

Abstrak

UNIVERSITAS MUHAMMADIYAH JEMBER  
PROGRAM STUDI S1 KEPERAWATAN  
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Robit Nor Ali

Hubunga Pola Makan Ibu Saat Hamil dengan Berat Badan Lahir Bayi di Desa Wringinpitu Wilayah Kerja Puskesmas Tegaldlimo Banyuwangi

XV + 75 Halaman + 18 Tabel + 1 Bagan + 11 Lampiran

**Abstrak**

**Pendahuluan:** Masa kehamilan merupakan bagian dari periode Window of Opportunity atau juga di sebut dengan masa emas untuk proses tumbuh kembang janin yang singkat. Pada periode ini merupakan masa-masa di mana kita bisa melakukan sesuatu upaya yang dapat meningkatkan proses pertumbuhan dan perkembangan bayi. Jumlah konsumsi Kkal ibu selama hamil merupakan salah satu faktor yang dapat berpengaruh terhadap berat badan lahir bayi.

**Metode:** Desain penelitian yang digunakan studi korelasional dengan pendekatan cross sectional retrospectif dengan menggunakan teknik sampling Cluster sampling sampel penelitian ini adalah seluruh ibu-ibu yang memiliki bayi usia 0-12 bulan.

**Hasil:** Analisa data Bivariat menggunakan Chi Square 2x2 dengan uji Fisher's Exact Test (pvalue=0,001) ( $\alpha = <0,05,$ ) serta Odd Ratio (OR=57.750) artinya terdapat hubungan yang signifikan antara pola makan ibu saat hamil dengan berat badan lahir bayi bayi di Desa Wringinpitu wilayah kerja Puskesmas Tegaldlimo Banyuwangi, pola makan ibu hamil yang memenuhi kebutuhan Kkal hariannya memiliki peluang 57 kali melahirkan bayi dengan berat badan lahir normal.

**Diskusi:** Hasil penelitian ini diharapkan dapat digunakan bagi pelayanan keperawatan sebagai landasan teori dan acuan dalam memberikan edukasi dan konseling mengenai pentingnya asupan nutrisi dan pola makan bagi ibu hamil.

Kata Kunci : Pola Makan, Ibu Hamil, Berat Badan Lahir Bayi

Daftar Pustaka : 42 (2009-2019)

Abstract

**MUHAMMADIYAH UNIVERSITY OF JEMBER  
NURSING S1 STUDY PROGRAM  
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Robit Nor Ali

The Relationship of Mother's Eating Pattern during Pregnancy with Body Born in Wringinpitu Village, Tegaldlimo Health Center, Banyuwangi

XV + 75 Pages + 18 Tables + 1 Chart + 11 Appendices

**Abstract**

**Introduction:** *The period of pregnancy is part of the Window of Opportunity period or also called the Golden Age for short fetal growth process. In this period it is a time when we can do something that can improve the growth and development of the baby. The amount of consumption of Kkal mothers during pregnancy is one of the factors that can affect baby's birth weight*

**Method:** *The research design used was a correlational study with a cross sectional retrospective approach, the sampling technique used cluster sampling with samples of mothers who had babies aged 0-12 months.*

**Results:** *Analysis of data using Chi Square 2x2 with Fisher's Exact Test obtained (pvalue = 0.001) ( $\alpha = <0.05,$ ) and Odd Ratio (OR = 57.750) means that there is a significant relationship between maternal diet during pregnancy with body weight birth of a baby in Wringinpitu village, the working area of the Tegaldlimo Banyuwangi Community Health Center, the diet of pregnant women who meet the needs of Kcal, has 57 chances to give birth to babies with normal birth weight.*

**Discussion:** *in developing countries such as Indonesia there are still many eating patterns for pregnant women who do not prioritize the quality of food, but there are still many eating patterns for pregnant women by increasing the amount or portion of food. Maternal eating patterns during pregnancy should not be increased by the amount of food but should also improve the quality of food consumed during pregnancy*

**Keywords:** *Diet, Pregnant Women, Weight Loss Baby Birth*

**Bibliography:** 42 (2009-2019)