

ABSTRAK

HUBUNGAN FREKUENSI PEMERIKSAAN ANC DENGAN STATUS GIZI IBU HAMIL DI PUSKESMAS PAMOLOKAN

Oleh: Awalina Apriyanti

Ibu hamil dengan status gizi yang kurang baik dapat meningkatkan risiko tidak berkembangnya janin, kecatatan pada bayi, berat lahir rendah, dan kematian bayi di kandungan ibu. Manfaat pelayanan ANC pada ibu hamil adalah mengenali masalah status gizi (KEK) secara dini sehingga dapat diatasi segera dan meminimalisir morbiditas/ mortalitas maternal dan neonatal. Tujuan penelitian untuk mengetahui hubungan frekuensi pemeriksaan ANC dengan status gizi ibu hamil di Puskesmas Pamolokan.

Metode penelitian analitik korelasional dengan desain *cross sectional*. Populasi ibu hamil di Puskesmas Pamolokan sebanyak 86, sampel 71, teknik sampling *simple random sampling*. Variable independen frekuensi pemeriksaan ANC dan variabel dependen status gizi. Tempat Puskesmas Pamolokan. Instrument penelitian menggunakan lembar observasi, Lila. Analisa data menggunakan *chi square*.

Hasil penelitian menunjukkan sebagian besar frekuensi ANC responden adalah ≥ 6 kali, yaitu sebanyak 36 responden (50,7%). sebagian besar status gizi responden adalah tidak KEK, yaitu sebanyak 44 responden (62,0%). Ada hubungan frekuensi pemeriksaan ANC dengan status gizi ibu hamil di puskesmas pamolokan (*p value* $0,001 < 0,05$).

Bidan memberikan promosi kesehatan tentang pentingnya pelayanan ANC untuk memantau kesehatan, mendeteksi kelainan/ penyakit, dan penanganan segera pada ibu selama kehamilan. Inovasi pelayanan ANC dilakukan jika sasaran ibu hamil tidak memanfaatkan pelayanan ≥ 6 kali. Bidan melakukan sweeping dengan mengunjungi rumah ibu hamil agar mendapatkan pelayanan ANC.

Kata kunci: frekuensi ANC, status gizi, ibu hamil

ABSTRACT

THE RELATIONSHIP OF ANC EXAMINATION FREQUENCY AND NUTRITIONAL STATUS OF PREGNANT WOMEN AT PAMOLOKAN HEALTH CENTER

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Pregnant women with poor nutritional status can increase the risk of not developing the fetus, birth defects, low birth weight, and death of the baby in the mother's womb. The benefit of ANC services for pregnant women is recognizing nutritional status (KEK) problems early so that they can be addressed immediately and minimize maternal and neonatal morbidity/mortality. The aim of the research was to determine the relationship between the frequency of ANC examinations and the nutritional status of pregnant women at the Pamolokan Community Health Center.

Correlational analytical research method with cross sectional design. The population of pregnant women at the Pamolokan Health Center was 86, a sample of 71, simple random sampling technique. The independent variable is the frequency of ANC examinations and the dependent variable is nutritional status. Pamolokan Health Center location. The research instrument uses an observation sheet, Lila. Data analysis using chi square.

The research results showed that the majority of respondents' ANC frequency was ≥ 6 times, namely 36 respondents (50.7%). Most of the respondents' nutritional status was not KEK, namely 44 respondents (62.0%). There is a relationship between the frequency of ANC examinations and the nutritional status of pregnant women at Pamolokan Community Health Center (p value $0.001 < 0.05$).

Midwives provide health promotion about the importance of ANC services to monitor health, detect abnormalities/diseases, and provide immediate treatment to mothers during pregnancy. ANC service innovation is carried out if the target pregnant woman does not use the service ≥ 6 times. Midwives carry out sweeping by visiting pregnant women's homes to get ANC services.

Key words: ANC frequency, nutritional status, pregnant women