

**ABSTRAK**

**Rika Andriani**

**Pengaruh Program Pemberian Makanan Tambahan terhadap Status Gizi Ibu Hamil Berisiko Kurang Energi Kronis di Kabupaten Tegal**  
**xiv + 55 halaman + 13 tabel + 4 gambar + 10 lampiran**

Di Kabupaten Tegal, pada tahun 2016 jumlah ibu hamil kurang energi kronis (KEK) yaitu 18,7 % meningkat dari 6,5 % pada tahun 2015. Pemberian makanan tambahan berupa biskuit sandwich merupakan salah satu upaya pemerintah untuk perbaikan gizi ibu hamil. Tujuan penelitian ini menganalisis pengaruh program pemberian makanan tambahan terhadap status gizi ibu hamil KEK.

Jenis penelitian ini observasi analitik dengan pendekatan kuasi eksperimen. Populasi penelitian semua ibu hamil KEK di Kabupaten Tegal. Subjek penelitian 51 responden (gakin) kelompok perlakuan dan 51 bumil KEK (non gakin) kelompok kontrol. Pengumpulan data dilakukan dengan wawancara menggunakan kuesioner terstruktur, pengukuran LILA (pita LILA) dan penimbangan berat badan. Data dianalisis dengan menggunakan paired t-test, Independent-test, Mann Whitney test, wilcoxon dan GLM (General Linier Model).

Terdapat peningkatan LILA pada kelompok perlakuan ( $p=0,001$ ) dari  $22,8\pm 1,09$  cm menjadi  $23,5\pm 1,12$  cm. Terdapat peningkatan LILA pada kelompok kontrol ( $p=0,001$ ) dari  $22,5\pm 0,91$  cm menjadi  $23,0\pm 0,92$  cm. Tidak terdapat perbedaan rerata peningkatan LILA antara kelompok perlakuan ( $0,70\pm 0,64$ ) dan kelompok kontrol ( $0,57\pm 0,55$ ) diperoleh  $p=0,073$ . Peningkatan berat badan ibu hamil KEK pada kelompok perlakuan ( $5,5\pm 1,10$  kg) lebih tinggi daripada kelompok kontrol ( $4,9\pm 0,93$  kg) dengan  $p<0,01$ .

Disimpulkan bahwa pemberian makanan tambahan dapat meningkatkan berat badan ibu hamil KEK. Disarankan selama pemberian makanan tambahan dilakukan pengawasan dan meningkatkan motivasi konsumsi biskuit.

Kata kunci : Pemberian Makanan Tambahan, Lingkar Lengan Atas, peningkatan Berat Badan.

Kepustakaan : 51 (1999-2017)

## **ABSTRACT**

**Rika Andriani**

**The Influence of a Program of Providing Supplementary Feeding towards Nutritional Status of High Risk Pregnant Women with Chronic Energy Deficiency in Tegal Regency**

**xiv + 55 pages + 13 tables + 4 figures + 10 appendices**

In Tegal Regency, in 2016, a proportion of pregnant women with Chronic Energy Deficiency (CED) was 18.7% and it increased from 6.5% in 2015. Providing supplementary feeding of sandwich biscuits was one of the efforts made by the government to improve their nutritional status. This study aimed at analyzing the influence of a program of supplementary feeding towards nutritional status of pregnant women with CED.

This was an observational-analytic study using a quasi-experimental approach. Research population was all pregnant women with CED in Tegal Regency. Number of samples were 51 respondents (poor families) as an intervention group and 51 pregnant women with CED (not poor families) as a control group. Data were collected by conducting interview using a structured questionnaire, measuring upper arm circumference and body weight. Furthermore, data were analyzed by performing statistical tests of paired t, independent t, Mann-Whitney, Wilcoxon, and General Linear Model (GLM).

Upper arm circumference among the intervention group significantly increased from  $22.8 \pm 1.09$  cm to be  $23.5 \pm 1.12$  cm ( $p=0.001$ ). Similarly, upper arm circumference among the control group significantly increased from  $22.5 \pm 0.91$  cm to be  $23.0 \pm 0.92$  cm ( $p=0.001$ ). Notwithstanding, there was no difference in mean increase of upper arm circumference between these both groups ( $0.70 \pm 0.64$  in the intervention group) and ( $0.57 \pm 0.55$  in the control group) with  $p=0.073$ . Body weight of pregnant women with CED ( $5.5 \pm 1.10$  kg) was higher than that of in the control group ( $4.9 \pm 0.93$  kg) with  $p < 0.01$ .

To sum up, providing supplementary feeding could increase body weight of pregnant women with CED. As a suggestion, monitoring and improving consumption of biscuits need to be undertaken during providing supplementary feeding.

**Keywords** : Providing Supplementary, Upper Arm Circumference, Increasing Body Weight

**Bibliography:** 51 (1999-2017)