

Pengaruh risiko kurang energi kronis pada ibu hamil terhadap berat bayi lahir rendah (BBLR): analisis data kohort ibu di Kab. Sawahlunto-Sijunjung tahun 2007

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Abstrak

Kelahiran Bayi Berat Lahir Rendah (BBLR) erat kaitannya dengan gizi ibu hamil khususnya anemia dan Kurang Energi Kronis (KEK). Penelitian ini bertujuan mengetahui pengaruh risiko KEK pada ibu hamil dan faktor lainnya terhadap BBLR di Kabupaten Sawahlunto-Sijunjung tahun 2007. Penelitian ini merupakan analisis data sekunder, jumlah sampel 228, desain kasus kontrol. Kasus adalah BBLR dan kontrol adalah Bayi Berat Lahir Normal (BBLN). Analisis bivariat dengan uji chi square dan analisis multivariat menggunakan multiple logistic regression. Hasil penelitian ditemukan pengaruh risiko KEK, Ante Natalcare (ANC) dan umur terhadap BBLR. Faktor yang paling dominan mempengaruhi BBLR adalah ibu hamil dengan risiko KEK (OR 4,8; 95% CI 2,48-9,42), artinya ibu hamil dengan risiko KBK (LILA <23,5cm) berpeluang 4,8 kali melahirkan BBLR dibandingkan dengan ibu hamil tanpa risiko KEK (LILA >23,5cm) setelah dikontrol ANC dan umur ibu. Dengan mencegah risiko KEK dapat mengurangi kelahiran BBLR dan kematian bayi, disarankan kepada dinas kesehatan meningkatkan deteksi dini ibu hamil risiko KEK melalui ANC, meningkatkan KIE kepada masyarakat, penanganan yang tepat, komitmen dalam evaluasi program dan feedback laporan, advokasi dengan Pemda, DPRD dan instansi terkait.

Low birth weight (LBW) really involved to the mother nutrient especially anemia and chronic malnutrition risk. The purpose of this research is to know the risk of chronic malnutrition influenced on pregnancy and another factor to LBW at district Sawahlunto-Sijunjung on 2007. This research was performed by secondary data analysis with case controls design with minimum sample amount was specified 228, Data were with chi square and multiple logistic regression. The observational result indicated there are influence on chronic malnutrition risk on pregnancy, ANC and mother age to LBW. The most dominant factor which is influence to LBW is chronic malnutrition risk on pregnancy with odds ratio 4,8 (95% CI 2,48 - 9,42), it's mean is pregnancy with chronic malnutrition will face the risk 4,8 times to LBW compare to pregnancy with out risk chronic malnutrition after ANC and mother age controlled To avoid and settles chronic malnutrition risk on pregnancy which is expected could to reduce LBW and presses infant mortality. Recommend health district office to mothers to perform early detection on risk of chronic malnutrition on pregnancy passes through ANC, increasing elucidation (communication, information and education) to community, by performing the right treatment, commitment in evaluates program and feedback on regularly report, Advocate to Government, others institution.