

## ABSTRAK

Alfiona, Widya Vicky. 2017. *Gambaran Status Gizi Sebelum Hamil, Asupan Zat Gizi, dan Perubahan Berat Badan pada Ibu Hamil di Lima Kecamatan di Wilayah Kabupaten Blitar*. Tugas Akhir, Program Studi Ilmu Gizi Fakultas Kedokteran Universitas Brawijaya. Pembimbing: (1) Widya Rahmawati, S.Gz, M.Gizi (2) Catur Saptaning Wilujeng, S.Gz, MPH.

Kehamilan merupakan periode penting kehidupan yang berpengaruh pada kualitas sumber daya manusia yang akan dilahirkan dan asupan adalah salah satu faktor yang berpengaruh terhadap pertumbuhan dan perkembangan janin. Pemenuhan asupan yang tidak adekuat akan menyebabkan penurunan berat badan dan KEK yang mengakibatkan kelahiran BBLR dan kematian pada ibu. Sebaliknya, asupan yang tercukupi akan tercermin dari status gizi yang baik. Penelitian ini bertujuan untuk mengetahui gambaran status gizi sebelum hamil, asupan zat gizi, dan perubahan berat badan pada ibu hamil di lima kecamatan di wilayah Kabupaten Blitar. Penelitian ini adalah penelitian deskriptif analitik dengan pendekatan *cross-sectional*. Sebanyak 29 orang ibu hamil dipilih menggunakan metode *consecutive sampling* dari wilayah yang dipilih menggunakan metode *multistage sampling*. Instrumen penelitian menggunakan alat antropometri, kuisisioner, dan *form 24 hour food recall*. Hasil penelitian menunjukkan status gizi sebelum hamil terbanyak adalah normal (66%), status gizi berdasarkan LILA paling banyak adalah gizi baik (86,2%), rata – rata pemenuhan asupan zat gizi energi 6,9%, protein 20,6%, lemak 20,6%, dan karbohidrat 20,6%, perubahan berat badan mayoritas kurang (41,4%) dan cukup (41,4%) dari anjuran. Sebanyak 38% responden memiliki pantangan makan dan nanas menjadi makanan yang dihindari (45%). Hasil uji *Spearman* menunjukkan tidak terdapat hubungan antara asupan energi ( $p=0,650$ ), protein ( $p=0,392$ ), lemak ( $p=0,317$ ), karbohidrat ( $p=0,425$ ) dengan perubahan berat badan. Terdapat hubungan antara status gizi sebelum hamil dan perubahan berat badan ( $p=0,001$ ).

**Kata kunci:** status gizi sebelum hamil (IMT), asupan zat gizi, perubahan berat badan

## ABSTRACT

Alfiona, Widya Vicky. *The Description of Nutritional Status Before Pregnancy, Nutrient Intake, and Weight Change During Pregnancy in Five Subdistricts of Blitar Residence*. Final Assignment, Nutritional Department, Faculty of Medicine, University of Brawijaya. Supervisors: (1) Widya Rahmawati, S.Gz, M.Gizi (2) Catur Saptaning Wilujeng, S.Gz, MPH.

Pregnancy is an important period of life that affects the quality of prospective human resources and nutrient intake is an essential factor that affect the growth and development of the fetus. Inadequate nutrient intake will lead to weight loss and chronic energy deficiency resulting in low birth weight infants and increasing pregnant women mortality rate. On the contrary, adequate nutrient intake can be viewed from a normal nutritional status. This research aimed to describe of nutritional status before pregnancy, nutrient intake, and weight change during pregnancy in five subdistricts of Blitar residence. This research is a descriptive analytic research by cross-sectional approach. There were 29 pregnant women selected using the consecutive sampling method after choosing five subdistricts using multistage sampling method. The research instrument used anthropometry tools, questionnaire, and 24-hour food recall form. The research showed that the most common nutritional status before pregnancy was normal (66%), nutritional status based on MUAC was good (86.2%), the proportion of the respondents who have adequate energy intake was 6.9%, protein 20.6%, fat 20.6%, and carbohydrate 20.6%. Most of respondents underwent low (41.4%) and moderate (41.4%) weight change. A total of 38% of respondents had food taboos, and pineapple became a prohibited food (45%). Spearman test showed no relationship between energy intake ( $p= 0.650$ ), protein ( $p=0.392$ ), fat ( $p=0.317$ ), carbohydrate ( $p=0.425$ ) and weight change. There was a relationship between nutritional status before pregnancy and weight change ( $p=0.001$ ).

**Keywords:** nutritional status before pregnancy (BMI), nutrient intake, weight change