

ABSTRAK

UNIVERSITAS MUHAMMADIYAH JEMBER
PROGRAM STUDI S1-ILMU KEPERAWATAN
FAKULTAS ILMU KESEHATAN

Skripsi, Juni 2026
Anggih Nadiatul Jannah

Hubungan Usia dan Status Gizi Ibu dengan Kejadian Berat Badan Lahir Rendah (BBLR) pada Ibu Primipara di Wilayah Kerja Puskesmas Panti

xix + 108 hal + 18 tabel + 2 gambar + 12 lampiran

Abstrak

Berat Badan Lahir Rendah (BBLR) adalah salah satu masalah kesehatan yang menyebabkan tingginya angka penyakit dan kematian pada bayi baru lahir. Berbagai faktor memiliki pengaruh terhadap terjadinya BBLR, termasuk usia ibu dan kondisi gizi selama masa kehamilan. Penelitian ini bertujuan untuk mengetahui hubungan usia dan status gizi dengan kejadian BBLR pada ibu primipara di wilayah kerja Puskesmas Panti. Penelitian ini menerapkan pendekatan kuantitatif bersifat korelasional dengan desain *cross-sectional* retrospektif. Populasi yang menjadi objek penelitian adalah seluruh ibu yang baru pertama kali melahirkan di kawasan Puskesmas Panti, dengan jumlah sampel mencapai 91 responden yang diambil melalui metode total sampling. Data diperoleh melalui Google Forms serta data sekunder dari buku Kesehatan Ibu dan Anak (KIA), kemudian dianalisis secara univariat dan bivariat menggunakan uji *Chi-Square*. Hasil analisis univariat menunjukkan bahwa sebagian besar ibu berada dalam rentang usia matang (20–35 tahun) (79,1%), status gizi ibu mayoritas normal (70,1%), dan sebagian kecil (15,4%) menunjukkan adanya Berat Badan Lahir Rendah (BBLR). Hasil analisis bivariat menunjukkan adanya hubungan antara usia ibu dengan kejadian BBLR ($p = 0,002$; OR = 6). Di sisi lain, tidak ditemukan hubungan antara status gizi ibu dengan terjadinya BBLR ($p = 0,070$). Implikasi bagi pelayanan kesehatan menekankan pentingnya peran tenaga kesehatan dalam memastikan usia ibu dan memantau kondisi gizi selama kehamilan sebagai bagian dari perawatan prenatal untuk mencegah terjadinya BBLR.

Kata kunci: BBLR; usia ibu; status gizi; IMT; primipara

ABSTRACT

MUHAMMADIYAH UNIVERSITY OF JEMBER
BACHELOR OF NURSING PROGRAM
FACULTY OF HEALTH SCIENCE

Skripsi, June 2026
Anggih Nadiatul Jannah

The Relationship Between Maternal Age and Nutritional Status with the Incidence of Low Birth Weight (LBW) in Primiparous Mothers in the Working Area of Puskesmas Panti

xix + 108 pages + 18 tables + 2 figures + 12 appendices

Abstract

Low Birth Weight (LBW) is a health problem that causes high rates of illness and death in newborns. Various factors influence the occurrence of LBW, including maternal age and nutritional status during pregnancy. This study aims to determine the relationship between age and nutritional status with the incidence of LBW in primiparous mothers in the Panti Community Health Center (Puskesmas Panti) working area. This study applies a quantitative correlational approach with a retrospective cross-sectional design. The population of the study was all mothers who gave birth for the first time in the Panti Community Health Center area, with a sample size of 91 respondents taken using the total sampling method. Data were obtained through Google Forms and secondary data from Maternal and Child Health (KIA) books, then analyzed univariately and bivariately using the Chi-Square test. The results of the univariate analysis showed that most mothers were in the mature age range (20–35 years) (79.1%), the nutritional status of the majority of mothers was normal (70.1%), and a small proportion (15.4%) showed Low Birth Weight (LBW). Bivariate analysis results showed a relationship between maternal age and the incidence of LBW ($p = 0.002$; $OR = 6$). Conversely, no relationship was found between maternal nutritional status and the incidence of LBW ($p = 0.070$). Implications for health services emphasize the importance of health workers in determining maternal age and monitoring nutritional status during pregnancy as part of prenatal care to prevent LBW.

Keywords: LBW; maternal age; nutritional status; BMI; primiparous