Hubungan Frekuensi Antenatal Care (ANC) dan Status Gizi Ibu Hamil dengan Berat Badan Lahir (BBL) Bayi di Kota Semarang

Nuzul 'Ainunni'mah[1], Ayu Rahadiyanti[1], Hartanti Sandi Wijayanti[1], Enny Probosari[1]

*Korespondensi : nuzulainunnimah@students.undip.ac.id

ABSTRAK

Latar Belakang : Ibu hamil dapat mengalami masalah kesehatan yang mempengaruhi janin, seperti berat bayi lahir rendah. Berat badan lahir (BBL) bayi merupakan indikator penting pada kesehatan janin dan neonatal karena berkaitan dengan risiko kematian neonatal dan morbiditas jangka panjang. BBL dapat dipengaruhi oleh frekuensi kunjungan *antenatal care* (ANC), status gizi ibu, pekerjaan, usia, pendidikan, preeklamsia, dan paritas.

Tujuan : Menganalisis hubungan frekuensi kunjungan ANC dan status gizi ibu hamil dengan BBL bayi di Kota Semarang.

Metode : Penelitian kuantitatif dengan desain *cohort prospective* yang dilakukan di Kota Semarang dari Juli-September 2024. Sampel terdiri dari 43 subjek dengan teknik *purposive sampling*. Variabel frekuensi kunjungan ANC, status gizi ibu, pekerjaan, pendidikan, paritas, preeklamsia, usia, dan BBL bayi diperoleh melalui wawancara dan catatan pada buku KIA. Data dianalisis menggunakan uji *chisquar*e, *fisher exact*, dan regresi logistik.

Hasil : 37,21% ibu hamil melahirkan bayi dengan berat badan lahir rendah. Hasil analisis multivariat menunjukkan nilai frekuensi ANC (p= 0,005; RR=30,207), status gizi ibu hamil (p= 0,011; RR=12,596), dan pekerjaan ibu (p= 0,040; RR=7,002) berhubungan dengan BBL bayi.

Simpulan : Terdapat hubungan antara frekuensi ANC, status gizi ibu hamil, dan pekerjaan ibu dengan BBL bayi di Kota Semarang. Frekuensi ANC merupakan faktor yang paling berhubungan dengan BBL bayi.

Kata Kunci : frekuensi ANC, status gizi ibu, berat badan lahir bayi, ibu hamil

[1]Program Studi Gizi, Fakultas Kedokteran, Universitas Diponegoro, Semarang

The Relationship between Frequency of Antenatal Care (ANC) and Nutritional Status of Pregnant Women with Baby's Birth Weight in Semarang

Nuzul 'Ainunni'mah[1], Ayu Rahadiyanti[1], Hartanti Sandi Wijayanti[1], Enny Probosari[1]

Correspondence : nuzulainunnimah@students.undip.ac.id

ABSTRACT

Background : *Pregnant women can have health problems that affect the fetus, such as low birth weight. Baby's birth weight is an important indicator of fetal and neonatal health as it is associated with the risk of mortality and long-term morbidity. Baby's birth weight can be influenced by the frequency of ANC, maternal nutritional status, occupation, age, education, preeclampsia, and parity.*

Objective : *Analyzed the relationship between frequency of ANC and nutritional status of pregnant women with baby's birth weight in Semarang*

Methods : *Quantitative study with a prospective cohort design conducted in Semarang from July-September 2024. The sample size was 43 subjects using a purposive sampling technique. The variable of frequency of ANC, maternal nutritional status, occupation, education, parity, preeclampsia, age, and baby's birth weight were obtained through interviews and Maternal and Child Health book. Data were analyzed using chisquare test, fisher exact test, and logistic regression.*

Results : *37,21% of pregnant women gave birth to low birth weight babies. Multivariat test result that frequency of ANC (p= 0.005; RR=30,207), nutritional status of pregnant women (p= 0.011; RR=12,596), dan mother's occation (p= 0.040; RR=7,002) associated with baby's birth weight.*

Conclusion : *Frequency of ANC, nutritional status of pregnant women, and mother's occation associated with baby's birth weight in Semarang. Frequency ANC is the most associated factor with baby's birth weight.*

Keywords : *frequency of ANC, maternal nutritional status, baby's birth weight, pregnant women*

[1]*Nutrience Science Departement, Faculty of Medicine, Diponegoro University, Semarang*