

**FAKTOR-FAKTOR YANG BERHUBUNGAN DENGAN KEJADIAN  
KEKURANGAN ENERGI KRONIK (KEK) PADA IBU HAMIL DI  
PUSKESMAS HALMAHERA SEMARANG**

**ANGGIANI NURHASNA FURQI**

(Pembimbing : Kriswiharsi Kun S., SKM, M.Kes)  
*Kesehatan Masyarakat - S1, FKes, Universitas Dian  
Nuswantoro  
www.dinus.ac.id  
Email : 411201201525@mhs.dinus.ac.id*

**ABSTRAK**

Proporsi ibu hamil KEK di Indonesia berdasarkan Riskesdas tahun 2010 sebesar 33,5% meningkat menjadi 38,5% tahun 2013. Data Dinkes Propinsi Jawa Tengah tahun 2010 terdapat 13,91% ibu hamil KEK. Data dari Dinkes Kota Semarang, ibu hamil KEK tahun 2013 sebanyak 1.239, tahun 2014 sebanyak 1.356 dan tahun 2015 sampai September 1.836. Ibu hamil KEK di Puskesmas Halmahera tahun 2013 sebanyak 73 orang, tahun 2014 sebanyak 29 orang dan tahun 2015 sebanyak 44 orang sampai dengan September 2015. Tujuan penelitian yaitu untuk mengetahui hubungan antara asupan protein dengan kejadian Kekurangan Energi Kronik pada ibu hamil di Puskesmas Halmahera Semarang. Metode penelitian menggunakan survey analitik dengan pendekatan case control. Sampel penelitian terdiri dari 30 orang pada kelompok kasus yaitu ibu hamil KEK dengan teknik sampling Purposive sampling dan 30 orang pada kelompok kontrol yaitu ibu hamil yang tidak KEK dengan teknik sampling Consecutive sampling. Data konsumsi responden diolah menggunakan aplikasi Nutrisurvey. Analisis data menggunakan Uji Chi-Square. Hasil penelitian yaitu terdapat hubungan antara umur ibu hamil dengan kejadian KEK ( $p = 0,02$ ), terdapat hubungan antara pendidikan ibu hamil dengan kejadian KEK ( $p = 0,0001$ ), terdapat hubungan antara jumlah asupan protein ibu hamil dengan kejadian KEK ( $p = 0,003$ ), terdapat hubungan antara status gizi sebelum hamil dengan kejadian KEK ( $p = 0,002$ ). Saran kepada ibu hamil dan WUS lainnya dapat merencanakan kehamilan di usia tidak berisiko (20-35 tahun), meningkatkan jenjang pendidikan formal untuk menunjang pengetahuannya, memperhatikan dan meningkatkan pola asupan protein pada masa kehamilannya, dan bagi WUS disarankan untuk menjaga berat badan dan tinggi badan yang normal sebagai persiapan kehamilannya nanti.

Kata Kunci : Kekurangan Energi Kronik, Jumlah Asupan Protein, Jenis Asupan Protein, Status Gizi

**FACTORS RELATED TO THE OCCURRENCE OF CHRONIC ENERGY  
DEFICIENCY (CED) OF PREGNANT WOMEN IN HALMAHERA  
PRIMARY HEALTH CARE SEMARANG**

**ANGGIANI NURHASNA FURQI**

(Lecturer : Kriswiharsi Kun S., SKM, M.Kes)

*Bachelor of Public Health - S1, Faculty of Health Science,  
DINUS University*

*www.dinus.ac.id*

*Email : 411201201525@mhs.dinus.ac.id*

**ABSTRACT**

The proportion of pregnant women with chronic energy deficiency in Indonesia in 2010 increased from 33.5 % to 38.5 % in 2013. Data of Central Java province Health Office in 2010 there was 13.91 % of pregnant women with CED. Data from Semarang City Health Office showed that pregnant women with CED in 2013 as many as 1239, 2014 was 1356 and 2015 to September was 1836 . Pregnant women who experience CED in Halmahera in 2013 as many as 73 people , as many as 29 people in 2014 and 2015 was 44 people as of September 2015. The purpose of this study was to investigate the relationship between protein intake with the incidence of Chronic Energy Deficiency in pregnant women in PHC Halmahera Semarang. The method in this study used analytic survey with case control approach . The sample in this study consisted of 30 people in the case group that pregnant women who experience chronic energy deficiency, and 30 people in the control group of pregnant women who do not experience chronic energy deficiency. Sampling in the case group taken by purposive sampling , while the control group of Consecutive sampling. Respondents consumption data is processed using Nutri-survey application. Data analysis used Chi - Square Test. The results of study showed that there was a relationship between age and pregnant women with KEK incidence (  $p = 0.02$  ) , there was a relationship between the education of pregnant women with the incidence of SEZ (  $p = 0.0001$  ) , there was a relationship between the number of pregnant women protein intake with the incidence of SEZ (  $p = 0.003$  ), there was a relationship between nutritional status before pregnancy and the incidence of SEZ (  $p=0.002$  ). Advice to pregnant women and other women of childbearing age can conceive at age nonrisky ( 20-35 years ) , increases levels of formal education to support the knowledge , attention and increase protein intake patterns during pregnancy , and for women of childbearing age are advised to keep the weight weight and height were normal in preparation for pregnancy later.

**Keyword** : Chronic Energy Deficiency , Total Protein Intake , type protein intake , nutritional status