



UNIVERSITAS ANDALAS

**HUBUNGAN SOSIAL EKONOMI, KETAHANAN PANGAN RUMAH
TANGGA, DAN KUALITAS DIET DENGAN KEJADIAN KURANG
ENERGI KRONIS (KEK) PADA IBU HAMIL DI WILAYAH
PUSAT KOTA DAN PINGGIRAN KOTA PADANG
TAHUN 2026**

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Diajukan Sebagai Pemenuhan Syarat untuk Mendapatkan

Gelar Sarjana Gizi

FAKULTAS KESEHATAN MASYARAKAT

UNIVERSITAS ANDALAS

PADANG, 2026

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UNIVERSITAS ANDALAS**

Skripsi, Juli 2026

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**HUBUNGAN SOSIAL EKONOMI, KETAHANAN PANGAN RUMAH
TANGGA, DAN KUALITAS DIET DENGAN KEJADIAN KURANG ENERGI
KRONIS (KEK) PADA IBU HAMIL DI WILAYAH PUSAT KOTA DAN
PINGGIRAN KOTA PADANG TAHUN 2026**

xi + 91 halaman, 16 tabel, 4 gambar, 9 lampiran

ABSTRAK

Tujuan

Penelitian ini bertujuan untuk mengetahui hubungan antara sosial ekonomi, ketahanan pangan rumah tangga, dan kualitas diet dengan kejadian kurang energi kronis pada ibu hamil di wilayah pusat kota dan pinggiran Kota Padang tahun 2026.

Metode

Penelitian ini menggunakan desain *cross sectional* dengan melibatkan 100 ibu hamil trimester I dan II di wilayah pusat kota dan pinggiran Kota Padang. Teknik pengambilan sampel menggunakan *consecutive sampling*. Data dikumpulkan melalui pengukuran lingkaran lengan atas (LiLA) dan wawancara menggunakan kuesioner pengeluaran pangan dan non pangan, *Household Food Insecurity Access Scale* (HFIAS), serta *Semi-Quantitative Food Frequency Questionnaire* (SQ-FFQ). Skor kualitas diet dihitung menggunakan *Alternative Healthy Eating Index for Pregnancy* (AHEI-P) adaptasi. Data dianalisis secara univariat dan bivariat. Analisis bivariat menggunakan uji *Fisher's exact*.

Hasil

Hasil penelitian menunjukkan bahwa proporsi KEK, sosial ekonomi rendah, dan rumah tangga rawan pangan lebih tinggi di wilayah pinggiran kota dibandingkan pusat kota. Secara keseluruhan, 13% ibu hamil mengalami KEK, 15% memiliki status sosial ekonomi rendah, 21% berasal dari rumah tangga rawan pangan, dan 71% memiliki kualitas diet kategori butuh perbaikan. Analisis bivariat menunjukkan bahwa sosial ekonomi, ketahanan pangan rumah tangga, dan kualitas diet berhubungan dengan kejadian KEK pada ibu hamil di wilayah pusat kota dan pinggiran kota ($p < 0,05$).

Kesimpulan

Sosial ekonomi, ketahanan pangan rumah tangga, dan kualitas diet memiliki hubungan yang signifikan dengan kejadian kurang energi kronis (KEK) pada ibu hamil di wilayah pusat kota dan pinggiran Kota Padang.

Daftar Pustaka : 92 (2000-2026)

Kata Kunci : Ibu hamil, Ketahanan pangan, Kualitas diet, Kurang energi kronis, Sosial ekonomi

**FACULTY OF PUBLIC HEALTH
ANDALAS UNIVERSITY**

Undergraduate Thesis, July 2026

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**THE RELATIONSHIP BETWEEN SOCIOECONOMIC STATUS,
HOUSEHOLD FOOD SECURITY, AND DIET QUALITY WITH CHRONIC
ENERGY DEFICIENCY (CED) AMONG PREGNANT WOMEN IN URBAN
AND PERI-URBAN AREAS OF PADANG CITY IN 2026**

xi + 91 pages, 16 tables, 4 pictures, 9 appendices

ABSTRACT

Objective

This study aimed to determine the relationship between socioeconomic status, household food security, and diet quality with chronic energy deficiency among pregnant women in urban and peri-urban areas of Padang City in 2026.

Method

This study employed a cross-sectional design involving 100 pregnant women in the first and second trimesters in urban and peri-urban areas of Padang City. The sampling technique used was consecutive sampling. Data were collected through mid-upper arm circumference (MUAC) measurements and interviews using a food and non-food expenditure questionnaire, the Household Food Insecurity Access Scale (HFIAS), and the Semi-Quantitative Food Frequency Questionnaire (SQ-FFQ). Diet quality scores were calculated using an adapted version of the Alternative Healthy Eating Index for Pregnancy (AHEI-P). Data were analyzed using univariate and bivariate analyses. The bivariate analysis used Fisher's exact test.

Result

The results showed that the proportions of CED, low socioeconomic status, and household food insecurity were higher among pregnant women in peri-urban areas than in urban areas. Overall, 13% of pregnant women had CED, 15% had low socioeconomic status, 21% experienced household food insecurity, and 71% had diet quality that needed improvement. Bivariate analysis showed significant associations between socioeconomic status, household food security, and diet quality and CED among pregnant women in both urban and peri-urban areas ($p < 0.05$).

Conclusion

Socioeconomic status, household food security, and diet quality were significantly associated with chronic energy deficiency (CED) among pregnant women in urban and peri-urban areas of Padang City.

References : 92 (2000-2026)

Keywords : Chronic energy deficiency, Diet quality, Food security, Pregnant women, Socioeconomic status