

Hubungan Asupan Zat Gizi, Lila (Lingkar Lengan Atas), Kadar Hb, dan Usia Ibu Hamil Dengan Berat dan Panjang Bayi Lahir

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ABSTRAK

Latar belakang : Ketersediaan asupan yang memadai bagi janin adalah faktor utama dalam memastikan bahwa ibu hamil melahirkan bayi yang sehat, dengan berat yang sesuai dengan usia kehamilan dan tanpa adanya keterlambatan pertumbuhan yang dapat menyebabkan kematian perinatal.

Tujuan : Tujuan dari penelitian ini untuk mengetahui hubungan asupan zat gizi, LILA (Lingkar Lengan Atas), kadar Hb, dan usia ibu hamil dengan berat dan panjang bayi saat lahir.

Metode: Jenis penelitian ini observasional analitik dengan pendekatan belah lintang. Subjek penelitian ibu hamil berusia 15-49 tahun di 14 Puskesmas di Kota Semarang. Data berat dan panjang bayi saat lahir diperoleh dari buku Kesehatan Ibu dan Anak (KIA). Data asupan dikumpulkan melalui wawancara dan pengisian kuesioner recall 2x24 jam. Analisis hubungan menggunakan uji korelasi Pearson dan uji korelasi Spearman. Analisis multivariat menggunakan uji regresi linear berganda.

Hasil : Hasil penelitian ini menunjukkan ada hubungan LILA dengan berat bayi lahir ($p=0,002$) dan panjang bayi lahir ($p=0,043$). Variabel usia ibu, kadar Hb, dan asupan energi, protein, serta lemak tidak terdapat hubungan yang signifikan dengan berat dan panjang bayi lahir.

Simpulan : Ada hubungan antara LILA dengan berat dan panjang bayi lahir. Namun tidak ada hubungan antara usia kadar Hb, asupan energi, protein, dan lemak dengan berat dan panjang bayi lahir serta usia ibu dengan panjang bayi.

Kata Kunci : berat lahir, panjang lahir, asupan , LILA, kadar Hb, usia

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Relationship between Nutrient Intake, Lila (Upper Arm Circumference), Hb Level, and Age of Pregnant Women with Birth Weight and Length of Infants

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ABSTRACT

Background : The availability of adequate intake for the fetus is a major factor in ensuring that pregnant women deliver healthy babies, with a weight appropriate for gestational age and without any growth delays that can lead to perinatal mortality.

Objective : This study aims to determine the relationship of nutrient intake, LILA (Upper Arm Circumference), Hb levels, and age of pregnant women with birth weight and length.

Method : This type of research is analytic observational with a cross-sectional approach. The subjects were pregnant women aged 15-49 years in 14 health centers in Semarang City. Data on the weight and length of the baby at birth were obtained from the Maternal and Child Health (MCH) book. Intake data were collected through interviews and 2x24 hour recall questionnaires. Association analysis used Pearson correlation test and Spearman correlation test. Multivariate analysis used multiple linear regression test.

Result : The results of this study showed that there was a relationship between LILA with birth weight ($p=0.002$) and birth length ($p=0.043$). The variables of maternal age, Hb level, and intake of energy, protein, and fat did not have a significant relationship with birth weight and length..

Conclusion : There is a relationship between LILA and birth weight and length of babies. However, there is no relationship between age, Hb level, energy intake, protein, and fat with birth weight and length of babies and maternal age with length of babies.

Keyword : birth weight, birth length, intake, LILA, Hb level, age

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