan monitoring dan evaluasi program pemberian makanan tambahan pada ibu hamil agar program dapat berjalan sesuai dengan rencana dan dapat mencapai tujuan.

**Kata kunci : Biskuit ibu hamil, Berat Badan, Ibu Hamil KEK**  
**Daftar Pustaka : 16 (2009-2015)**

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**SCRIPT, MAY 2021**

**DARAPHONNA ZETTIRA**

**THE EFFECT OF GIVING PREGNANT WOMEN'S BISCUIT ON THE  
WEIGHT (BB) OF PREGNANT MOTHERS IN THE WORK AREA OF  
MINA HEALTH CENTER**

Vii + 45 pages + 6 tables + 3 charts + 13 appendices

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**ABSTRACT**

*The provision of additional food or nutritional supplementation, especially for pregnant women and children, is one of the strategies to increase access to nutritious food to meet the needs of children and pregnant women in overcoming nutritional problems. Based on data from the Total Dietary Survey (SDT) in 2014 shows that there is still a lack of daily consumption of pregnant women and children from their needs based on nutritional adequacy rates. This study aims to determine the effect of giving pregnant women biscuits to the weight (BB) of pregnant women KEK in the working area of the Minas Health Center. This type of research is quantitative with a quasi-experimental design. The number of samples was 15 pregnant women who experienced SEZ with the Accidental Sampling sampling technique. Data analysis using t-dependent test. The results showed that the average weight of the mother before being given biscuits for pregnant women was 55.65 kg (SD: 51.24) and after being given biscuits to pregnant women the average value of the mother's weight was 56.11 kg (SD: 51.62). ), and there was a difference in the weight of pregnant women with SEZ before and after giving the isquit to pregnant women ( $p = 0.000$ ). There is an effect of giving pregnant women biscuits on the weight (BB) of pregnant women with SEZ. It is suggested to the management of the Minas Health Center to optimize monitoring and evaluation of the supplementary feeding program for pregnant women so that the program can run according to plan and achieve its goals.*

**Keywords : Biscuits for pregnant women, Weight loss, CED**

**Bibliography : 16 (2009-2015)**