ABSTRAK

Kurang Energi Kronis (KEK) pada ibu hamil dapat meningkatkan risiko gangguan kesehatan ibu dan janin. Pengetahuan mengenai gizi seimbang berperan dalam mendukung pemenuhan kebutuhan gizi selama kehamilan. Penelitian ini bertujuan mengetahui hubungan pengetahuan ibu hamil tentang gizi seimbang dengan kejadian KEK di Puskesmas Padaherang. Penelitian menggunakan metode kuantitatif dengan desain analitik observasional dan pendekatan *cross-sectional*. Sampel terdiri atas 52 ibu hamil yang dipilih melalui *purposive sampling*. Data pengetahuan dikumpulkan menggunakan kuesioner berisi 28 pernyataan, sedangkan kejadian KEK ditentukan melalui pengukuran Lingkar Lengan Atas (LILA), dengan batas <23,5 cm. Data dianalisis menggunakan uji *Pearson Chi-Square*. Hasil penelitian menunjukkan bahwa 33 responden (63,5%) memiliki pengetahuan baik dan 19 responden (36,5%) memiliki pengetahuan kurang. Sebanyak 25 responden (48,1%) mengalami KEK. KEK ditemukan pada 94,7% ibu berpengetahuan kurang dan 21,2% ibu berpengetahuan baik. Hasil analisis menunjukkan hubungan yang signifikan antara pengetahuan tentang gizi seimbang dan kejadian KEK (χ^2=26,112; p<0,001). Penelitian ini menyimpulkan bahwa pengetahuan ibu hamil tentang gizi seimbang berhubungan secara bermakna dengan kejadian KEK.

Kata kunci: gizi seimbang, ibu hamil, kurang energi kronis, pengetahuan

ABSTRACT

Chronic Energy Deficiency (CED) during pregnancy can increase the risk of adverse maternal and fetal health outcomes. Knowledge of balanced nutrition supports the fulfillment of nutritional requirements during pregnancy. This study aimed to determine the association between pregnant women's knowledge of balanced nutrition and CED incidence at Padaherang Public Health Center. This quantitative study employed an observational analytic design with a cross-sectional approach. The sample comprised 52 pregnant women selected through purposive sampling. Knowledge data were collected using a questionnaire containing 28 statements. CED was determined by measuring Mid-Upper Arm Circumference (MUAC), with a value below 23.5 cm classified as CED. Data were analyzed using the Pearson Chi-Square test. The results showed that 33 respondents (63.5%) had good knowledge, while 19 respondents (36.5%) had poor knowledge. A total of 25 respondents (48.1%) experienced CED. CED occurred among 94.7% of women with poor knowledge and 21.2% of those with good knowledge. The analysis demonstrated a significant association between knowledge of balanced nutrition and CED incidence ($\chi^2=26.112$; $p<0.001$). This study concludes that pregnant women's knowledge of balanced nutrition is significantly associated with CED incidence.

Keywords: *balanced nutrition, chronic energy deficiency, knowledge, pregnant women*