

ABSTARK

INDAH MUHAIRANI. Gambaran Status Ekonomi, Pengetahuan Gizi serta Asupan Energi dan Protein pada Kejadian Kekurangan Energi Kronik (KEK) Ibu Hamil di Kota Pekanbaru. Dibimbing oleh Dewi Rahayu Sp, M.Si dan Sri Mulyani STP, M.Si.

Kekurangan Energi Kronik (KEK) disebabkan karena ketidakseimbangan asupan energi dan protein, sehingga zat yang dibutuhkan tubuh tidak terpenuhi. Dalam mencegah terjadinya peningkatan KEK pada ibu hamil harus memperhatikan pola asupan. Pola asupan yang kurang bisa disebabkan oleh pengetahuan dan status ekonomi. Tujuan penelitian ini adalah mengetahui gambaran status ekonomi, pengetahuan gizi serta asupan energi dan protein pada kejadian kekurangan energi kronik (KEK) ibu hamil di Kota Pekanbaru. Metode penelitian yang digunakan adalah metode deskriptif kualitatif. Jenis data penelitian diperoleh dari survei gizi dan kesehatan pada ibu hamil. Populasi dalam penelitian ini adalah ibu hamil beresiko KEK di 12 Puskesmas Kota Pekanbaru. Jumlah sampel pada penelitian ini adalah 25 ibu hamil beresiko KEK. Analisis data menggunakan analisis diskriptif. Hasil penelitian menunjukkan ibu hamil yang mengalami KEK terbanyak dengan status ekonomi menengah sebanyak 80% (20 orang), pengetahuan gizi kurang 52% (13 orang), asupan energi ibu defisit tingkat berat 32% (8 orang) dan asupan protein ibu berlebih 40% (10 orang).

Kata Kunci : Status ekonomi, Pengetahuan gizi, Asupan energi dan protein, Kekurangan energi kronik

ABSTRACT

INDAH MUHAIRANI. Description of Economic Status, Knowledge of Nutrition and Energy and Protein Intake in Chronic Energy Deficiency (KEK) for Pregnant Women in Pekanbaru City. Supervised by Dewi Rahayu Sp, M.Si and Sri Mulyani STP, M.Si.

Chronic Energy Deficiency (CED) is caused by an imbalance in energy and protein intake, so that the substances the body needs are not met. In preventing an increase in KEK in pregnant women, they must pay attention to intake patterns. Inadequate intake patterns can be caused by knowledge and economic status. The purpose of this study was to describe the economic status, nutritional knowledge and energy and protein intake in pregnant women with chronic energy deficiency (CED) in Pekanbaru City. The research method used is descriptive qualitative method. This type of research data was obtained from a nutrition and health survey on pregnant women. The population in this study were pregnant women at risk of CED in 12 Pekanbaru City Health Centers. The number of samples in this study were 25 pregnant women at risk of CED. Data analysis using descriptive analysis. The results showed that 80% (20 people) of pregnant women who experienced CED mostly had medium economic status, 52% lack of nutritional knowledge (13 people), 32% (8 people) had low energy intake, and 40% excess maternal protein intake. (10 people).

Keyword : Economic status, Knowledge of nutrition, Intake of energy and protein, Chronic energy deficiency