

Abstrak

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Hubungan Konsumsi Protein dengan Ukuran Lingkar Lengan Atas (LILA) pada Ibu Hamil di Wilayah Kerja Puskesmas Umbulsari

Abstrak

Pendahuluan: Konsumsi protein yang cukup selama kehamilan berperan penting dalam mendukung pertumbuhan janin dan mempertahankan status gizi ibu. Kekurangan protein dapat memengaruhi cadangan energi dan protein tubuh yang dapat dilihat melalui ukuran Lingkar Lengan Atas (LILA). Penelitian ini bertujuan untuk mengetahui hubungan konsumsi protein dengan ukuran Lingkar Lengan Atas (LILA) pada ibu hamil di wilayah kerja Puskesmas Umbulsari. **Metode:** Penelitian ini menggunakan desain korelasional dengan pendekatan cross sectional. Sampel penelitian sebanyak 129 ibu hamil yang dipilih menggunakan teknik sampling sesuai kriteria penelitian. Pengumpulan data konsumsi protein menggunakan kuesioner dan pengukuran LILA menggunakan pita LILA. Analisis data menggunakan uji Spearman Rank dengan $\alpha \leq 0,05$. **Hasil:** Sebagian besar ibu hamil memiliki konsumsi protein kategori baik sebanyak 54 orang (41,9%) dan ukuran LILA kategori normal sebanyak 118 orang (91,5%). Hasil uji Spearman Rank menunjukkan terdapat hubungan signifikan antara konsumsi protein dengan ukuran LILA (p value $< 0,001$; $r = 0,583$). **Kesimpulan:** Terdapat hubungan positif dengan kekuatan sedang antara konsumsi protein dengan ukuran Lingkar Lengan Atas (LILA) pada ibu hamil di wilayah kerja Puskesmas Umbulsari.

Kata Kunci: Ibu Hamil, Konsumsi Protein, Lingkar Lengan Atas (LILA)

Daftar Pustaka: 36 (2018-2025)

Abstract

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The Relationship Between Protein Consumption and Upper Arm Circumference (MUAC) in Pregnant Women in the Umbulsari Community Health Center Work Area

Abstract

Introduction: Adequate protein intake during pregnancy plays an important role in supporting fetal growth and maintaining maternal nutritional status. Insufficient protein intake may affect body energy and protein reserves, which can be reflected through the Mid Upper Arm Circumference (MUAC). This study aimed to determine the relationship between protein consumption and Mid Upper Arm Circumference (MUAC) among pregnant women in the working area of Umbulsari Public Health Center. **Methods:** This study used a correlational design with a cross-sectional approach. The sample consisted of 129 pregnant women selected using the appropriate sampling technique based on the research criteria. Data on protein consumption were collected using a questionnaire, while MUAC was measured using a MUAC measuring tape. Data analysis was performed using the Spearman Rank test with a significance level of $\alpha \leq 0.05$. **Results:** Most pregnant women had good protein consumption, with 54 respondents (41.9%), and most had normal MUAC, with 118 respondents (91.5%). The Spearman Rank test showed a significant relationship between protein consumption and MUAC ($p\text{-value} < 0.001$; $r = 0.583$). **Conclusion:** There was a positive relationship with moderate strength between protein consumption and Mid Upper Arm Circumference (MUAC) among pregnant women in the working area of Umbulsari Public Health Center.

Keywords: Protein Consumption, Mid-Upper Arm Circumference (MUAC), Pregnant Women.

References: 36 (2018–2025)