

ABSTRAK

Abstrak

UNIVERSITAS MUHAMMADIYAH JEMBER
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Hubungan Status Ekonomi Keluarga dengan Status Gizi Ibu Hamil di Puskesmas
Candijati Kecamatan Arjasa Kabupaten Jember

xi +76 Halaman + 1 Bagan + 5 Tabel + 14 Lampiran

Abstrak

Kehamilan merupakan salah satu fase yang penting dalam kehidupan, terutama bagi wanita yang sudah menikah. Sehingga, kehamilan memerlukan perhatian khusus terutama dari segi pencukupan kebutuhan energi dan zat gizinya. Sehingga, kualitas asupan makanan ibu sebelum dan selama kehamilan dapat mempengaruhi kesehatan ibu dan juga bayinya, Kondisi kekurangan gizi pada ibu hamil akan menimbulkan banyak masalah, baik pada ibu ataupun janin yang dikandungnya, antara lain anemia, perdarahan dan berat badan ibu tidak bertambah secara normal. Asupan gizi ibu hamil dipengaruhi oleh berbagai faktor internal dan eksternal yang dimiliki ibu hamil dan keluarganya yaitu faktor status ekonomi rumah tangga. Penelitian ini bertujuan untuk menganalisis Hubungan Status Ekonomi Keluarga Dengan Status Gizi pada Ibu Hamil Di Puskesmas Arjasa Kabupaten Jember. Penelitian ini merupakan penelitian korelasi dengan pendekatan *cross sectional*. Populasi dalam penelitian ini adalah ibu hamil Trimester 1-3 yang berjumlah 72 ibu hamil. Sampel penelitian yang diambil 61 responden ibu hamil dengan teknik pengambilan sampel menggunakan *proportional random sampling*. Analisa data menggunakan *spearman rank (Rho)* dengan ketentuan $\alpha < 0,05$. Hasil penelitian menunjukkan nilai ρ $0,000 < 0,05$ yang artinya H_1 diterima. Ada Hubungan Status Ekonomi Keluarga Dengan Status Gizi pada Ibu Hamil Di Puskesmas Arjasa Kabupaten Jember dengan keeratan korelasi (r) sedang dan arah korelasi positif, dimana peningkatan status ekonomi akan disertai dengan semakin besar nilai gizi ibu hamil. Rekomendasi penelitian ini yaitu Melakukan edukasi dan pemantauan gizi pada ibu hamil secara rutin dan berkala untuk meningkatkan pengetahuan serta sebagai perencanaan asupan nutrisi bagi ibu hamil. Edukasi tidak hanya berupa teori saja, namun termasuk penerapannya dalam kehidupan sehari-hari.

Kata Kunci: Status Ekonomi, Status Gizi

Daftar Pustaka:37 (2017-2023)

ABSTRACT

Abstact

MUHAMMADIYAH UNIVERSITY OF JEMBER
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The Relationship between Family Economic Status and Nutritional Status of Pregnant Women at Candijati Community Health Center, Arjasa District, Jember Regency

xi +76 Pages + 1 Chart + 5 Tables + 14 Attachments

Abstract

Pregnancy is one of the most important phases in life, especially for married women. So, pregnancy requires special attention, especially in terms of meeting its energy and nutrient needs. So, the quality of the mother's food intake before and during pregnancy can affect the health of the mother and also the baby, the condition of malnutrition in pregnant women will cause many problems, both in the mother and the fetus she is carrying, including anemia, bleeding and the mother's weight does not gain normally. Pregnant women's nutritional intake is influenced by various internal and external factors owned by pregnant women and their families, namely household economic status factors. This study aims to analyze the relationship between family economic status and nutritional status in pregnant women at the Arjasa Health Center, Jember Regency. This study is a correlation research with a cross sectional approach. The population in this study is pregnant women in Trimester 1-3 which totals 72 pregnant women. The research sample was taken from 61 pregnant women respondents with sampling techniques using proportional random sampling. Data analysis uses spearman rank (Rho) with the provision of $\alpha < 0.05$. The results of the study showed a value of $\rho 0.000 < 0.05$ which means H_1 was accepted. There is a Relationship between Family Economic Status and Nutritional Status in Pregnant Women at the Arjasa Health Center, Jember Regency with a close correlation (r) of medium and a positive correlation direction, where the increase in economic status will be accompanied by the greater nutritional value of pregnant women. The recommendation of this study is to conduct education and nutritional monitoring for pregnant women regularly and periodically to increase knowledge and as a planning of nutritional intake for pregnant women. Education is not only in the form of theory, but also includes its application in daily life.

*Keywords : Economic Status, Nutritional Status
Bibliography: 18(2017-2023)*