

GAMBARAN KARAKTERISTIK IBU HAMIL YANG MENGALAMI KEKURANGAN ENERGI KRONIS (KEK) DI PUSKESMAS BANJARNEGARA I TAHUN 2024

Overview of the characteristics of Pregnant Women with Chronic Energy Deficiency (CED) at Banjarnegara 1 Public Health Center in 2024

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ABSTRAK

Latar Belakang: AKI di Indonesia adalah 305 per 100.000 kelahiran hidup, dan masih diatas target nasional 183. Di Kabupaten Banjarnegara, AKI sebesar 9,3 per 1000 kelahiran hidup. Penyebab utama meliputi perdarahan hipertensi, infeksi, dan komplikasi persalinan dan ditandai dengan LILA <23,5 cm. **Tujuan:** untuk mengetahui gambaran karakteristik ibu hamil yang mengalami KEK di Puskesmas Banjarnegara I tahun 2024. **Metode:** penelitian deskriptif kuantitatif dengan pendekatan retrospektif menggunakan data sekunder. Populasi 417 ibu hamil, sampel pada penelitian berjumlah 32 ibu hamil yang mengalami KEK. Analisis univariat berdasarkan usia, pendidikan, dan gravida. **Hasil:** Karakteristik ibu hamil yang mengalami KEK sebagian besar kasus terjadi pada kelompok usia tidak berisiko sebesar 87,5%, pendidikan menengah sebesar 59,4%, multigravida sebesar 65,6%. **Kesimpulan:** KEK pada ibu hamil di Puskesmas Banjarnegara I masih menjadi masalah kesehatan yang perlu perhatian, terutama pada kelompok berisiko. Pemantauan gizi dan intervensi berkelanjutan diperlukan untuk menekan komplikasi dan kematian ibu.

Kata Kunci : KEK, Ibu hamil, Usia, Pendidikan, Gravida

ABSTRACT

Background: The Maternal Mortality Ratio (MMR) in Indonesia is 305 per 100,000 live births, which is still above the national target of 183. In Banjarnegara Regency, the MMR is 9.3 per 1,000 live births. The main causes include hemorrhage, hypertension, infection, and delivery complications, often associated with Mid-Upper Arm Circumference (MUAC) <23.5 cm. **Research purposes:** To describe the characteristics of pregnant women experiencing Chronic Energy Deficiency (CED) at Banjarnegara I Public Health Center in 2024. **Method:** This study used a quantitative descriptive design with a retrospective approach, utilizing secondary data. The population consisted of 417 pregnant women, with 32 identified as having CED. Univariate analysis was conducted based on age, education, and gravida. **Results:** The characteristics of pregnant women with chronic energy deficiency (CED) mostly occurred in the non-risk age group (87.5%), with secondary education (59.4%), and were multigravida (65.6%). **Conclusion:** CED among pregnant women at Banjarnegara I Public Health Center remains a health problem that requires attention, especially in risk groups. Continuous nutritional monitoring and interventions are needed to reduce complications and maternal mortality.

Key: CED, Pregnant women, Age, Education, Gravida