

**HUBUNGAN KARAKTERISTIK IBU HAMIL DENGAN KEJADIAN
KEKURANGAN ENERGI KRONIK (KEK) DI PUSKESMAS
WANAREJA I KABUPATEN CILACAP**

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ABSTRAK

Latar Belakang: Kekurangan Energi Kronik (KEK) pada ibu hamil masih menjadi masalah gizi yang dapat meningkatkan risiko komplikasi kehamilan, persalinan, serta luaran bayi yang tidak optimal. Kejadian KEK diduga dipengaruhi oleh berbagai karakteristik ibu hamil, antara lain usia, paritas, pendidikan, pekerjaan, jarak persalinan, dan penyakit penyerta. Tujuan: Penelitian ini bertujuan untuk menganalisis hubungan karakteristik ibu hamil (usia, paritas, pendidikan, pekerjaan, jarak persalinan, dan penyakit penyerta) dengan kejadian KEK. Metode: Penelitian ini menggunakan desain case-control. Populasi penelitian adalah seluruh ibu hamil yang tercatat dalam data rekam medis di Puskesmas Wanareja I Kabupaten Cilacap tahun 2026 sebanyak 607 orang. Sampel berjumlah 168 orang, terdiri dari 84 kasus (ibu hamil dengan KEK) yang diambil secara total sampling dan 84 kontrol (ibu hamil tanpa KEK) yang dipilih secara acak. Data dianalisis menggunakan uji Chi-Square pada tingkat kepercayaan 95%. Hasil: Sebagian besar responden berusia 20–35 tahun (60,7%), primipara (36,3%), berpendidikan menengah (39,9%), bekerja (54,8%), memiliki jarak persalinan <2 tahun (55,4%), dan memiliki penyakit penyerta (58,9%). Hasil uji statistik menunjukkan terdapat hubungan yang signifikan antara usia, paritas, pendidikan, pekerjaan, jarak persalinan, dan penyakit penyerta dengan kejadian KEK (p -value <0,001). Kesimpulan: Usia, paritas, pendidikan, pekerjaan, jarak persalinan, dan penyakit penyerta ibu hamil memiliki hubungan yang signifikan dengan kejadian KEK di Puskesmas Wanareja I Kabupaten Cilacap.

Kata Kunci: Kekurangan Energi Kronik, Karakteristik Ibu Hamil, Ibu Hamil

**THE RELATIONSHIP BETWEEN MATERNAL CHARACTERISTICS AND THE
INCIDENCE OF CHRONIC ENERGY DEFICIENCY (CED) AT PUSKESMAS
WANAREJA I, CILACAP REGENCY**

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ABSTRACT

Background: Chronic Energy Deficiency (CED) among pregnant women remains a nutritional problem that may increase the risk of complications during pregnancy and childbirth, as well as adverse birth outcomes. The occurrence of CED is thought to be influenced by various maternal characteristics, including age, parity, education, employment, birth spacing, and comorbidities. Objective: This study aimed to analyze the relationship between maternal characteristics (age, parity, education, employment, birth spacing, and comorbidities) and the occurrence of CED. Methods: This study employed a case-control design. The study population consisted of all pregnant women recorded in the medical records of Wanareja I Public Health Center, Cilacap Regency, in 2026, totaling 607 women. The sample consisted of 168 respondents, including 84 cases (pregnant women with CED) selected through total sampling and 84 controls (pregnant women without CED) selected randomly. Data were analyzed using the Chi-Square test at a 95% confidence level. Results: Most respondents were aged 20–35 years (60.7%), primiparous (36.3%), had secondary education (39.9%), were employed (54.8%), had a birth interval of less than 2 years (55.4%), and had comorbidities (58.9%). Statistical analysis showed significant relationships between age, parity, education, employment, birth spacing, and comorbidities and the occurrence of CED (p-value <0.001). Conclusion: Maternal age, parity, education, employment, birth spacing, and comorbidities were significantly associated with the occurrence of CED among pregnant women at Wanareja I Public Health Center, Cilacap Regency.

Keywords: Chronic Energy Deficiency, Maternal Characteristics, Pregnant Women

