

ABSTRAK

KEISYA SEFARITAMI “Hubungan Tingkat Pengetahuan Ibu Hamil Tentang Kesehatan dan Gizi Dengan Asupan Zat Gizi dan Status Gizi Ibu Hamil di Kota Pekanbaru”. Dibimbing oleh DEWI RAHAYU dan NUR KHOLIS.

Status gizi ibu hamil merupakan salah satu faktor penting yang memengaruhi kesehatan ibu dan janin selama kehamilan. Pengetahuan tentang kesehatan dan gizi diduga berperan dalam pemenuhan asupan zat gizi serta status gizi ibu hamil. Penelitian ini bertujuan untuk mengetahui hubungan tingkat pengetahuan ibu hamil tentang kesehatan dan gizi dengan asupan energi dan protein serta status gizi ibu hamil di Kota Pekanbaru. Penelitian ini merupakan studi analitik dengan pendekatan *cross-sectional* menggunakan data sekunder Survei Gizi dan Kesehatan Ibu Hamil Program Perencanaan Gizi (PPG) Tahun 2025. Sampel penelitian berjumlah 182 ibu hamil yang dipilih dengan teknik total sampling. Analisis data dilakukan secara univariat dan bivariat menggunakan uji *Chi-Square* dan *Fisher's Exact Test*. Hasil penelitian menunjukkan bahwa 72,0% ibu hamil memiliki tingkat pengetahuan baik, 80,2% memiliki asupan energi kurang, 59,9% memiliki asupan protein kurang, dan 11,0% mengalami kekurangan energi kronik (KEK). Analisis bivariat menunjukkan tidak terdapat hubungan antara tingkat pengetahuan dengan asupan energi ($p=0,652$) maupun asupan protein ($p=0,603$). Selain itu, tidak terdapat hubungan antara asupan energi dengan status gizi ($p=1,000$) maupun antara asupan protein dengan status gizi ($p=0,144$). Disimpulkan bahwa tingkat pengetahuan ibu hamil tentang kesehatan dan gizi tidak berhubungan dengan asupan energi dan protein, serta asupan energi dan protein tidak berhubungan dengan status gizi ibu hamil di Kota Pekanbaru.

Kata kunci: Ibu Hamil, Pengetahuan Gizi, Asupan Energi, Asupan Protein, Status Gizi, KEK.

ABSTRACT

Keisya Sefaritami. “The Relationship Between Pregnant Women's Knowledge of Health and Nutrition and Nutrient Intake and Nutritional Status Among Pregnant Women in Pekanbaru City.” Supervised by Dewi Rahayu and Nur Kholis.

Maternal nutritional status is an important factor affecting both maternal and fetal health during pregnancy. Knowledge of health and nutrition is assumed to play a role in nutrient intake and maternal nutritional status. This study aimed to determine the relationship between pregnant women's knowledge of health and nutrition and their energy and protein intake as well as nutritional status in Pekanbaru City. This analytical study used a cross-sectional design with secondary data obtained from the 2025 Nutrition Planning Program (PPG) Survey on Maternal Nutrition and Health. The study included 182 pregnant women selected using a total sampling technique. Data were analyzed using univariate and bivariate methods with Chi-Square and Fisher's Exact Test. The results showed that 72.0% of pregnant women had good knowledge, 80.2% had inadequate energy intake, 59.9% had inadequate protein intake, and 11.0% experienced Chronic Energy Deficiency (CED). Bivariate analysis showed no significant relationship between knowledge and energy intake ($p=0.652$) or protein intake ($p=0.603$). There was also no significant relationship between energy intake and nutritional status ($p=1.000$) or between protein intake and nutritional status ($p=0.144$). It can be concluded that maternal knowledge of health and nutrition was not associated with energy and protein intake, and energy and protein intake were not associated with the nutritional status of pregnant women in Pekanbaru City.

Keywords: Pregnant Women, Nutrition Knowledge, Energy Intake, Protein Intake, Nutritional Status.