

Hubungan IMT Pra-hamil dan Faktor Lainnya dengan Pertambahan Berat Badan pada Ibu Hamil di Wilayah Kerja Puskesmas Terpilih di Kota dan Kabupaten Bogor Tahun 2025 = The Relationship between Pre-pregnancy BMI and Other Factors with Weight Gain among Pregnant Women in Selected Health Centers in Bogor City and District 2025

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Abstrak

Pertambahan berat badan selama kehamilan merupakan salah satu indikator penting dalam menilai status gizi ibu dan janin. Namun, masih banyak ibu hamil yang mengalami pertambahan berat badan tidak sesuai rekomendasi, yang dapat meningkatkan risiko gangguan kesehatan pada ibu dan bayi. Berdasarkan data Kementerian Kesehatan Republik Indonesia tahun 2018, sebanyak 17,3% ibu hamil mengalami Kekurangan Energi Kronis (KEK). Di Kabupaten Bogor, 22,7% ibu hamil memiliki berat badan kurang, sedangkan di Kota Bogor sebanyak 50% mengalami defisit energi berat. Tujuan dari penelitian ini adalah untuk mengetahui hubungan antara faktor ibu, asupan zat gizi, serta faktor keluarga dengan pertambahan berat badan ibu selama masa kehamilan di Kabupaten dan Kota Bogor tahun 2025. Penelitian ini merupakan penelitian kuantitatif dengan desain studi cross-sectional yang menggunakan data sekunder dari penelitian Prof. Dr. Ratu Ayu D. S., Apt., M.Sc., berjudul “Pengaruh Suplementasi Red Palm Oil pada Diet Ibu Hamil terhadap Kualitas ASI dan Status Gizi Bayi.” Penelitian ini melibatkan responden ibu hamil dari wilayah kerja puskesmas terpilih Kabupaten dan Kota Bogor. Analisis data dilakukan dengan metode uji chi-square dan independent ttest. Hasil penelitian menunjukkan bahwa sebanyak 63,93% responden mengalami pertambahan berat badan yang tidak sesuai rekomendasi, dengan proporsi 42,31% di Kabupaten Bogor dan 57,69% di Kota Bogor. Uji bivariat menunjukkan bahwa terdapat hubungan yang signifikan antara IMT prahamil, asupan energi, karbohidrat, lemak, pengetahuan ibu tentang kehamilan, serta dukungan suami dengan pertambahan berat badan ibu hamil ($p\text{-value} < 0,05$). Namun, tidak terdapat hubungan yang signifikan antara usia, persepsi, pendidikan, status pekerjaan, jumlah anggota keluarga, dan pendapatan keluarga ($p\text{-value} > 0,05$) dengan pertambahan berat badan ibu hamil. Oleh karena itu, disarankan untuk meningkatkan edukasi mengenai pentingnya asupan energi dan zat gizi makro, serta pelibatan keluarga khususnya suami dalam mendukung kehamilan, sebagai upaya perbaikan status gizi ibu hamil di Kabupaten dan Kota Bogor.

.....Weight gain during pregnancy is one of the important indicators in assessing the nutritional status of the mother and baby. However, there are still many pregnant women who experience weight gain that is not as recommended, which can increase the risk of health problems in mothers and babies. Based on data from the Ministry of Health of the Republic of Indonesia in 2018, 17.3% of pregnant women experienced Chronic Energy Deficiency (CHD). In Bogor Regency, 22.7% of pregnant women were underweight, while in Bogor City as many as 50% experienced severe energy deficit. The purpose of this study was to determine the relationship between maternal factors, nutrient intake, and family factors with maternal weight gain during pregnancy in Bogor City and District in 2025. This research is a quantitative study with a cross-sectional study design that uses secondary data from the research of Prof. Dr. Ratu Ayu D. S., Apt., M.Sc., entitled

“The Effect of Red Palm Oil Supplementation in Pregnant Women's Diet on Breast Milk Quality and Infant Nutritional Status.” This study involved pregnant women respondents from selected health centers in Bogor City and District. Data were analyzed using chisquare and independent t-test methods. The results showed that 63.93% of respondents experienced weight gain that was not as recommended, with a proportion of 42.31% in Bogor Regency and 57.69% in Bogor City. Bivariate tests showed that there was a significant relationship between pre-pregnancy BMI, energy intake, carbohydrates, fat, protein, maternal knowledge about pregnancy, and husband and family support with gestational weight gain ($p\text{-value} < 0.05$). However, there was no significant relationship between age, perception, education, employment status, number of family members, and family income ($p\text{-value} > 0.05$) with gestational weight gain. Therefore, it is recommended to increase education on the importance of energy and macronutrient intake, as well as family involvement, especially husbands in supporting pregnancy, as an effort to improve the nutritional status of pregnant women in Bogor City and District.