

HUBUNGAN ASUPAN ENERGI, PROTEIN, LEMAK, KARBOHIDRAT IBU HAMIL TERHADAP PENAMBAHAN BERAT BADAN KEHAMILAN SELAMA TIGA BULAN DI KECAMATAN TURI DAN KECAMATAN TEMPEL

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INTISARI

Latar Belakang: Indonesia menduduki peringkat ke-10 angka kematian neonatal tertinggi di dunia. Hal tersebut disebabkan tingginya kejadian BBLR. Salah satu penyebab kejadian BBLR adalah penambahan berat badan kehamilan yang kurang. Asupan makan ibu hamil berperan penting dalam penambahan berat badan selama kehamilan.

Tujuan: Mengetahui hubungan asupan energi, lemak, protein, dan karbohidrat ibu hamil dengan penambahan berat badan kehamilan serta mengidentifikasi variabel pengganggu (*confounder*) yang mempengaruhi hubungan tersebut.

Metode Penelitian: Penelitian ini menggunakan rancangan kohort retrospektif. Data primer dalam penelitian ini diperoleh dari Studi Kohort Ketahanan Pangan Rumah Tangga Terhadap Penambahan Berat Badan Ibu Hamil Selama Tiga Bulan yang dilaksanakan di wilayah kerja Puskesmas Turi dan Puskesmas Tempel 1 pada bulan Agustus 2015 hingga Februari 2016. Sejumlah 84 ibu hamil yang memenuhi kriteria inklusi seluruhnya dilibatkan dalam penelitian ini.

Hasil Penelitian: Tidak terdapat hubungan yang signifikan antara asupan energi, protein, lemak, dan karbohidrat dengan penambahan berat badan kehamilan selama *follow-up* tiga bulan. Arah hubungan antara asupan energi, protein, lemak, dan karbohidrat terhadap penambahan berat badan kehamilan tidak konsisten selama *follow up* tiga bulan. Variabel pengganggu (*confounder*) yang merancukan hubungan antara asupan energi, protein, lemak, dan karbohidrat dengan penambahan berat badan kehamilan adalah usia ibu, penghasilan rumah tangga, dan psikologi ibu.

Kesimpulan: Tidak terdapat hubungan antara asupan energi, protein, lemak, dan karbohidrat dengan penambahan berat badan kehamilan. Variabel pengganggu (*confounder*) pada hubungan tersebut adalah usia ibu, penghasilan rumah tangga, dan psikologi ibu.

Kata Kunci: Ibu hamil, penambahan berat badan kehamilan, asupan makan

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ASSOCIATION BETWEEN MATERNAL INTAKE OF ENERGY, PROTEIN, FAT, AND CARBOHYDRATE AND THREE MONTHS OF GESTATIONAL WEIGHT GAIN IN TURI AND TEMPEL DISTRICT

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ABSTRACT

Background: Indonesia was ranked the 10th highest neonatal mortality rate in the world. This was due to the high incidence of LBW. Main cause of LBW is inadequate gestational weight gain. Maternal dietary intake during pregnancy plays an important role in gestational weight gain.

Objective: To determine the association between maternal intake of energy, protein, fat, and carbohydrate and three months of gestational weight gain. Also, to identify confounders those affect the association.

Method: Retrospective cohort study with baseline data from a Cohort Study of Household Food Security on Three Months of Gestational Weight Gain, conducted in working area of Community Health Center of Turi and Community Health Center of Tempel 1 Sleman. A total of 84 pregnant women who met inclusion criteria were enrolled on this study.

Result: No associations are found between dietary intake of energy, protein, fat, and carbohydrate and three months of gestational weight gain. The direction of the association between dietary intake of energy, protein, fat, and carbohydrate and three months of gestational weight gain are inconsistent. Maternal age, household income, and maternal psychology are considered as confounders of the association.

Conclusion: There are no associations between dietary intake of energy, protein, fat, and carbohydrate and three months of gestational weight gain. Confounding variables that affect the association include: maternal age, household income, and maternal psychology.

Keywords: pregnancy, gestational weight gain, dietary intake

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