



UNIVERSITAS ANDALAS

**KORELASI ANTARA ASUPAN ZAT GIZI MAKRO DAN KENAIKAN
BERAT BADAN IBU HAMIL TRIMESTER III DENGAN BERAT BADAN**

LAHIR BAYI DI SOLOK TAHUN 2021

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FAKULTAS KESEHATAN MASYARAKAT

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xii + 53 halaman, 13 tabel, 2 gambar, 12 lampiran

ABSTRAK

Tujuan

Berat badan lahir adalah berat bayi yang ditimbang pertama kali setelah kelahiran dalam waktu satu jam pertama, sebelum terjadinya penurunan berat badan akibat penyesuaian tubuh bayi dengan dunia luar. Berat lahir merupakan pengukuran penting yang dilakukan untuk dapat menilai kesehatan dan kesejahteraan bayi selain dari status gizi. Tujuan penelitian ini adalah untuk mengetahui bagaimana pengaruh asupan zat gizi makro dan kenaikan berat badan pada ibu hamil trimester III terhadap berat badan lahir bayi.

Metode

Penelitian ini merupakan penelitian kuantitatif dengan pendekatan observasional analitik deskriptif dengan rancangan studi *case-control* dan pendekatan retrospektif. Besar Sampel penelitian sebanyak 78 responden menggunakan teknik *total sampling*. Pengumpulan menggunakan kuisioner dan *form SQ-FFQ*. Pengolahan data meliputi *editing, coding, entry* dan *cleaning*. Analisis data dilakukan menggunakan uji korelasi.

Hasil

Hasil penelitian menunjukkan rata-rata berat badan lahir bayi di Solok adalah 2600 gram (1200-4000), serta rata-rata asupan lemak, karbohidrat, dan protein pada ibu hamil trimester III di Solok sebesar 104,52 gram (67,50-163,19 gram), 300,09 gram (193,94-530,66 gram), dan 83,99 gram (47,75-136,11 gram), serta rata-rata kenaikan berat badan ibu hamil trimester III di Solok yaitu 5,5 kg (3-11 kg). Terdapat korelasi antara kenaikan berat badan ibu hamil trimester III dan berat badan lahir bayi ($p=0,001$, $r=0,625$), tidak terdapat korelasi antara asupan karbohidrat ($p=0,743$, $r=0,068$), protein ($p=0,773$, $r=0,060$), dan lemak ($p=0,757$, $r=0,064$) terhadap berat badan lahir bayi.

Kesimpulan

Kenaikan berat badan ibu hamil trimester III berkorelasi dengan berat badan lahir bayi di Solok pada tahun 2021. Diharapkan institusi kesehatan seperti puskesmas dapat memberikan edukasi dan motivasi kepada para ibu hamil terkait pentingnya pemeriksaan kesehatan ibu selama masa kehamilan.

Daftar Pustaka : 55 (2001-2021)

Kata Kunci : berat badan lahir bayi, berat badan lahir rendah, kenaikan berat badan ibu hamil, trimester III, zat gizi makro

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**CORRELATION BETWEEN MACRONUTRIENT INTAKE AND INCREASE
WEIGHT GAIN IN THE 3RD TRIMESTER WITH INFANT BIRTH WEIGHT
IN SOLOK 2021**

xii + 53 pages, 13 tables, 2 pictures, 12 attachments

ABSTRACT

Objective

Birth weight is the weight of the baby who is weighed for the first time after birth within the first hour, before weight loss occurs due to the baby's body adapting to the outside world. Birth weight is an important measurement to be able to assess the health and well-being of babies apart from nutritional status. The purpose of this study was to determine how the effect of macronutrient intake and weight gain in third trimester pregnant women on the baby's birth weight.

Method

This research is quantitative research with a descriptive analytical observational approach with a case-control study design and a retrospective approach. The research sample was 78 respondents using total sampling technique. The collection uses a questionnaire and the SQ-FFQ form. Data processing includes editing, coding, entry and cleaning. Data analysis was performed using correlation test.

Result

The results showed that the average birth weight of babies in Solok was 2600 grams (1200-4000), and the average intake of fat, carbohydrates, and protein in third trimester pregnant women in Solok was 104.52 grams (67.50-163,19 grams), 300.09 grams (193.94-530.66 grams), and 83.99 grams (47.75-136.11 grams), and the average weight gain of pregnant women in the third trimester in Solok is 5.5 kg (3-11 kg). There is a correlation between the weight gain of pregnant women in the third trimester and the baby's birth weight ($p = 0.001$, $r = 0.625$), there is no correlation between carbohydrate intake ($p = 0.743$, $r = 0.068$), protein ($p = 0.773$, $r = 0.06$), and fat ($p=0.757$, $r=0.064$) on the baby's birth weight.

Conclusion

The weight gain of pregnant women in the third trimester is correlated with the birth weight of babies in Solok in 2021. It is hoped that community institutions such as health centers can provide education and motivation to pregnant women regarding the importance of monitoring maternal health during pregnancy.

References : 55 (2001-2021)

Keywords : baby birth weight, low birth weight, weight gain of pregnant women, third trimester, macronutrients