

1. Hubungan Pola Makan Ibu Hamil dengan Pertambahan Berat Badan Selama Kehamilan di Wilayah Kerja Puskesmas Culamega Kabupaten Tasikmalaya Tahun 2026

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ABSTRAK

Latar Belakang: Pola makan selama kehamilan berperan penting dalam pemenuhan kebutuhan gizi ibu dan janin serta memengaruhi pertambahan berat badan selama kehamilan. Pertambahan berat badan yang tidak sesuai rekomendasi dapat meningkatkan risiko komplikasi kehamilan dan gangguan pertumbuhan janin. Di wilayah kerja Puskesmas Culamega masih ditemukan ibu hamil dengan pertambahan berat badan yang belum sesuai rekomendasi. **Tujuan:** Mengetahui hubungan antara pola makan ibu hamil dengan pertambahan berat badan selama kehamilan di wilayah kerja Puskesmas Culamega Kabupaten Tasikmalaya Tahun 2026. **Metode:** Penelitian kuantitatif dengan desain deskriptif korelasional dan pendekatan *cross-sectional*. Sampel sebanyak 85 ibu hamil dipilih menggunakan teknik *total sampling*. Data pola makan dikumpulkan melalui kuesioner skala Likert, sedangkan data pertambahan berat badan diperoleh dari Buku KIA dan catatan ANC. Analisis data menggunakan uji korelasi Spearman Rank dengan tingkat kemaknaan $\alpha = 0,05$. **Hasil:** Sebagian besar responden memiliki pola makan kategori cukup sebanyak 51 orang (60,0%), sedangkan pertambahan berat badan kategori normal sebanyak 56 orang (65,9%). Hasil uji Spearman Rank menunjukkan nilai $\rho = 0,111$ dengan $p = 0,313$ ($p > 0,05$), yang berarti tidak terdapat hubungan yang signifikan antara pola makan ibu hamil dengan pertambahan berat badan selama kehamilan. **Simpulan:** Tidak terdapat hubungan yang signifikan antara pola makan ibu hamil dengan pertambahan berat badan selama kehamilan di wilayah kerja Puskesmas Culamega Kabupaten Tasikmalaya Tahun 2026.

Kata Kunci: ibu hamil, kehamilan, pola makan, pertambahan berat badan..

*The Relationship Between Dietary Patterns of Pregnant Women and Weight Gain
During Pregnancy in the Working Area of Culamega Public Health Center,
Tasikmalaya Regency, 2026*

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ABSTRACT

Background: Dietary patterns during pregnancy play an important role in meeting maternal and fetal nutritional needs and influencing gestational weight gain. Inadequate or excessive weight gain may increase the risk of pregnancy complications and poor fetal outcomes. Preliminary findings at Culamega Public Health Center indicated that some pregnant women experienced gestational weight gain outside the recommended range.

Objective: To determine the relationship between dietary patterns and gestational weight gain among pregnant women in the working area of Culamega Public Health Center, Tasikmalaya Regency, in 2026.

Methods: A quantitative study with a descriptive correlational design and a cross-sectional approach was conducted. A total of 85 pregnant women were included using total sampling. Dietary patterns were assessed using a validated Likert-scale questionnaire, while gestational weight gain data were obtained from Maternal and Child Health (MCH) books and antenatal care records. Data were analyzed using the Spearman Rank correlation test with a significance level of $\alpha = 0.05$.

Results: Most respondents had a moderate dietary pattern (51 respondents; 60.0%) and normal gestational weight gain (56 respondents; 65.9%). The Spearman Rank test showed $\rho = 0.111$ with $p = 0.313$ ($p > 0.05$), indicating no statistically significant relationship between dietary patterns and gestational weight gain.

Conclusion: There was no significant relationship between dietary patterns of pregnant women and gestational weight gain in the working area of Culamega

Public Health Center, Tasikmalaya Regency, in 2026.

Keywords: *Dietary pattern, pregnant women, weight gain, pregnancy.*