

ABSTRAK

Kekurangan Energi Kronis (KEK) pada ibu hamil dapat meningkatkan risiko gangguan kesehatan ibu dan janin. Penelitian ini bertujuan mengetahui hubungan pola makan ibu hamil dengan kejadian KEK di wilayah kerja Puskesmas Padaherang. Penelitian menggunakan metode kuantitatif dengan desain observasional analitik dan pendekatan *cross-sectional*. Sampel terdiri atas 53 ibu hamil yang dipilih menggunakan teknik *purposive sampling*. Data pola makan dikumpulkan melalui kuesioner, sedangkan status KEK ditentukan berdasarkan pengukuran Lingkar Lengan Atas (LILA). Analisis data menggunakan uji *Pearson Chi-Square*. Hasil penelitian menunjukkan bahwa sebagian besar responden memiliki pola makan baik, yaitu 36 orang (67,9%), dan sebagian besar tidak mengalami KEK, yaitu 29 orang (54,7%). Pada kelompok dengan pola makan kurang, mayoritas responden mengalami KEK, yaitu 14 orang (82,4%). Hasil uji statistik menunjukkan terdapat hubungan yang bermakna antara pola makan ibu hamil dan kejadian KEK ($X^2=13,881$; $p<0,001$). Disimpulkan bahwa pola makan berhubungan dengan kejadian KEK pada ibu hamil di wilayah kerja Puskesmas Padaherang.

Kata kunci: ibu hamil, kekurangan energi kronis, pola makan

ABSTRACT

Chronic Energy Deficiency (CED) during pregnancy may increase health risks for both mothers and fetuses. This study aimed to determine the relationship between maternal dietary patterns and the incidence of CED in the working area of Padaherang Public Health Center. This quantitative study employed an analytical observational design with a cross-sectional approach. The sample consisted of 53 pregnant women selected using purposive sampling. Dietary pattern data were collected through a questionnaire, while CED status was determined by measuring Mid-Upper Arm Circumference (MUAC). Data were analyzed using the Pearson Chi-Square test. The results showed that most respondents had good dietary patterns, accounting for 36 women (67.9%), and most did not experience CED, accounting for 29 women (54.7%). Among respondents with poor dietary patterns, the majority experienced CED, accounting for 14 women (82.4%). Statistical analysis demonstrated a significant relationship between maternal dietary patterns and the incidence of CED ($X^2=13.881$; $p<0.001$). It was concluded that dietary patterns were significantly associated with the incidence of CED among pregnant women in the working area of Padaherang Public Health Center.

Keywords: *chronic energy deficiency, dietary patterns, pregnant women*