

**HUBUNGAN *HEALTHY EATING INDEX* IBU HAMIL DENGAN KENAIKAN BERAT
BADAN IBU SELAMA KEHAMILAN, BERAT BADAN LAHIR DAN PANJANG
BADAN LAHIR BAYI DI KABUPATEN TANAH DATAR,
KABUPATEN AGAM DAN KOTA PADANG PANJANG
(ANALISIS DATA SEKUNDER)**



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ABSTRAK

HUBUNGAN *HEALTHY EATING INDEX* IBU HAMIL DENGAN KENAIKAN BERAT BADAN IBU SELAMA KEHAMILAN, BERAT BADAN LAHIR DAN PANJANG BADAN LAHIR DI KABUPATEN TANAH DATAR, KABUPATEN AGAM, DAN KOTA PADANG PANJANG (ANALISIS DATA SEKUNDER)

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Kualitas diet ibu hamil sangat penting diperhatikan untuk melahirkan kualitas sumber daya manusia yang baik, oleh karena itu penting memperhatikan asupan makanan ibu selama masa kehamilan agar status gizinya baik dan dapat melahirkan generasi dengan berat badan lahir dan panjang badan lahir yang optimal. Penelitian ini bertujuan mengetahui hubungan *healthy eating index* ibu hamil dengan kenaikan berat badan ibu selama kehamilan, berat badan lahir dan panjang badan lahir bayi di Kabupaten Tanah Datar, Kabupaten Agam dan Kota Padang Panjang.

Penelitian ini menggunakan data sekunder dari penelitian "*Pemberian Dadih Terhadap Outcome Kehamilan dan Kelahiran di Sumatera Barat*" dengan desain penelitian *cross-sectional*. Penelitian ini dilakukan di tiga lokasi yaitu Kabupaten Tanah Datar, Kabupaten Agam dan Kota Padang Panjang dari bulan Agustus 2022 – November 2022 dengan jumlah sampel 110 orang ibu hamil. Analisis data yang digunakan adalah uji korelasi.

Hasil penelitian menunjukkan terdapat hubungan HEI ibu hamil dengan kenaikan berat badan ibu selama kehamilan dengan $p = 0.049$ dengan nilai $r = 0.188$. Tidak ada hubungan HEI ibu hamil dengan berat badan lahir bayi dengan $p = 0.863$ dan $r = 0.017$. Tidak ada hubungan HEI ibu hamil dengan panjang badan lahir bayi dengan $p = 0.806$ dan $r = 0.024$.

Kesimpulan penelitian ini terdapat hubungan antara HEI ibu hamil dengan kenaikan berat badan ibu selama kehamilan dan tidak terdapat hubungan antara HEI ibu hamil dengan berat badan lahir dan panjang badan lahir bayi.

Kata Kunci: *Healthy Eating Index*, Kenaikan Berat Badan Ibu Hamil, Berat Badan Lahir, Panjang Badan Lahir.

ABSTRACT

THE RELATIONSHIP BETWEEN HEALTHY EATING INDEX FOR PREGNANT WOMEN AND MATERNAL WEIGHT GAIN DURING PREGNANCY, BIRTH WEIGHT AND BIRTH LENGTH IN TANAH DATAR DISTRICT, AGAM REGENCY, AND PADANG PANJANG CITY (SECONDARY DATA ANALYSIS)

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The quality of the diet of pregnant women is very important to pay attention to in order to give birth to good quality human resources, therefore it is important to pay attention to the mother's food intake during pregnancy so that her nutritional status is good and can give birth to generations with optimal birth weight and birth length. This study aims to determine the relationship between the healthy eating index of pregnant women and maternal weight gain during pregnancy, birth weight and birth length in Tanah Datar District, Agam District and Padang Panjang City.

This study used secondary data from the study "Giving Dadih on Pregnancy and Birth Outcomes in West Sumatra" with a cross-sectional study design. This research was conducted in three locations, namely Tanah Datar Regency, Agam Regency and Padang Panjang City from August 2022 - November 2022 with a total sample of 110 pregnant women. Analysis of the data used was the correlation test.

The results showed that there was a relationship between the HEI of pregnant women and the increase in maternal weight during pregnancy with $p = 0.049$ with a value of $r = 0.188$. There is no relationship between the HEI of pregnant women and the baby's birth weight, with $p = 0.863$ and $r = 0.017$. There is no relationship between the HEI of pregnant women and the baby's birth length with $p = 0.806$ and $r = 0.024$.

The conclusion of this study is that there is a relationship between the HEI of pregnant women and maternal weight gain during pregnancy and there is no relationship between the HEI of pregnant women and birth weight and birth length of the baby.

Keywords: Healthy Eating Index, Weight Gain for Pregnant Women, Birth Weight, Birth Length.