

ABSTRAK

TRIA LATIFAH HANI. Hubungan Asupan Zat Gizi dengan Status Gizi Ibu Hamil di Kota Pekanbaru (Data Sekunder : Mata Kuliah Perencanaan Program Gizi Tahun 2024). Dibimbing oleh ASLIS WIRDA HAYATI.

Prevalensi ibu hamil KEK menurut data SKI 2023 di Provinsi Riau sebesar 17,9% dan 1,31% di Kota Pekanbaru (Profil Kesehatan Provinsi Riau 2022). Rendahnya status gizi pada ibu hamil dapat dipengaruhi oleh beberapa faktor, salah satu nya yaitu asupan makan. Tujuan penelitian ini untuk mengetahui hubungan antara asupan zat gizi (energi, protein, lemak, dan karbohidrat) dengan status gizi ibu hamil di Kota Pekanbaru. Penelitian ini merupakan studi deskriptif kuantitatif dengan desain asosiatif. Populasi penelitian adalah ibu hamil trimester I, II dan III yang tercatat dalam data sekunder dari Mata Kuliah Perencanaan Program Gizi tahun 2024 dengan total sampling berjumlah 402 sampel. Analisis data dilakukan secara univariat dan bivariat dengan uji *chi-square*. Hasil penelitian ditemukan sebagian besar responden memiliki asupan energi (74,9%), protein (54,5%), lemak (59,0%), dan karbohidrat (87,3%) yang kurang. Namun, 90,3% responden memiliki status gizi yang tidak berisiko KEK. Hasil uji statistik menunjukkan tidak terdapat hubungan signifikan antara asupan energi, protein, lemak, dan karbohidrat dengan status gizi ibu hamil ($p > 0,05$). Kesimpulan pada penelitian ini adalah tidak terdapat hubungan yang signifikan antara asupan zat gizi dengan status gizi ibu hamil di Kota Pekanbaru tahun 2024.

Kata kunci: Ibu Hamil, Asupan Zat Gizi, Status Gizi, KEK, LiLA

ABSTRACT

TRIA LATIFAH HANI. Relationship between Nutrient Intake and Nutritional Status of Pregnant Women in Pekanbaru City (Secondary Data: Nutrition Program Planning Course Year 2024). Supervised by ASLIS WIRDA HAYATI.

The prevalence of pregnant women with KEK according to SKI 2023 data in Riau Province was 17.9% and 1.31% in Pekanbaru City (Riau Province Health Profile 2022). Poor nutritional status in pregnant women can be influenced by several factors, one of which is food intake. The purpose of this study is to determine the relationship between nutrient intake (energy, protein, fat, and carbohydrates) and the nutritional status of pregnant women in Pekanbaru City. This study is a quantitative descriptive study with an associative design. The study population consisted of pregnant women in the first, second, and third trimesters recorded in secondary data from the Nutrition Program Planning Course in 2024, with a total sample size of 402 participants. Data analysis was conducted using univariate and bivariate analyses with the chi-square test. The results of the study found that most respondents had insufficient energy intake (74.9%), protein intake (54.5%), fat intake (59.0%), and carbohydrate intake (87.3%). However, 90.3% of respondents had a nutritional status that was not at risk of CED. Statistical tests showed no significant association between energy, protein, fat, and carbohydrate intake and the nutritional status of pregnant women ($p > 0.05$). The conclusion of this study is that there is no significant relationship between nutrient intake and the nutritional status of pregnant women in Pekanbaru City in 2024.

Keywords: Pregnant Women, Nutrient Intake, Nutritional Status, CED, LiLA