

ABSTRACT

Gustimaya Putri Mataihu. 2015. The Relationship of Nutrition Status of Pregnant Women and Newborns Weight in Health Center (Puskesmas) Tilango, District of Gorontalo. Skripsi. Study Program of Nursing. Faculty of Health Sciences and Sports. State University of Gorontalo. The principal supervisor was dr. Vivien Novarina A Kasim, M.Kes and Co-Supervisor was Ns. Nasrun Pakaya, S.Kep, M.Kep.

This research aimed at knowing the relationship of nutrition status of pregnant woman and newborns weight in Health Center (Puskesmas) Tilango, District of Gorontalo. The design of this research used retrospective Cohort to the secondary data. Population of this research were pregnant women that were checking their pregnancy at the 4-42 weeks and recorded that they have ever given birth in Puskesmas Tilango in the period of 2014. The Sample used total sampling technique and got 64 respondents, and the analyzing of the data used Pearson test.

The result of this research showed nutrition status of NON KEK (LILA \geq 23,5 cm) and born a baby with NON BBLR (\geq 2500 g) about 57,8% and the status of the nutrition KEK (LILA $<$ 23,5 cm) and born a baby BBLR ($<$ 2500 g) about 21,9%. The statistical test got $p=0,000$ or $p \leq 0,05$. In conclusion, there is a relationship of nutrition status of pregnant women and newborns weight in Health Center (Puskesmas) Tilango, district of Gorontalo. It is suggested that pregnant women pay more attention on nutrition during the pregnancy, so that the baby born is in a health condition and has normal weight.

Keywords; *Nutrition Status, Pregnant Women, Born Weight*



ABSTRAK

Gustimaya Putri Mataihu. 2015. Hubungan Status Gizi Ibu Hamil Dengan Berat Badan Bayi Baru Lahir di Puskesmas Tilango Kabupaten Gorontalo. Skripsi, Program Studi Ilmu Keperawatan, Fakultas Ilmu-Ilmu Kesehatan dan Keolahragaan, Universitas Negeri Gorontalo. Pembimbing I dr.Vivien Novarina A Kasim, M.Kes dan Pembimbing II Ns.Nasrun Pakaya, S.Kep,M.Kep.

Penelitian ini bertujuan untuk mengetahui hubungan status gizi ibu hamil dengan berat badan bayi baru lahir di puskesmas tilango kabupaten gorontalo. Desain penelitian ini menggunakan *Kohort retrospektif* dengan data sekunder. Populasinya yaitu ibu hamil yang datang memeriksakan kehamilannya pada umur kehamilan 4-42 Minggu dan tercatat telah melahirkan di Puskesmas Tilango Kabupaten Gorontalo periode 2014. Pengambilan sampel menggunakan *total sampling* didapatkan 64 Responden dengan analisa data menggunakan Uji *Pearson*.

Hasil Penelitian menunjukkan bahwa yang berstatus gizi NON KEK (LILA $\geq 23,5$ cm) dan melahirkan bayi dengan NON BBLR (≥ 2500 gram) sebanyak (57,8%) dan yang berstatus gizi KEK (LILA $< 23,5$ cm) dan melahirkan bayi BBLR (< 2500 gram) sebanyak (21.9%). Hasil uji statistika didapatkan $p=0,000$ atau $p \leq 0.05$. Kesimpulannya terdapat hubungan antara status gizi ibu hamil dengan berat badan bayi baru lahir di puskesmas Tilango Kabupaten Gorontalo. Disarankan agar ibu hamil memperhatikan pemenuhan gizi selama kehamilan agar janin yang dilahirkan dalam kondisi sehat dan memiliki berat badan lahir normal.

Kata kunci : Status Gizi, ibu hamil, berat badan lahir