

ABSTRAK

MEBA ESTEVANIA N. Gambaran Perubahan Berat Badan Ibu Hamil Kekurangan Energi Kronis (KEK) Setelah Mendapat Pemberian Makanan Tambahan Lokal Di Puskesmas Limapuluh. Dibimbing oleh Yolahumaroh, SKM, MPH dan Irma Susan Paramita, S.Gz, M.Kes

Kekurangan Energi Kronis (KEK) pada ibu hamil merupakan masalah gizi yang berisiko menyebabkan komplikasi kehamilan, bayi berat lahir rendah (BBLR), dan gangguan pertumbuhan janin. Upaya penanggulangan dilakukan melalui Pemberian Makanan Tambahan (PMT) berbasis pangan lokal. Penelitian ini bertujuan untuk mengetahui gambaran perubahan berat badan ibu hamil KEK setelah mendapatkan PMT lokal di wilayah kerja Puskesmas Limapuluh. Jenis penelitian ini adalah kualitatif dengan desain studi kasus menggunakan data sekunder dari pemantauan ibu hamil KEK. Sampel berjumlah 2 orang ibu hamil KEK yang mendapatkan intervensi PMT lokal selama 120 hari. Analisis dilakukan secara deskriptif dan disajikan dalam bentuk narasi dan grafik. Hasil penelitian menunjukkan bahwa seluruh responden mengalami peningkatan berat badan dan nilai LiLA secara bertahap dari kondisi KEK mencapai batas normal. Hasil penelitian ini menggambarkan bahwa PMT lokal berperan dalam meningkatkan berat badan dan LiLA ibu hamil KEK di Puskesmas Limapuluh, meskipun keberhasilannya juga dipengaruhi oleh tingkat kepatuhan konsumsi dan faktor individu lainnya.

Kata kunci: ibu hamil, KEK, Pemberian Makanan Tambahan (PMT) lokal, berat badan, LiLA

ABSTRACT

MEBA ESTEVANIA N. Description of Weight Changes in Pregnant Women with Chronic Energy Deficiency (CED) After Receiving Local Supplemental Food at the Limapuluh Community Health Center. Supervised by Yolahumaroh, SKM, MPH and Irma Susan Paramita, S.Gz, M.Kes

Chronic Energy Deficiency (CED) in pregnant women is a nutritional problem that increases the risk of pregnancy complications, low birth weight (LBW), and impaired fetal growth. One of the efforts to address this problem is through the Local Supplementary Feeding Program based on local food resources. This study aimed to describe weight changes among pregnant women with CED after receiving the Local Supplementary Feeding Program in the working area of the Limapuluh Community Health Center. This study employed a qualitative approach with a case study design using secondary data obtained from the monitoring records of pregnant women with CED. The subjects consisted of two pregnant women with CED who received the Local Supplementary Feeding Program for 120 days. Data were analyzed descriptively and presented in the form of narratives and graphs. The results showed that all subjects experienced gradual increases in body weight and Mid-Upper Arm Circumference (MUAC), progressing from CED conditions toward normal values. The findings of this study indicate that the Local Supplementary Feeding Program contributed to improvements in body weight and MUAC among pregnant women with CED at the Limapuluh Community Health Center, although its effectiveness was also influenced by compliance with food consumption and other individual factors.

Key words: pregnant, CED, Local Supplementary Feeding, body weight, MUAC