

## INTISARI

**Latar belakang:** Bayi berat lahir rendah (BBLR) masih menjadi masalah kesehatan di masyarakat, karena menyebabkan mortalitas, morbiditas dan disabilitas neonatus. Upaya yang dapat dilakukan untuk mengurangi kasus BBLR ialah dengan melakukan *antenatal care* (ANC) secara teratur pada saat hamil. Tujuannya untuk meningkatkan kualitas ibu, janin dan bayi baru lahir melalui ANC. UNICEF (2015) estimasi BBLR di Indonesia sebesar 10%. Angka ini lebih besar dari target BBLR yang ditetapkan rencana pembangunan jangka menengah (RPJMN) pada tahun 2015-2019 sebesar 8%. *World Health Organization* (WHO) merekomendasikan untuk mengurangi kematian perinatal dan meningkatkan kemampuan perawatan wanita hamil agar melakukan minimal 8 kali kunjungan selama kehamilan.

**Tujuan:** menguji rekomendasi WHO mengenai kontak ANC minimal 8 kali dengan kejadian BBLR di Indonesia berdasarkan SDKI 2017.

**Metode:** Desain penelitian kohort retrospektif dengan jenis penelitian studi observasional. Sampel adalah semua wanita usia subur yang melahirkan dalam 5 tahun terakhir sebelum SDKI 2017. Pengujian data dilakukan dengan analisis univariabel, bivariabel, dan multivariabel. Analisis dilakukan dengan regresi logistik.

**Hasil:** Frekuensi ANC 8 kali terbukti menurunkan risiko BBLR dan semakin rendah kontak ANC maka risiko BBLR semakin besar. Tidak ditemukan insidensi BBLR yang lebih rendah pada ibu yang mendapatkan layanan ANC berkualitas dengan OR= 0,87 (95% CI: 0,65,1,95). Keterpaparan asap rokok, wilayah tempat tinggal Sulawesi, NTT dan NTB dan jarak kehamilan tidak mempengaruhi hubungan ANC dengan kejadian BBLR. Ibu yang melakukan ANC 1-3 kali kemungkinan risiko 2,4 kali dengan OR=2,40 (95% CI: 1,36-4,22) untuk mengalami BBLR dibandingkan ibu yang melakukan ANC  $\geq 8$  kali, sedangkan ibu yang melakukan ANC 4-7 kali kemungkinan risiko meningkat 46% dengan OR=1,46 (95% CI: 1,10-1,95) untuk mengalami BBLR dibandingkan ibu yang melakukan ANC  $\geq 8$  kali.

**Kesimpulan:** Ibu yang melakukan pemeriksaan kehamilan secara rutin minimal 8 kali sesuai dengan standar menjadi proteksi terjadinya BBLR.

**Kata Kunci:** *Antenatal Care*, BBLR, SDKI 2017

## ABSTRACT

**Background:** Low birth weight (LBW) is still a health problem in the community, because it causes mortality, morbidity and neonatal disability. Efforts that can be made to reduce LBW cases are by conducting antenatal care (ANC) regularly during pregnancy. The aim is to improve the quality of ANCs and improve the quality of mothers, fetuses and newborns associated with ANC. UNICEF in 2015 estimated LBW in Indonesia by 10%. This figure is greater than the LBW target set by the medium-term development plan (RPJMN) in 2015-2019 of 8%. World Health Organization (WHO) recommends reducing perinatal mortality and increasing the ability of care of pregnant women to make at least 8 visits during pregnancy.

**Objective:** To test WHO recommendation regarding ANC contact at least times with LBW events based on the 2017 IDHS.

**Methods:** This study used a retrospective cohort study design with an observational study research type. The sample in this study were all women of childbearing age who were respondents in the 2017 IDHS. Data testing was performed with univariable, bivariable, and multivariable analysis. The analysis was performed by logistic regression.

**Results:** The frequency of ANC 8 times has been proven to reduce the risk of LBW and the lower the ANC contact, the greater LBW risk. There was no lower incidence of LBW in women who received quality ANC services with OR = 0.87 (95% CI: 0.65-1.19). Exposure to cigarette smoke, the area of residence in Sulawesi, NTT and NTB and the distance of pregnancy did not affect the relationship of ANC with LBW events. Mothers who did ANC 1-3 times the possibility of risk 2.4 times with OR = 2.40 (95% CI: 1.36-4.22) to experience LBW compared to mothers who did ANC  $\geq 8$  times, while mothers who did ANC 4-7 times the probability of risk increased 46% with OR = 1.46 (95% CI: 1.10-1.95) to experience LBW compared to mothers who did ANC  $\geq 8$  times.

**Conclusion:** Mothers who routinely perform pregnancy checks at least 8 times in accordance with the standards become protection for LBW.

**Keywords:** Antenatal Care. LBW. 2017 IDHS