

DAFTAR PUSTAKA

- Afrizal. (2014). *Metode Penelitian Kualitatif* (ke-1). PT RajaGrafindo Persada, Jakarta.
- Ajzen, I. (2005). *Attitudes, Personality, and Behavior* (2nd ed.). Open University Press.
- Akgun, N., Keskin, H. L., Ustuner, I., Pekcan, G., & Avsar, A. F. (2017). Factors affecting pregnancy weight gain and relationships with maternal/fetal outcomes in Turkey. *Saudi Medical Journal*, 38(5), 503–508. <https://doi.org/10.15537/smj.2017.5.19378>
- Alebachew, M., Doyo, A., Admasu, D., Sisay, K., & Shimels, T. (2021). Knowledge, Perception and Practice towards the Risks of Excessive Weight Gain during Pregnancy among Pregnant Mothers at Myung Sung Christian Medical General Hospital, Addis Ababa, Ethiopia. *Ethiopian Journal of Health Sciences*, 31(2), 371–380. <https://doi.org/10.4314/ejhs.v31i2.20>
- Almatsier, S. (2010). *Prinsip Dasar Ilmu Gizi*. Gramedia Pustaka Utama.
- Amyx, M., Zeitlin, J., Hermann, M., Castetbon, K., Blondel, B., & Le Ray, C. (2021). Maternal characteristics associated with gestational weight gain in France: A population-based, nationally representative study. *BMJ Open*, 11(7), 1–11. <https://doi.org/10.1136/bmjopen-2021-049497>
- Anita, L. R. M., & Lyndon, S. (2014). *Asuhan Kebidanan, Neonatus Normal dan Patologis*. Binarupa Aksara.
- Ardesy M, K., Radiyati U, P., Lestari, P. M., & Liberty, I. A. (2024). *RISIKO MATERNAL TERKAIT GIZI DAN HUBUNGANNYA DENGAN MATERNAL RISKS RELATED TO NUTRITION AND THEIR RELATIONSHIP*. 23(1), 42–48.
- Arnedillo-sánchez, S., & De, R. M. (2022). *Unhealthy gestational weight gain : Are we neglecting inadequate gestational weight gain ?* 107. <https://doi.org/10.1016/j.midw.2022.103277>
- Arora, P., & Tamber Aeri, B. (2019). Gestational Weight Gain among Healthy Pregnant Women from Asia in Comparison with Institute of Medicine (IOM) Guidelines-2009: A Systematic Review. In *Journal of Pregnancy* (Vol. 2019). Hindawi Limited. <https://doi.org/10.1155/2019/3849596>
- Asefa, F., Cummins, A., Dessie, Y., Foureur, M., & Hayen, A. (2021). Patterns and predictors of gestational weight gain in Addis Ababa, Central Ethiopia: a prospective cohort study. *Reproductive Health*, 18(1), 1–14. <https://doi.org/10.1186/s12978-021-01202-y>
- Asefa, F., & Nemomsa, D. (2016). Gestational weight gain and its associated factors in Harari Regional State: Institution based cross-sectional study, Eastern Ethiopia. *Reproductive Health*, 13(1), 1–7. <https://doi.org/10.1186/s12978-016-0225-x>
- Asmawati, A., Irma, W., & Dahrizal, D. (2021). Hubungan Asupan Makanan Dengan Kenaikan Berat Badan Ibu Hamil Di Wilayah Kerja Puskesmas Lingkar Timur Kota Bengkulu. *Jurnal Keperawatan Rafflesia*, 3(1), 13–22. <https://doi.org/10.33088/jkr.v3i1.426>
- Asmawati, Indrasari, R., & Najamuddin, U. (2017). STUDI VALIDASI SEMI-QUANTITATIF FOOD FREQUENCY QUESTIONNAIRE (FFQ) DAN RECALL 24 JAM TERHADAP ASUPAN ZAT GIZI MAKRO IBU HAMIL DI PUSKESMAS KASSI-KASSI KOTA MAKASSAR. *Pendidikan Kimia PPs UNM*, 1(1), 91–99.
- Astuti, Y., Hidayat, Y. M., & Rohmawati, E. (2020). *Jurnal Gizi Indonesia Hubungan antara total asupan energi dan komponen makronutrien dengan penambahan berat badan ibu hamil di Kecamatan Pedurungan Kota Semarang*. 9(1), 33–41.
- Azis, L., Mandasari, R., & Sari, R. N. (2022). *PENILAIAN ASUPAN GIZI DAN TINGKAT KECUKUPAN GIZI IBU HAMIL MENGGUNAKAN METODE 24 HOUR RECALL DI KECAMATAN MOYO HULU , SUMBAWA BESAR , NUSA*. 93–99.
- Barakat, R., Refoyo, I., Coteron, J., & Franco, E. (2019). *Brazilian Journal of Exercise during*

- pregnancy has a preventative effect on excessive maternal weight gain and gestational. *Brazilian Journal of Physical Therapy*, 23(2), 148–155. <https://doi.org/10.1016/j.bjpt.2018.11.005>
- Baran, J., Weres, A., Czenczek-Lewandowska, E., Leszczak, J., Kalandyk-Osinko, K., Łuszczki, E., Sobek, G., & Mazur, A. (2020). Excessive gestational weight gain: Long-term consequences for the child. *Journal of Clinical Medicine*, 9(12), 1–12. <https://doi.org/10.3390/jcm9123795>
- Benham, J. L., Booth, J. E., Donovan, L. E., Leung, A. A., Sigal, R. J., & Rabi, D. M. (2021). Prevalence of and risk factors for excess weight gain in pregnancy: a cross-sectional study using survey data. *CMAJ Open*, 9(4), E1168–E1174. <https://doi.org/10.9778/cmajo.20200276>
- Berenson, A. B., Pohlmeier, A. M., Laz, T. H., Rahman, M., & Saade, G. (2017). Obesity risk knowledge, weight misperception and diet and health-related attitudes among women intending to become pregnant. *Physiology & Behavior*, 176(12), 139–148. <https://doi.org/10.1016/j.jand.2015.04.023>
- Beyene, G. A., Yunus, M. A., Deribew, A. B., & Kasahun, A. W. (2024). Gestational weight gain and its determinants among pregnant women in Gurage zone, Central Ethiopia: a cohort study. *BMC Women's Health*, 24(1), 1–9. <https://doi.org/10.1186/s12905-024-03223-8>
- Bhavadharini, B., Anjana, R. M., Deepa, M., Jayashree, G., Nrutya, S., Shobana, M., Malanda, B., Kayal, A., Belton, A., Joseph, K., Rekha, K., Uma, R., & Mohan, V. (2017). Gestational weight gain and pregnancy outcomes in relation to body mass index in Asian Indian women. *Indian Journal of Endocrinology and Metabolism*, 21(4), 588–593. https://doi.org/10.4103/ijem.IJEM_557_16
- Breckenkamp, J., Razum, O., Henrich, W., Borde, T., & David, M. (2019). *Effects of maternal obesity, excessive gestational weight gain and fetal macrosomia on the frequency of cesarean deliveries among migrant and non-migrant women – a prospective study*. 47(4), 402–408. <https://doi.org/doi:10.1515/jpm-2018-0399>
- Bull, F. C., Al-Ansari, S. S., Biddle, S., Borodulin, K., Buman, M. P., Cardon, G., Carty, C., Chaput, J. P., Chastin, S., Chou, R., Dempsey, P. C., Dipietro, L., Ekelund, U., Firth, J., Friedenreich, C. M., Garcia, L., Gichu, M., Jago, R., Katzmarzyk, P. T., ... Willumsen, J. F. (2020). World Health Organization 2020 guidelines on physical activity and sedentary behaviour. *British Journal of Sports Medicine*, 54(24), 1451–1462. <https://doi.org/10.1136/bjsports-2020-102955>
- Cahya, N., & Rifatul, M. (2021). *TINGKAT KECUKUPAN ENERGI TERHADAP STATUS GIZI IBU*. 3(01), 32–36.
- Cano-Ibáñez, N., Martínez-Galiano, J. M., Luque-Fernández, M. A., Martín-Peláez, S., Bueno-Cavanillas, A., & Delgado-Rodríguez, M. (2020). Maternal dietary patterns during pregnancy and their association with gestational weight gain and nutrient adequacy. *International Journal of Environmental Research and Public Health*, 17(21), 1–13. <https://doi.org/10.3390/ijerph17217908>
- Carreno, C. A., Clifton, R. G., Hauth, J. C., Myatt, L., Roberts, J. M., Spong, C. Y., Varner, M. W., Thorp, J. M., Mercer, B. M., Peaceman, A. M., Ramin, S. M., Carpenter, M. W., Sciscione, A., Tolosa, J. E., & Sorokin, Y. (2012). Excessive early gestational weight gain and risk of gestational diabetes mellitus in nulliparous women. *Obstetrics and Gynecology*, 119(6), 1227–1233. <https://doi.org/10.1097/AOG.0b013e318256cf1a>
- Chalid, M. T., Wahyuni, S., & Asadul, I. (2014). *Buku Acuan 1000 Hari Awal Kehidupan* (Chalid Maisuri T (ed.); 1st ed., Vol. 1, Issue November 2014). ISBN:978-602-271-045-5.
- Chang, T., Moniz, M. H., Plegue, M. A., Sen, A., Davis, M., Villamor, E., & Richardson, C.

- R. (2017). *Characteristics of women age 15-24 at risk for excess weight gain during pregnancy*. 1–10. <https://doi.org/10.1371/journal.pone.0173790>
- Chawanpaiboon, S., Vogel, J. P., Moller, A. B., Lumbiganon, P., Petzold, M., Hogan, D., Landoulsi, S., Jampathong, N., Kongwattanakul, K., Laopaiboon, M., Lewis, C., Rattanakanokchai, S., Teng, D. N., Thinkhamrop, J., Watananirun, K., Zhang, J., Zhou, W., & Gülmezoglu, A. M. (2019). Global, regional, and national estimates of levels of preterm birth in 2014: a systematic review and modelling analysis. *The Lancet Global Health*, 7(1), e37–e46. [https://doi.org/10.1016/S2214-109X\(18\)30451-0](https://doi.org/10.1016/S2214-109X(18)30451-0)
- Cheney, K., Berkemeier, S., Sim, K. A., Gordon, A., & Black, K. (2017). Prevalence and predictors of early gestational weight gain associated with obesity risk in a diverse Australian antenatal population: A cross-sectional study. *BMC Pregnancy and Childbirth*, 17(1), 1–9. <https://doi.org/10.1186/s12884-017-1482-6>
- Cooper, D. B., & Yang, L. (2021). *Pregnancy And Exercise*.
- Crequit, S., Korb, D., Morin, C., Schmitz, T., & Sibony, O. (2020). Use of the Robson classification to understand the increased risk of cesarean section in case of maternal obesity. *BMC Pregnancy and Childbirth*, 20(1), 1–9. <https://doi.org/10.1186/s12884-020-03410-z>
- Creswell, J. W., & Poth, C. N. (2017). *Qualitative Inquiry and Research Design: Choosing Among Five Approaches*. SAGE Publications. <https://books.google.co.id/books?id=Pz5RvgAACAAJ>
- Dahnar. (2021). *Hubungan dukungan keluarga terhadap ibu hamil dengan hiperemesis gravidarum di puskesmas bowong cindea kabupaten pangkep*. 6, 12–17.
- Damen, M. N. A., Gillingham, M., & Hansen, J. G. (2021). *HHS Public Access*. 41(5), 1007–1013. <https://doi.org/10.1038/s41372-021-00922-0>. Maternal
- Daniel, N., Ammerman, A., & Dharod, J. (2017). Predictors and outcomes of excess gestational weight gain among low-income pregnant women. *Physiology & Behavior*, 176(12), 139–148. <https://doi.org/10.1080/07399332.2017.1391263>. Predictors
- Daniella, A., Triawanti, & Fatmaria. (2021). *Hubungan Antara Pola Makan Ibu Hamil Dengan Penambahan Berat Badan Dan Kadar Hemoglobin Trimester Ii Di Puskesmas Pahandut Kota Palangka Raya Tahun 2018*. IX(1), 1287–1302.
- Dankers, F. J. W. M., Traverso, A., Wee, L., Kuijk, S. M. J. van, Kubben, P., Dumontier, M., & Dekker, A. (2018). *Prediction Modeling Methodology* (K. P., D. M., & D. A (eds.)). Fundamentals of Clinical Data Science [Internet]. Cham (CH): Springer; 2019. Chapter 8. PMID: 31314250.
- Davis, A. L. (2013). *Using instructional design principles to develop effective information literacy instruction: The ADDIE model*. April, 205–207.
- de Haas, S., Ghossein-Doha, C., van Kuijk, S. M. J., van Drongelen, J., & Spaanderman, M. E. A. (2017). Adaptación fisiológica del volumen del plasma materno durante el embarazo: una revisión sistemática y metaanálisis. *Ultrasound in Obstetrics and Gynecology*, 49(2), 177–187. <https://doi.org/10.1002/uog.17360>
- Deemongkol, P., & Limruangrong, P. (2020). *Predictive Factors of Gestational Weight Gain among Overweight and Obese Women*. 38(2).
- Deierlein, A. L., Ghassabian, A., Kahn, L. G., & Afanasyeva, Y. (2021). *Dietary Quality and Sociodemographic and Health Behavior Characteristics Among Pregnant Women Participating in the New York University Children ' s Health and Environment Study*. 8(April). <https://doi.org/10.3389/fnut.2021.639425>
- DeLone, W. H., & McLean, E. R. (2016). *Information Systems Success Measurement*.
- Departemen Kesehatan. (2022). Laporan Kinerja Direktorat Kesehatan Keluarga Tahun 2021. Kementerian Kesehatan RI, 5201590(021), 4. <https://www.depkes.go.id/article/view/19020100003/hari-kanker-sedunia-2019.html>

- Devica, S. (2015). Teori Stimulus-Organism-Response (S-O-R). *Pengaruh Harga Diskon Dan Persepsi Produk Terhadap Nilai Belanja Serta Perilaku Pembelian Konsumen*, 7(9), 27–44.
- Dolatian, M., Sharifi, N., Mahmoodi, Z., Elahe, A. F., & Rashidian, B. T. (2020). *Weight gain during pregnancy and its associated factors : A Path analysis*. January, 1568–1577. <https://doi.org/10.1002/nop2.539>
- Dong, B., Yu, H., Wei, Q., Zhi, M., Wu, C., & Zhu, X. (2017). *The Effect of Prepregnancy Body Mass Index and Gestational Weight Gain on Birth Weight*. 8(35), 58364–58371.
- Durkin, J. (1994). *Expert Systems: Design and Development*. Macmillan. <https://books.google.co.id/books?id=9-BQAAAAMAAJ>
- Effendi, U. (2014). *Metode Penelitian Survey* (T. Effendi Sofyan (ed.); Edisi Revi).
- Ellis, H. C., & Hunt, R. R. (1993). *Fundamentals of cognitive psychology*. Brown & Benchmark/Wm. C. Brown Publ.
- Endres, L. K., Straub, H., McKinney, C., Plunkett, B., Minkovitz, C. S., Schetter, C. D., Ramey, S., Wang, C., Hobel, C., Raju, T., & Shalowitz, M. U. (2015). Postpartum weight retention risk factors and relationship to obesity at 1 year. *Obstetrics and Gynecology*, 125(1), 144–152. <https://doi.org/10.1097/AOG.0000000000000565>
- Enomoto, K., Aoki, S., Toma, R., Fujiwara, K., Sakamaki, K., & Hirahara, F. (2016). Pregnancy outcomes based on pre-pregnancy body mass index in Japanese women. *PLoS ONE*, 11(6), 1–12. <https://doi.org/10.1371/journal.pone.0157081>
- Fajariana, N. (2020). 584 HIGEIA 4 (Special 3) (2020) HIGEIA JOURNAL OF PUBLIC HEALTH RESEARCH AND DEVELOPMENT Faktor yang Mempengaruhi Bayi Makrosomia Nurul Fajariyana 1□. <https://doi.org/10.15294/higeia.v4iSpecial%203/34594>
- Farkhia, N. A., Elfiyunai, N. N., & Urbaningrum, V. (2023). *Gudang Jurnal Multidisiplin Ilmu Hubungan Dukungan Keluarga Terhadap Kunjungan Antenatal Care Di Wilayah Kerja Puskesmas Sangurara Kota Palu*. 1(September), 189–194.
- Ferrari, N., Mallmann, P., Brockmeier, K., Strüder, H. K., & Graf, C. (2014). Secular trends in pregnancy weight gain in German women and their influences on foetal outcome: A hospital-based study. *BMC Pregnancy and Childbirth*, 14(1), 1–8. <https://doi.org/10.1186/1471-2393-14-228>
- Fitri, I., & Wiji, R. N. (2018). *Asupan zat gizi makro dan kenaikan berat badan selama hamil terhadap luaran kehamilan*. 15(2), 66–74.
- Fitriana, N. (2017). *Hubungan Asupan Energi, Protein, Karbohidrat, Dan Lemak Terhadap Peningkatan Berat Badan Ibu Hamil Trimester 1 Dan Trimester 2 Di Wilayah Kota Malang*.
- Geraghty, A. A., Brien, E. C. O., Alberdi, G., Horan, M. K., Donnelly, J., Larkin, E., Segurado, R., Mehegan, J., Molloy, E. J., & McAuliffe, F. M. (2018). *Maternal protein intake during pregnancy is associated with child growth up to 5 years of age , but not through insulin-like growth factor-1 : findings from the ROLO study*. 1252–1261. <https://doi.org/10.1017/S0007114518002611>
- Gibson, R. S. (2005). *Principles of Nutritional Assesment*. Oxford University press.
- Goldstein, R. F., Abell, S. K., Ranasinha, S., Misso, M., Boyle, J. A., Black, M. H., Li, N., Hu, G., Corrado, F., Rode, L., Kim, Y. J., Haugen, M., Song, W. O., & Kim, M. H. (2017). *Association of Gestational Weight Gain With Maternal and Infant Outcomes A Systematic Review and Meta-analysis*. 317(21), 2207–2225. <https://doi.org/10.1001/jama.2017.3635>
- Grenier, L. N., Atkinson, S. A., Mottola, M. F., Wahoush, O., Thabane, L., Xie, F., Vickers-Manzin, J., Moore, C., Hutton, E. K., & Murray-Davis, B. (2021). Be Healthy in Pregnancy: Exploring factors that impact pregnant women’s nutrition and exercise behaviours. *Maternal and Child Nutrition*, 17(1), 1–9. <https://doi.org/10.1111/mcn.13068>

- Hanik, N. (2023). *J i d a n*. 3, 99–104.
- Hasan, S. M. T., Khan, M. A., & Ahmed, T. (2021). Institute of medicine recommendations on the rate of gestational weight gain and perinatal outcomes in rural Bangladesh. *International Journal of Environmental Research and Public Health*, 18(12). <https://doi.org/10.3390/ijerph18126519>
- Hatijar, Saleh Irma Suryani, & Yanti Lilis Candra. (2020). *Bahan Ajar Asuhan Kebidanan Kehamilan* (M. Yunus (ed.); 1st ed., Vol. 1).
- Haugen, M., Brantsæter, A. L., Winkvist, A., Lissner, L., Alexander, J., Oftedal, B., Magnus, P., & Meltzer, H. M. (2014). Associations of pre-pregnancy body mass index and gestational weight gain with pregnancy outcome and postpartum weight retention: A prospective observational cohort study. *BMC Pregnancy and Childbirth*, 14(1), 1–11. <https://doi.org/10.1186/1471-2393-14-201>
- Heery, E., Kelleher, C. C., Wall, P. G., & McAuliffe, F. M. (2015). Prediction of gestational weight gain - A biopsychosocial model. *Public Health Nutrition*, 18(8), 1488–1498. <https://doi.org/10.1017/S1368980014001815>
- Heru, R., Hasanbasri, M., Hakimi, M., Kebidanan Yogyakarta, A., Studi Ilmu Kesehatan Masyarakat, P., & Kedokteran, F. (2012). KONSELING IBU HAMIL PADA BIDAN PRAKTIK SWASTA DAN PUSKESMAS DI KABUPATEN BANTUL COUNSELING FOR PREGNANT WOMEN AT MIDWIFE PRACTICE AND COMMUNITY HEALTH CENTER AT BANTUL DISTRICT. In □ *Jurnal Kebijakan Kesehatan Indonesia* (Vol. 01, Issue 3).
- Holowko N, Mishra G, & Koupil I. (2014). Social inequality in excessive gestational weight gain. *Int J Obes (Lond)* . 2014 Jan;38(1):91-6. Doi: 10.1038/Ijo.2013.62.
- Hung, T. H., Chen, S. F., Hsu, J. J., & Hsieh, T. T. an. (2015). Gestational weight gain and risks for adverse perinatal outcomes: A retrospective cohort study based on the 2009 Institute of Medicine guidelines. *Taiwanese Journal of Obstetrics and Gynecology*, 54(4), 421–425. <https://doi.org/10.1016/j.tjog.2015.06.010>
- Hutchins, F., Krafty, R., El Khoudary, S. R., Catov, J., Colvin, A., Barinas-Mitchell, E., & Brooks, M. M. (2021). Gestational Weight Gain and Long-term Maternal Obesity Risk: A Multiple-Bias Analysis. *Epidemiology*, 32(2), 248–258. <https://doi.org/10.1097/EDE.0000000000001310>
- Ilmiani, T. K., Anggraini, D. I., & Hanriko, R. (2020). Hubungan Pengetahuan Gizi Ibu Hamil terhadap Peningkatan Berat Badan Selama Kehamilan di Puskesmas Bandar Lampung *The Relationship between Nutritional Knowledge of Pregnant Women and Weight Gain During Pregnancy at Puskesmas Bandar Lampung*. 9, 29–34.
- Incollingo, A. C., Dunkel, C., Brewis, A., & Tomiyama, A. J. (2019). Social Science & Medicine The psychological burden of baby weight : Pregnancy , weight stigma , and maternal health. *Social Science & Medicine*, 235(November 2018), 112401. <https://doi.org/10.1016/j.socscimed.2019.112401>
- Iriani, O. S., Triwidyantari, D., & Hayati, T. (2021). Hubungan Body Mass Index (Bmi) Ibu Hamil Dengan Penambahan Berat Badan Selama Kehamilan Di Pmb Bd. W Kab. Bandung Barat Tahun 2021. *Journal of Midwifery and Public Health*, 3(2), 53. <https://doi.org/10.25157/jmph.v3i2.6822>
- ISFET. (2021). ADDIE Model: ADDIE for Instructional Design. *Technology International Society for Educational*.
- Jin, Y., Dai, X., Wang, N., Hu, Y., Quan, L., & Zhu, S. (2021). Clinical Observation of Effects of Prepregnancy Body Mass Index and Weight Gain during Pregnancy on Neonatal Weight and Delivery Outcome. 2021(i).
- Johar, H., Hoffmann, J., Günther, J., Atasoy, S., Stecher, L., Spies, M., Hauner, H., & Ladwig, K. H. (2020). Evaluation of antenatal risk factors for postpartum depression: A secondary

- cohort analysis of the cluster-randomised GeliS trial. *BMC Medicine*, 18(1), 1–12.
<https://doi.org/10.1186/s12916-020-01679-7>
- Kapadia, M. Z., Gaston, A., Van Blyderveen, S., Schmidt, L., Beyene, J., McDonald, H., & McDonald, S. D. (2015). Psychological antecedents of excess gestational weight gain: A systematic review. *BMC Pregnancy and Childbirth*, 15(1).
<https://doi.org/10.1186/s12884-015-0535-y>
- Kathleen M Rasmussen, & Ann L Yaktine. (2009). Weight Gain During Pregnancy: Reexamining the Guidelines. In *The National Academies Collection: Reports funded by National Institutes of Health*.
- Kellogg, R. T. (2003). *Cognitive psychology* (Vol. 2). Sage.
- Kemenkes. (2014). *Peraturan Menteri Kesehatan Republik Indonesia Nomor 41 Tahun 2019 tentang Pedoman Gizi Seimbang*.
- Kemenkes. (2019). *Peraturan Menteri Kesehatan Republik Indonesia Nomor 28 Tahun 2019 tentang Angka Kecukupan Gizi yang Dianjurkan untuk Masyarakat*. 33.
<https://stunting.go.id/kemenkes-permenkes-no-28-tahun-2019-angka-kecukupan-gizi-yang-dianjurkan/>
- Kementrian Kesehatan Republik Indonesia. (2018). *Hasil Utama Riskesdas*. 30–40.
- Kepley JM, Bates K, & Mohiuddin SS. (2022). *Physiology Maternal Changes*. StatPearls Publishing LLC.
- Kingsland, M., Hollis, J., Farragher, E., Wolfenden, L., Campbell, K., Pennell, C., Reeves, P., Tully, B., Daly, J., Attia, J., Oldmeadow, C., Hunter, M., Murray, H., Paolucci, F., Foureur, M., & Rissel, C. (2021). *An implementation intervention to increase the routine provision of antenatal care addressing gestational weight gain: study protocol for a stepped-wedge cluster trial*. 1–13.
- Koh, H., Ee, T. X., Malhotra, R., Allen, J. C., Tan, T. C., & Østbye, T. (2013). Predictors and adverse outcomes of inadequate or excessive gestational weight gain in an Asian population. *Journal of Obstetrics and Gynaecology Research*, 39(5), 905–913.
<https://doi.org/10.1111/j.1447-0756.2012.02067.x>
- Kołomańska, D., Zarawski, M., & Mazur-Bialy, A. (2019). Physical activity and depressive disorders in pregnant women-a systematic review. *Medicina (Lithuania)*, 55(5), 1–16.
<https://doi.org/10.3390/medicina55050212>
- Kominiarek, M. A., Grobman, W., Adam, E., Buss, C., Culhane, J., Entringer, S., Simhan, H., Wadhwa, P. D., Kim, K. Y., Keenan-Devlin, L., & Borders, A. (2018). Stress during pregnancy and gestational weight gain. *Journal of Perinatology*, 38(5), 462–467.
<https://doi.org/10.1038/s41372-018-0051-9>
- Kominiarek, M. A., & Peaceman, A. M. (2017). Gestational weight gain. In *American Journal of Obstetrics and Gynecology* (Vol. 217, Issue 6, pp. 642–651). Mosby Inc.
<https://doi.org/10.1016/j.ajog.2017.05.040>
- Kominiarek, M. A., Saade, G., Mele, L., Bailit, J., Reddy, U. M., Wapner, R. J., Varner, M. W., Thorp, J. M., Caritis, S. N., Prasad, M., Tita, A. T. N., Sorokin, Y., Rouse, D. J., Blackwell, S. C., & Tolosa, J. E. (2018). Association between gestational weight gain and perinatal outcomes. *Obstetrics and Gynecology*, 132(4), 875–881.
<https://doi.org/10.1097/AOG.0000000000002854>
- Lai, J. S., Soh, S. E., Loy, S. L., Colega, M., Kramer, M. S., Chan, J. K. Y., Tan, T. C., Shek, L. P. C., Yap, F. K. P., Tan, K. H., Godfrey, K. M., Chong, Y. S., & Chong, M. F. F. (2019). Macronutrient composition and food groups associated with gestational weight gain: the GUSTO study. *European Journal of Nutrition*, 58(3), 1081–1094.
<https://doi.org/10.1007/s00394-018-1623-3>
- Lappas, M., Lim, R., Price, S., Prendergast, L. A., Proietto, J., Ekinici, E. I., & Sumithran, P. (2020). Exploring the relationship between maternal circulating hormones and gestational

- weight gain in women without obesity: A cross-sectional study. *International Journal of Women's Health*, 12, 455–462. <https://doi.org/10.2147/IJWH.S241785>
- Ledoux, T., Van Den Berg, P., Leung, P., & Berens, P. D. (2015). Factors associated with knowledge of personal gestational weight gain recommendations. *BMC Research Notes*, 8(1), 1–7. <https://doi.org/10.1186/s13104-015-1306-6>
- Lewandowska, M. (2021). *The Role of Maternal Weight in the Hierarchy of Macrosomia Predictors ; Overall Effect of Analysis of Three*. 1–19.
- Li, W.-Y., Liabsuetrakul, T., & Stray-Pedersen, B. (2014). *Effect of mode of delivery on perceived risks of maternal health outcomes among expectant parents: a cohort study in Beijing, China*. <http://www.biomedcentral.com/1471-2393/14/12>
- Lindberg, S., Anderson, C., Pillai, P., Tandias, A., Arndt, B., & Hanrahan, L. (2016). Prevalence and predictors of unhealthy weight gain in pregnancy. *Wisconsin Medical Journal*, 115(5), 233–237.
- Loh, A. Z. H., Oen, K. Q. X., Koo, I. J. Y., Ng, Y. W., & Yap, J. C. H. (2018). Weight management during pregnancy: a qualitative thematic analysis on knowledge, perceptions and experiences of overweight and obese women in Singapore. *Global Health Action*, 11(1). <https://doi.org/10.1080/16549716.2018.1499199>
- Margaret, C., Lisa, N., Andrew, W., & Juli, A. (2021). *Pregnant Women Living with Obesity : A Cross-Sectional Pregnancy Outcomes*.
- Marie, A., Id, D., Id, D. W., Perumal, N., Liu, E., Wang, M., Ahmed, T., Christian, P., Id, K. G. D., Kac, G., Id, S. H. K., Subramoney, V., Briggs, B., & Fawzi, W. W. (2023). *Risk factors for inadequate and excessive gestational weight gain in 25 low- and middle-income countries : An individual-level participant meta-analysis* (Issue January 2000). <https://doi.org/10.1371/journal.pmed.1004236>
- McDonald, S. D., Yu, Z. M., Blyderveen, S. Van, Schmidt, L., Sword, W., Vanstone, M., Biringer, A., McDonald, H., & Beyene, J. (2020). Prediction of excess pregnancy weight gain using psychological, physical, and social predictors: A validated model in a prospective cohort study. *Plos One*. <https://doi.org/https://doi.org/10.1371/journal.pone.0233774>
- McDowell, M., Cain, M. A., & Brumley, J. (2019). Excessive Gestational Weight Gain. In *Journal of Midwifery and Women's Health* (Vol. 64, Issue 1, pp. 46–54). John Wiley and Sons Inc. <https://doi.org/10.1111/jmwh.12927>
- McKeating, A., O'Higgins, A., Turner, C., McMahon, L., Sheehan, S. R., & Turner, M. J. (2015). The relationship between unplanned pregnancy and maternal body mass index 2009-2012. *European Journal of Contraception and Reproductive Health Care*, 20(6), 409–418. <https://doi.org/10.3109/13625187.2015.1023893>
- Media, Y., Arifin, Z., & Gusnedi. (2014). Hambatan Dan Potensi Sumber Daya Lokal Dalam Upaya Mengurangi Resiko Kematian Ibu Di Kecamatan Tigo Lurah Kabupaten Solok, Provinsi Sumatera Barat. *Jurnal Kesehatan Reproduksi*, 5(1), 1–13.
- Meilinawati, E. (2023). Hubungan Dukungan Suami dengan Upaya Ibu Hamil Dalam Pencegahan Stunting Pada Masa Kehamilan. *Jurnal Kebidanan*, 13(2), 166.
- Menke, B. R., Duchette, C., Tinius, R. A., Wilson, A. Q., Altizer, E. A., & Maples, J. M. (2022). *Physical Activity during Pregnancy and Newborn Body Composition : A Systematic Review*.
- Miele, M. J., Souza, R. T., Calderon, I. M. P., Feitosa, F., Leite, D. F., Rocha Filho, E., Vettorazzi, J., Mayrink, J., Fernandes, K. G., Vieira, M. C., Pacagnella, R. C., & Cecatti, J. G. (2021). Proposal of MUAC as a fast tool to monitor pregnancy nutritional status: Results from a cohort study in Brazil. *BMJ Open*, 11(5), 1–11. <https://doi.org/10.1136/bmjopen-2020-047463>
- Miller, R. S. (2011). Nutritional needs during pregnancy. *Nursing Made Incredibly Easy*, 9(5),

- 21–24. <https://doi.org/10.1097/01.NME.0000403193.68168.d0>
- Minarti, S., Suryandari, E. H., & Retnowati, M. (2011). *Hubungan penambahan berat badan dengan kejadian pre eklamsi pada ibu hamil di RSUD Prof Margono Soekarjo Purwokerto.*
- Moreno-fernandez, J., Ochoa, J. J., & Lopez-frias, M. (2020). *Impact of Early Nutrition , Physical Activity and Sleep on the Fetal Programming of Disease in the Pregnancy : A Narrative Review.*
- Morrison, L., Dejonckheere, M., Nichols, L. P., Grace, D., Plegue, M. A., Mckee, K., Koomen, K., Bsn, R. N., Mirchandani, A., Adams, E., Chang, T., & Ms, M. P. H. (2020). *HHS Public Access.* 33(1), 64–71. <https://doi.org/10.1016/j.jpap.2019.10.001>. Knowledge
- Most, J., Dervis, S., Haman, F., Adamo, K. B., & Redman, L. M. (2019). Energy intake requirements in pregnancy. *Nutrients*, 11(8). <https://doi.org/10.3390/nu11081812>
- Mousa, A., & Naqash, A. (2019). *Macronutrient and Micronutrient Intake during Pregnancy : An Overview of Recent Evidence.* 1–20. <https://doi.org/10.3390/nu11020443>
- Mudjiran. (2023). *Panduan Pendekatan Analisis, Design, Development, Implementation, Evaluation (ADDIE) untuk Penelitian Research and Develoment (R&D).*
- Ningrum, N. M. (2020). Hubungan Kenaikan Berat Badan Berdasarkan Body Mass Indeks. *Jurnal Ilmiah : J-HESTECH*, 3(2), 119–128. <https://doi.org/10.25139/htc.v%vi%i.3085>
- Ningsih, N. S., Simanjuntak, B. Y., & Haya, M. (2021). *Asupan Energi , Zat Gizi Makro dan Pertambahan Berat Badan Ibu Hamil Energy Intake , Macro Nutrients and Weight Gain for Pregnant Women.* 12, 156–161.
- Ningsih, S. R. ., Subarto, C. B. ., & Fajarini, N. (2019). *Diabetes Melitus dalam Kehamilan. Nuha Medika.*
- Nnam, N. M. (2015). *Conference on ‘ Food and nutrition security in Africa : new challenges and opportunities for sustainability ’ Improving maternal nutrition for better pregnancy outcomes Proceedings of the Nutrition Society.* July 2014, 454–459. <https://doi.org/10.1017/S0029665115002396>
- Nunnery, D., Ammerman, A., & Dharod, J. (2018). Predictors and outcomes of excess gestational weight gain among low-income pregnant women. *Health Care for Women International*, 39(1), 19–33. <https://doi.org/10.1080/07399332.2017.1391263>
- Nurastuti, Triasih, D., & Yayang. (2013). *Hubungan Kenaikan Berat Badan Ibu Hamil DanUsia Kehamilan Dengan Berat Badan Bayi Lahir.*
- Nurhayati, N., & Partina. (2020). *Hubungan Pengetahuan Nutrisi Ibu Hamil Dengan Kenaikan Berat Badan Pada Ibu Hamil.*
- Octavia, L., Agustina, R., Sartika, A. N., Utami, A. D., Dewi, Y. A., Hayuningtyas, A., Winanda, M., Prafiyanti, E., & Asmarinah. (2020). Associations of maternal diet quality with weight gain during pregnancy and obesity at three-year postpartum in Jakarta. *PLoS ONE*, 15(12 December 2020), 1–16. <https://doi.org/10.1371/journal.pone.0244449>
- Okafor, U. B., & Goon, D. Ter. (2021). *Physical Activity in Pregnancy : Beliefs , Benefits , and Information-Seeking Practices of Pregnant Women in South Africa.* 787–798.
- Ounjaijean, S., Wongthannee, A., Kulprachakarn, K., Rerkasem, A., Pruenglampoo, S., Mangklabruks, A., Rerkasem, K., & Derrai, J. G. B. (2021). Higher maternal BMI early in pregnancy is associated with overweight and obesity in young adult offspring in Thailand. *BMC Public Health*, 21(1), 1–11. <https://doi.org/10.1186/s12889-021-10678-z>
- Paramita, F. (2019). Penulis: Farah Paramita, S.Gz, MPH. In *Wineka Media.*
- Pascual ZN, & Michelle D. (2022). *Physiology, Pregnancy.* Treasure Island (FL).
- Paul, K. H., Graham, M. L., & Olson, C. M. (2017). The Web of Risk Factors for Excessive Gestational Weight Gain in Low Income Women. *Physiology & Behavior*, 176(12), 139–148. <https://doi.org/10.1007/s10995-012-0979-x>. The
- Prawirohardjo Sarwono. (2006). *Ilmu Kebidanan.* PT. Bina Pustaka Sarwono Prawirohardjo.

- Prianto, J., & Hamam, H. (2015). *Hubungan antara asupan energi dan protein dengan kenaikan berat badan ibu hamil di Kabupaten Gunung Kidul Yogyakarta*.
- Pritasari, Damayanti, D., & Lestari, N. (2017). *Gizi dalam Daur Kehidupan*. 292.
- Priyono. (2016). *Metode Penelitian Kuantitatif* (C. Teddy (ed.); Edisi Revi). Zifatama Publishing.
- Profil Kesehatan Sumut. (2018). *Profil singkat provinsi : Sumatera Utara*.
- Proverawati, A., & Wati, E. K. (2017). *Ilmu Gizi untuk Keperawatan dan Gizi Masyarakat* (kedua). Nuha Medika.
- Proverawati A, & Asfuah. (2009). *Buku Ajar Gizi untuk Kebidanan*. Nuha Medika.
- Puji, T. (2012). *HAMIL DI KELURAHAN TANAH BARU KOTA BOGOR TAHUN 2012*
HAMIL DI KELURAHAN TANAH BARU KOTA BOGOR TAHUN 2012.
- Purnamasari, D., Waspadji, S., Adam, J., Achmad, R., & Tahapary, D. (2013). Indonesian Clinical Practice Guidelines for Diabetes in Pregnancy. *Journal of the ASEAN Federation of Endocrine Societies*, 28(1), 9–13. <https://doi.org/10.15605/jafes.028.01.02>
- Puspasari, M. E. (2016). Psikologi Kognitif Dalam Proses Kreatif. *ULTIMART Jurnal Komunikasi Visual*, 7(1), 7–12. <https://doi.org/10.31937/ultimart.v7i1.374>
- Puspita, I. M. (2019). Hubungan Antara Indeks Massa Tubuh (Imt) Ibu Prahamil Dan Kenaikan Berat Badan Selama Kehamilan Dengan Berat Badan Lahir Bayi Di Rsud Dr. M. Soewandhie Surabaya. *Midwifery Journal: Jurnal Kebidanan UM. Mataram*, 4(2), 32. <https://doi.org/10.31764/mj.v4i2.946>
- Quedarusman, H., Wantania, J., & Kaeng, J. J. (2013). Hubungan Indeks Massa Tubuh Ibu Dan Peningkatan Berat Badan Saat Kehamilan Dengan Preeklampsia. *Jurnal E-Biomedik*, 1(1), 305–311. <https://doi.org/10.35790/ebm.1.1.2013.4363>
- Ramón-Arbués, E., Granada-López, J. M., Martínez-Abadía, B., Echániz-Serrano, E., Sagarra-Romero, L., & Antón-Solanas, I. (2023). Physical activity during pregnancy and its relationship with gestational weight gain. *Revista Latino-Americana de Enfermagem*, 31. <https://doi.org/10.1590/1518-8345.6488.3876>
- Rani, V., & Joshi, S. (2022). *Artigo Original Atividade física na gravidez e seu efeito sobre os parâmetros relacionados ao peso : Um estudo piloto randomizado e controlado Physical activity in pregnancy and its effect on weight- related parameters : A pilot randomized controlled tria*.
- Rasmussen, K M. Yaktine, A L, E. I. of medicine and national research council of the national academies. (2009). *Weight Gain During Pregnancy: Reexamining the Guidelines Food and Nutrition Board on Children, Youth and Families*. 1–843. <http://www.ncbi.nlm.nih.gov/books/NBK32813/>
- Restall, A., Taylor, R. S., Thompson, J. M. D., Flower, D., Dekker, G. A., Kenny, L. C., Poston, L., & McCowan, L. M. E. (2014). Risk factors for excessive gestational weight gain in a healthy, nulliparous cohort. *Journal of Obesity*, 2014(Table 1). <https://doi.org/10.1155/2014/148391>
- Risa, H. N. (2023). *GAMBARAN TINGKAT PENGETAHUAN GIZI, ASUPAN ENERGI, DAN PROTEIN PADA IBU HAMIL DENGAN KEKURANGAN ENERGI KRONIK (KEK) DI PUSKESMAS MANYAR KOTA GRESIK*. 03(November), 25–33.
- Riskesdas. (2018). Laporan Provinsi Sumatera Utara Riskesdas 2018. In *Badan Penelitian dan Pengembangan Kesehatan*.
- Rogozi, E., Zamora, J., Marlin, N., Betrán, A. P., Astrup, A., Bogaerts, A., Cecatti, J. G., Dodd, J. M., Facchinetti, F., Geiker, N. R. W., & Haakstad, L. A. H. (2019). *Gestational weight gain outside the Institute of Medicine recommendations and adverse pregnancy outcomes : analysis using individual participant data from randomised trials*. 7, 1–12.
- Saarikko, J., Niela-Vilén, H., Rahmani, A. M., & Axelin, A. (2021). Identifying target behaviors for weight management interventions for women who are overweight during

- pregnancy and the postpartum period: a qualitative study informed by the Behaviour Change Wheel. *BMC Pregnancy and Childbirth*, 21(1), 1–12. <https://doi.org/10.1186/s12884-021-03689-6>
- Santi, L. (2021). *PENGETAHUAN DAN ASUPAN ZAT GIZI IBU HAMIL*. 1(2), 104–113.
- Santos, S., Voerman, E., Amiano, P., Barros, H., Beilin, L. J., Bergström, A., Charles, M. A., Chatzi, L., Chevrier, C., Chrousos, G. P., Corpeleijn, E., Costa, O., Costet, N., Crozier, S., Devereux, G., Doyon, M., Eggesbø, M., Fantini, M. P., Farchi, S., ... Jaddoe, V. W. V. (2019a). Impact of maternal body mass index and gestational weight gain on pregnancy complications: an individual participant data meta-analysis of European, North American and Australian cohorts. *BJOG: An International Journal of Obstetrics and Gynaecology*, 126(8), 984–995. <https://doi.org/10.1111/1471-0528.15661>
- Santos, S., Voerman, E., Amiano, P., Barros, H., Beilin, L. J., Bergström, A., Charles, M. A., Chatzi, L., Chevrier, C., Chrousos, G. P., Corpeleijn, E., Costa, O., Costet, N., Crozier, S., Devereux, G., Doyon, M., Eggesbø, M., Fantini, M. P., Farchi, S., ... Jaddoe, V. W. V. (2019b). Impact of maternal body mass index and gestational weight gain on pregnancy complications: an individual participant data meta-analysis of European, North American and Australian cohorts. *BJOG: An International Journal of Obstetrics and Gynaecology*, 126(8), 984–995. <https://doi.org/10.1111/1471-0528.15661>
- Shen, J., Zhang, Z., Chen, K., Lu, M., Qian, Q., Liu, P., Gao, Q., & Zhang, C. (2018). Prepregnancy obesity status and risks on pregnancy outcomes in Shanghai: A prospective cohort study. *Medicine (United States)*, 97(40). <https://doi.org/10.1097/MD.00000000000012670>
- Shub, A., Huning, E. Y. S., Campbell, K. J., & McCarthy, E. A. (2013). Pregnant women's knowledge of weight, weight gain, complications of obesity and weight management strategies in pregnancy. *BMC Research Notes*, 6(1), 1. <https://doi.org/10.1186/1756-0500-6-278>
- Shulman, R., & Kottke, M. (2016). Impact of maternal knowledge of recommended weight gain in pregnancy on gestational weight gain Presented at the 78th meeting of the South Atlantic Association of Obstetrics and Gynecology Annual Meeting in Charleston, SC, Jan. 30-Feb. 2, 2016. *American Journal of Obstetrics and Gynecology*, 214(6), 754.e1-754.e7. <https://doi.org/10.1016/j.ajog.2016.03.021>
- Singh, P., Hashmi, G., & Swain, P. K. (2018). High prevalence of cesarean section births in private sector health facilities- analysis of district level household survey-4 (DLHS-4) of India. *BMC Public Health*, 18(1). <https://doi.org/10.1186/s12889-018-5533-3>
- Siti, M., Munisah, Nourma, Y., Ghurotul, B., Ervin, H., & Aina, T. S. (2022). *GRAVIDARUM MELALUI DUKUNGAN SUAMI / KELUARGA DAN KENAIKAN BERAT BADAN*. 4(September), 341–348.
- Siyoto, S. (2015). *Dasar Metodologi penelitian* (Ayup (ed.); Cetakan ke).
- Skinner, B. F. (1935). The Generic Nature of the Concepts of Stimulus and Response. *The Journal of General Psychology*, 12(1), 40–65. <https://doi.org/10.1080/00221309.1935.9920087>
- Soltani, H., Lipoeto, N. I., Fair, F. J., Kilner, K., & Yusrawati, Y. (2017). Pre-pregnancy body mass index and gestational weight gain and their effects on pregnancy and birth outcomes: A cohort study in West Sumatra, Indonesia. *BMC Women's Health*, 17(1), 1–12. <https://doi.org/10.1186/s12905-017-0455-2>
- Sternberg, R. J. (2008). *Cognitive Psychologist*.
- Suliga, E., Rokita, W., & Adamczyk-gruszka, O. (2018). *Factors associated with gestational weight gain : a cross-sectional survey*. 7, 1–11.
- Sulistiawati, R., Fitriani, H., & Zakiyya, A. (2021). *Edukasi Berdasarkan Status IMT Prahamil Dalam Upaya Peningkatan*. 9, 1–10.

- Sun, J. J., & Chien, L. Y. (2021). Decreased physical activity during pregnancy is associated with excessive gestational weight gain. *International Journal of Environmental Research and Public Health*, 18(23). <https://doi.org/10.3390/ijerph182312597>
- Sun, Y., Shen, Z., Zhan, Y., Wang, Y., Ma, S., Zhang, S., Liu, J., Wu, S., Feng, Y., Chen, Y., Cai, S., Shi, Y., Ma, L., & Jiang, Y. (2020). Effects of pre-pregnancy body mass index and gestational weight gain on maternal and infant complications. *BMC Pregnancy and Childbirth*, 20(1), 1–13. <https://doi.org/10.1186/s12884-020-03071-y>
- Supariasa, I. D. N., Bachyar, B., & Fajar, I. (2016). *Penilaian Status Gizi* (E. Rezkina & C. ayu Agustin (eds.); Edisi 2). EGC. <https://doi.org/978-978-044-650-2>
- Sutriawan, A., & Syafruddin, M. A. (2024). *Gizi Dan Aktifitas Fisik Ibu Hamil : Studi Literatur Nutrition And Physical Activity Of Pregnant Women : Literature Study*. 4, 521–531.
- Syahid, M. I., Keb, S. T., Keb, M., Sipayung, R., Keb, M., & Yani, R. (2023). *BOGOR TAHUN 2023 Gizi ibu hamil merupakan makanan sehat dan seimbang yang harus dikonsumsi selama kehamilan yaitu dengan porsi dua kali makan orang yang tidak hamil . Kebutuhan gizi pada masa kehamilan akan meningkat sebesar 15 % dibandingkan dengan kebut.*
- Syamsiah, N. O., & S. (2015). *PENERAPAN ESDLC PADA SISTEM PAKAR FORWARD CHAINING DAN RULE BASE REASONING UNTUK DIAGNOSA AWAL PENYAKIT KARDIOVASKULAR DAN PARU-PARU MANUSIA*.
- Tenny et al. (2021). *Qualitative Study*. PMC - PubMed. <https://doi.org/NBK470395>
- Tian, C., Hu, C., He, X., Zhu, M., & Qin, F. (2015). Excessive weight gain during pregnancy and risk of macrosomia : a meta-analysis. *Archives of Gynecology and Obstetrics*. <https://doi.org/10.1007/s00404-015-3825-8>
- Tielemans, M. J., Garcia, A. H., Santos, P., Bramer, W. M., Luksa, N., Luvizotto, M. J., Moreira, E., Topi, G., Jonge, E. A. L. De, Visser, T. L., Voortman, T., Felix, J. F., Steegers, E. A. P., Jong, J. C. K., & Franco, O. H. (2016). *Macronutrient composition and gestational weight gain : a systematic*. 83–99. <https://doi.org/10.3945/ajcn.115.110742>
- Timmermans, Y. E. G., Van De Kant, K. D. G., Krumeich, J. S. M., Zimmermann, L. J. I., Dompeling, E., Kramer, B. W., Maassen, L. L. J., Spaanderman, M. A. E., & Vreugdenhil, A. C. E. (2020). Socio-ecological determinants of lifestyle behavior of women with overweight or obesity before, during and after pregnancy: Qualitative interview analysis in the Netherlands. *BMC Pregnancy and Childbirth*, 20(1), 1–11. <https://doi.org/10.1186/s12884-020-2786-5>
- Tran, N. T., Nguyen, L. T., Berde, Y., Low, Y. L., Tey, S. L., Thi, D., & Huynh, T. (2019). *Maternal nutritional adequacy and gestational weight gain and their associations with birth outcomes among Vietnamese women*. 6, 1–10.
- Udayana, K. (2015). *Buku Ajar Penilaian Status Gizi* P. 18–21.
- Usrina, N., Bin Faisal, A., Abdullah, A., Zakaria, R., & Maidar. (2020). *PENGARUH ASUPAN ENERGI DAN PROTEIN IBU HAMIL SELAMA TRIMESTER III TERHADAP KELUARAN KEHAMILAN : STUDI KOHORT THE INFLUENCE OF MATERNAL COMSUMPTION OF ENERGY AND PROTEIN DURING THE THIRD TRIMESTER WITH PREGNANCY OUTCOMES : A COHORT STUDY*. 86–95.
- Vanstone, M., Kandasamy, S., Giacomini, M., DeJean, D., & McDonald, S. D. (2017). Pregnant women’s perceptions of gestational weight gain: A systematic review and meta-synthesis of qualitative research. In *Maternal and Child Nutrition* (Vol. 13, Issue 4). Blackwell Publishing Ltd. <https://doi.org/10.1111/mcn.12374>
- Varagic, J., Desvigne-Nickens, P., Gamble-George, J., Hollier, L., Maric-Bilkan, C., Mitchell, M., Pemberton, V. L., & Redmond, N. (2021). Maternal Morbidity and Mortality: Are We Getting to the “Heart” of the Matter? *Journal of Women’s Health*, 30(2), 178–186. <https://doi.org/10.1089/jwh.2020.8852>
- Vargas-Terrones, M., Nagpal, T. S., & Barakat, R. (2019). Impact of exercise during pregnancy

- on gestational weight gain and birth weight: an overview. *Brazilian Journal of Physical Therapy*, 23(2), 164–169. <https://doi.org/10.1016/j.bjpt.2018.11.012>
- Victor, A., de França da Silva Teles, L., de Carvalho, L. F., Biagio, L. D., Argentato, P. P., Luzia, L. A., & Rondó, P. H. C. (2024). Predictors of inadequate gestational weight gain according to iom recommendations and intergrowth-21st standards: the araraquara cohort study. *BMC Pregnancy and Childbirth*, 24(1). <https://doi.org/10.1186/s12884-024-06749-9>
- Vitner, D., Harris, K., Maxwell, C., & Farine, D. (2019). Obesity in pregnancy: a comparison of four national guidelines. *Journal of Maternal-Fetal and Neonatal Medicine*, 32(15), 2580–2590. <https://doi.org/10.1080/14767058.2018.1440546>
- WHO. (2016). *Good Maternal Nutrition The best start in life*.
- WHO. (2019). Frequently Asked Questions and Their Answers. *So Your Home Is Built on Expansive Soils: A Discussion on How Expansive Soils Affect Buildings*, March, 41–80. <https://doi.org/10.1061/9780784415214.ch02>
- Widjayanegara, H. (2009). Aspek Umum Prematuritas. *Prematuritas. 1st Ed. Bandung: PT Refika Aditama*, 1–6.
- Wijayanti, E. (2018). MODEL DDST(DENVER DEVELOPMENT SCREENING TEST) UNTUK MONITORING PERKEMBANGAN ANAK BERBASIS EXPERT SYSTEM. *Jurnal SIMETRIS*, 9(1).
- Wu, Y., Wan, S., Gu, S., Mou, Z., Dong, L., Luo, Z., Zhang, J., & Hua, X. (2020). *Gestational weight gain and adverse pregnancy outcomes: a prospective cohort study*. 1–8. <https://doi.org/10.1136/bmjopen-2020-038187>
- Xing, Y., Wang, X., Zhang, W., & Jiang, H. (2020). The effect of exercise on maternal complications and birth outcomes in overweight or obese pregnant women: A meta-analysis. *Annals of Palliative Medicine*, 9(6), 4103–4112. <https://doi.org/10.21037/apm-20-2097>
- Zamrodah, Y. (2016). HUBUNGAN KENAIKAN BERAT BADAN DENGAN DIABETES MELLITUS GESTASIONAL. 15(2), 1–23.
- Zhou, M., Peng, X., Yi, H., Tang, S., & You, H. (2022). Determinants of excessive gestational weight gain: a systematic review and meta-analysis. *Archives of Public Health*, 80(1), 1–12.
- Zou, X., Yang, N., Cai, W., Niu, X., Wei, M., Zhang, X., Hou, X., Kang, F., & Li, Y. (2020). *Weight Gain Before the Third Trimester and Risk of Hypertensive Disorders of Pregnancy: A Prospective Cohort Study*. 1–11. <https://doi.org/10.12659/MSM.927409>
- Zuhairini, Y., Kasmanto, H., & Nugraha, G. I. (2014). Indeks Massa Tubuh Awal Kehamilan Ibu sebagai Indikator yang Paling Berperan terhadap Kenaikan Berat Badan Ibu Selama Hamil Body Mass Index in Early Pregnancy as the Most Contributing Indicator for Weight Gain during Pregnancy. 48(38), 171–175.