

## Risiko kurang energi kronis (KEK) pada ibu hamil remaja (usia 15-19 tahun ) di kota Pontianak tahun 2010

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### Abstrak

ABSTRAK Risiko Kurang Energi Kronis (KEK) berdampak terhadap ibu dan calon bayi yang dikandungnya. Dampak tersebut antara lain kesakitan pada trimester 3 kehamilan, perdarahan, BBLR, kematian ibu dan bayi, dll. Penelitian ini bertujuan untuk mengetahui faktor dominan yang berhubungan dengan risiko KEK ibu hamil remaja usia 15-19 tahun di Kota Pontianak. Penelitian dilakukan selama bulan Maret ? April 2010) di 23 puskesmas menggunakan desain cross sectional dengan jumlah sampel 104 orang. Data primer merupakan wawancara data karakteristik ibu, tingkat pengetahuan, kondisi sosio ekonomi, asupan zat gizi serta aktifitas fisik. Data dianalisis menggunakan uji regresi logistik. Proporsi ibu hamil remaja usia 15-19 tahun risiko KEK sebesar 56,7%. Terdapat hubungan antara usia menarche, asupan energi, asupan protein dan aktivitas fisik dengan risiko KEK. Asupan protein merupakan faktor dominan setelah dikontrol variabel usia menarche, gynecological age (GA), tingkat pendidikan suami, asupan energi dan aktifitas fisik. Ibu hamil usia remaja dengan asupan protein < 80% AKG berpeluang 13,416 kali risiko KEK dibanding ibu hamil usia remaja dengan asupan protein ≥ 80% AKG. Upaya pencegahan risiko KEK dapat dilakukan dengan melakukan intervensi terhadap wanita usia reproduktif sebelum kehamilan termasuk meningkatkan asupan nutrisi dan meningkatkan berat badan sebelum

Abstract Risk of chronic energy deficiency (CED) affected to mother and their fetuses. Impacts of CED are include pain in the third trimester of pregnancy, bleeding, low birth weight (LBW), death in mother and baby, etc. This study purpose to determine the most dominant factors correlated with CED risk on pregnant adolescents aged 15-19 years in Pontianak. Research conducted on March ? April 2010 in 23th health centers and study design was done using cross sectional and subjects were 104. Primary data taken in the form of interview for the data characteristics of pregnant adolescent, the level of knowledge, socio-economic conditions, nutrient intake (energy and protein) and physical activity. Data analyzed using logistical regression . The proportion of pregnant adolescents aged 15-19 years amounted to 56.7% risk of CED. Multivariate analysis showed the correlation between age of menarche, energy intake, protein intake and physical activity with risk of CED. Protein intake is the most dominant factor correlated with CED risk on pregnant adolescents aged 15-19 years in Pontianak in year 2010 after being controlled by the age of menarche, gynecological age (GA), husband's education level, energy intake and physical activity. Pregnant adolescent with protein intake < 80% RDA were 13,416 times more likely to have risk CED than there with protein intake ≥ 80% RDA. Prevention of risk CED on pregnant adolescent can be done by intervention before pregnancy including increase intake nutrient and weight gain.