

**HUBUNGAN TINGKAT PENDIDIKAN, STATUS, PEKERJAAN,  
DAN PERBEDAAN RATA-RATA ASUPAN MAKANAN  
DENGAN KENAIKAN BERAT  
BADAN IBU HAMIL**



**Skripsi**

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## **ABSTRACT**

### **THE RELATIONSHIP BETWEEN EDUCATION LEVEL, EMPLOYMENT STATUS, AND THE DIFFERENCE IN AVERAGE FOOD INTAKE WITH WEIGHT GAIN OF PREGNANT WOMEN**

**By:**

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*A pregnant woman will experience weight gain during pregnancy. The weight gain must be adjusted to IOM recommendations. If the mother's weight gain is not according to the recommendations, it can have an impact on the health of the mother and fetus during pregnancy. Many things have a great influence on weight gain for pregnant women. Among them are the level of education, employment, and food intake.*

*Cross sectional research using secondary data in West Sumatra Province with 183 respondents. Data on pregnant women's weight, employment status, education level, and food intake were obtained from secondary data taken from maternal weight measurements, sociodemographic data, and SQ-FFQ. The analysis test uses chi-square and one-way anova.*

*The results of the research on the relationship between education level and employment status with weight gain of pregnant women were obtained with values of  $p=0.661$  and  $p=0.977$  and the difference between the average food intake (energy, carbohydrates, protein, and fat) with the weight gain of pregnant women was obtained sequentially, the value of  $p=0.179$ ; 0,568; 0,143; 0,104.*

*The conclusion of the weight gain study of pregnant women was that it was found that pregnant women were predominantly at the optimal age parity of 20-35 years, the largest status was primipara, there was no significant relationship between job status and education level and weight gain of pregnant women, and there was no significant average difference between food intake and weight gain of pregnant women.*

**Keywords:** *pregnancy weight gain, employment status, education level, energy, carbohydrates, protein, fat, pregnant women.*

## ABSTRAK

### HUBUNGAN TINGKAT PENDIDIKAN, STATUS PEKERJAAN, DAN PERBEDAAN RATA-RATA ASUPAN MAKANAN DENGAN KENAIKAN BERAT BADAN IBU HAMIL

Oleh:

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Seorang wanita hamil akan mengalami kenaikan berat badan selama hamil. Penambahan berat badan tersebut harus disesuaikan dengan rekomendasi IOM. Jika pertambahan berat badan ibu tidak sesuai rekomendasi maka dapat memberikan dampak terhadap kesehatan ibu maupun janin selama hamil. Banyak hal yang sangat berpengaruh terhadap kenaikan berat badan ibu hamil. Diantaranya tingkat pendidikan, pekerjaan, serta asupan makanan.

Penelitian cross sectional dengan menggunakan data sekunder penelitian di Provinsi Sumatra Barat dengan subjek penelitian 183 responden. Data berat badan ibu hamil, status pekerjaan, tingkat pendidikan, dan asupan makanan diperoleh dari data sekunder yang diambil dari pengukuran berat badan ibu, data sosiodemografik, dan SQ-FFQ. Uji analisis menggunakan *chi-square* dan *one-way anova*.

Hasil penelitian hubungan tingkat pendidikan dan status pekerjaan dengan kenaikan berat badan ibu hamil didapatkan nilai  $p=0,661$  dan  $p=0,977$  dan perbedaan rata-rata asupan makanan (energi, karbohidrat, protein, dan lemak) dengan kenaikan berat badan ibu hamil secara berurutan diperoleh nilai  $p=0,179$ ;  $0,568$ ;  $0,143$ ;  $0,104$ .

Kesimpulan dari penelitian kenaikan berat badan ibu hamil adalah ditemukan ibu hamil dominan usia optimal paritas 20-35 tahun, status terbesar yaitu primipara, tidak terdapat hubungan yang signifikan antara status pekerjaan dan tingkat pendidikan dengan kenaikan berat badan ibu hamil, serta tidak terdapat perbedaan rata-rata yang signifikan antara asupan makanan dengan kenaikan berat badan ibu hamil.

**Kata kunci:** kenaikan berat badan hamil, status pekerjaan, tingkat pendidikan, energi, karbohidrat, protein, lemak, ibu hamil