

**TESIS**  
**PENGARUH STATUS GIZI DAN ASUPAN NUTRIEN IBU TERHADAP**  
**BERAT BAYI LAHIR RENDAH PADA KEHAMILAN USIA REMAJA**  
**Studi di Kabupaten Seluma Provinsi Bengkulu**

*THE EFFECT OF NUTRITIONAL STATUS AND MOTHER*  
*NUTRIENT INTAKE TOWARDS THE LOW BIRTH WEIGHT*  
*IN ADOLESCENCE PREGNANCY*  
*A Study in Seluma, Province of Bengkulu*



**Untuk Memenuhi Persyaratan Wisuda**

**Magister Ilmu Gizi**

**RETNI**

**22030112420035**

**FAKULTAS KEDOKTERAN**  
**UNIVERSITAS DIPONEGORO**

**SEMARANG**

**AGUSTUS**

**2015**

## ABSTRAK

### PENGARUH STATUS GIZI & ASUPAN NUTRIEN IBU TERHADAP BERAT BAYI LAHIR RENDAH PADA KEHAMILAN USIA REMAJA Studi di Kabupaten Seluma Provinsi Bengkulu

Retni<sup>1</sup>, Ani Margawati<sup>1,2</sup>, BagoesWidjanarko<sup>1,3</sup>

**Pendahuluan:** Kehamilan usia remaja berisiko melahirkan bayi dengan berat lahir rendah (BBLR). Hal ini terjadi karena kondisi ibu masih dalam pertumbuhan, perkembangan fisik belum sempurna sehingga dapat merugikan kesehatan ibu dan janin. Tujuan penelitian ini menganalisis pengaruh status gizi dan asupan nutrisi ibu terhadap BBLR pada kehamilan usia remaja.

**Metode:** Desain penelitian observasional dengan pendekatan kohort prospektif. Subjek merupakan populasi dari ibu hamil trimester III yang berumur 16-19 tahun berjumlah 27 orang. Status gizi diukur dengan antropometri. Asupan gizi diukur dengan metode *food recall* 24 jam. Data dianalisis dengan menghitung risiko relatif dan regresi logistik.

**Hasil:** Subjek termasuk kategori kurus sebelum kehamilan 7,4%, 66,7% mengalami kurang energi kronis, 51,9% mempunyai penambahan berat badan kurang selama kehamilan, 59,3% mengalami anemia. Rerata asupan energi, protein, asam folat, zat besi, seng, vitamin A dan C subjek berada pada kategori tidak cukup. Uji risiko relatif menunjukkan penambahan berat badan yang kurang selama kehamilan (RR= 3,71;95% CI 1,34-10,25, asupan energi rendah (RR=6,03; 95% CI 5,68-898,64), protein rendah (RR=13,00; 95% CI 1,97-85,45 ), asam folat rendah (RR=13,00; 95% CI 1,97-85,45), zat besi rendah (RR=4,00; 95% CI 1,71-9,34) berisiko melahirkan BBLR. Uji regresi logistik menunjukkan penambahan berat badan kurang selama kehamilan (RR= 20,00; 95% CI 2,77-144,31) dan asupan energi rendah (RR= 71,50;95% CI 5,68-898,64) berisiko melahirkan BBLR.

**Simpulan:** Ibu hamil usia remaja dengan berat badan yang kurang selama kehamilan dan rendahnya asupan energi berisiko melahirkan bayi dengan BBLR.

**Kata Kunci :** Status Gizi, Asupan Nutrien dan Berat Bayi Lahir Rendah, Ibu Hamil Usia Remaja.

1. Magister Ilmu Gizi Fakultas Kedokteran Universitas Diponegoro
2. Bagian Gizi Fakultas Kedokteran Universitas Diponegoro
3. Bagian Ilmu Kesehatan Masyarakat Fakultas Kedokteran Universitas Diponegoro

## ABSTRACT

### THE EFFECT OF NUTRITIONAL STATUS AND MOTHER NUTRIENT INTAKE TOWARD LOW BIRTH WEIGHT IN ADOLESCENCE PREGNANCY A Study in Seluma, Province of Bengkulu

Retni<sup>1</sup>, Ani Margawati<sup>1,2</sup>, BagoesWidjanarko<sup>1,3</sup>

**Introduction.** Teenage pregnancy at risk of having a baby with low birth weight (LBW). This happens because of the condition of the mother is still in the growth, physical development is not perfect so it can be detrimental to the health of mother and fetus. The research objective is to analyze the effect of nutritional status and nutrient intake of mothers of low birth weight in pregnancy adolescence.

**Methods:** The study design was observational with prospective cohort approach. The subject is the population of third trimester pregnant women aged 16-19 years amounted to 27 people. The nutritional status measured by antropometry. Nutrient intake was measured by 24-hour food recall method. Data were analyzed by calculating the relative risk and logistic regression.

**Results:** Subjects include underweight category before pregnancy as much as 7,4%, 66,7% had a chronic lack of energy, 51,9% had less weight gain during pregnancy, and 59,3% are anemic. The mean intake of energy, protein, folic acid, iron, zinc, vitamin A and C are in not enough categories. The relative risk test showed that less weight gain during pregnancy (RR= 3,71;95% CI 1,34-10,25, low energy intake (RR =6.03; 95% CI 5,68-898,64), low protein (RR= 13,00;95% CI 1,97-85,45), low folic acid (RR = 13,00;95% CI 1,97-85,45), low iron (RR= 4,00;95% CI 1,71-9,34) at risk of having low birth weight. The logistic regression test showed that lack of weight gain during pregnancy (RR = 20,00; 95% CI 2,77-144.31) and low energy intake (RR =71.50; 95% CI 5,68 -898,64) risk of having a low birth weight.

**Conclusions:** Pregnant women-adolescence with less weight during pregnancy and low energy intake at risk of having low birth weight.

**Keywords:** Nutritional Status, Nutrient Intake and Low Birth Weight Infant, Youth-Aged Maternal

1. Master of Nutritional Sciences Faculty of Medicine, University of Diponegoro
2. Section of Nutrition, Faculty of Medicine, University of Diponegoro
3. Part of Public Health Sciences Faculty of Medicine, University of Diponegoro