

ABSTRAK

Penambahan berat badan ibu selama hamil dapat dipakai sebagai indeks untuk menentukan status gizi wanita hamil. Konsumsi gizi selama hamil akan berpengaruh terhadap kondisi janin dan neonatus setelah lahir. Penelitian ini bertujuan untuk mengetahui hubungan antara penambahan berat badan ibu selama hamil dengan berat bayi lahir.

Metode penelitian menggunakan survey analitik dengan pendekatan *crosssectional*. Populasi target adalah seluruh ibu bersalin dan bayinya, sedangkan populasi terjangkau adalah seluruh ibu bersalin dan bayinya yang mempunyai riwayat ANC (*Antenatal Care*) rutin (K1-K4) di Puskesmas Mantrijeron pada tanggal 1 Agustus – 31 Agustus 2016. Pengambilan sampel dengan *consecutive sampling* dan perhitungan besar sampel menggunakan rumus *crosssectional* yaitu 267 sampel. Data diperoleh dari rekam medis dan kohort ibu dan bayi. Analisis data menggunakan uji *Pearson Product Moment*.

Hasil penelitian menunjukkan bahwa *modus* penambahan berat badan ibu selama hamil adalah 11,00 kg dari 267 ibu hamil, sedangkan dari 267 bayi lahir diketahui bahwa *modus* berat badan bayi sebesar 3000 gram. Uji statistik didapatkan $p\text{ value} = 0,001$, sehingga terdapat hubungan penambahan berat badan ibu selama hamil dengan berat badan bayi lahir. Nilai $r = 0,397$.

Penambahan berat badan ibu selama hamil berhubungan dengan berat badan bayi lahir.

Kata kunci : Penambahan Berat Badan Ibu Selama Hamil, Berat Badan Bayi Lahir

ABSTRACT

Maternal weight gain during pregnancy can be used as an index to determine the nutritional status of pregnant women. Nutrition consumption during pregnancy may affect the fetus and neonate condition after birth. This study aims to determine the relationship between maternal weight gain during pregnancy with birth weight.

The research method uses analytic survey with cross sectional approach. The target population is the entire maternal and infant, while the whole population is affordable maternal and child who have a history of ANC (*Antenatal Care*) routine (K1-K4) in Puskesmas Mantrijeron on August 1 to August 31, 2016. Sampling with consecutive sampling and calculation of sample size using a cross-sectional formula that is 267 sample. Data obtained from medical records and a cohort of mothers and babies. Data analysis used *Pearson Product Moment*.

The results showed that the mode of maternal weight gain during pregnancy was 11.00 kg of 267 pregnant women, while out of 267 babies born in mind that the mode of infant weight of 3000 grams. The statistical test was obtained p value =0.001, so that there is a relationship of maternal weight gain during pregnancy with birth weight. $r = 0.397$

Weight gain during pregnancy is associated with birth weight.

Keywords: Mothers Weight Gain During Pregnancy, Birth Weight Babies