ABSTRAK

ANALISIS FAKTOR-FAKTOR YANG BERHUBUNGAN DENGAN KENAIKAN BERAT BADAN BERLEBIH PADA KEHAMILAN DI PUSKESMAS KEMILING KOTA BANDAR LAMPUNG

Oleh

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Latar Belakang: Kenaikan berat badan kehamilan yang melebihi rekomendasi dapat meningkatkan risiko komplikasi pada ibu dan janin. Faktor yang diduga berperan meliputi asupan zat gizi, aktivitas fisik, IMT sebelum kehamilan, serta faktor sosial ekonomi. Penelitian ini bertujuan menganalisis faktor-faktor yang berhubungan dengan kenaikan berat badan berlebih pada ibu hamil di UPT Puskesmas Kemiling Kota Bandar Lampung.
Metode Penelitian: Penelitian deskriptif analitik dengan desain potong lintang pada 102 ibu hamil trimester II–III yang dipilih dengan menggunakan teknik consecutive sampling. Asupan energi, protein, karbohidrat, dan lemak dinilai melalui 24-hour dietary recall dan dikategorikan berdasarkan TKG menjadi kurang/cukup/lebih. Aktivitas fisik diukur menggunakan kuesioner PPAQ dan dikategorikan rendah, sedang, tinggi. Data IMT sebelum kehamilan, pendidikan, dan pendapatan diperoleh dari data/kuesioner.
Hasil Penelitian: Mayoritas responden mengalami kenaikan berat badan berlebih (72,5%). Responden dengan asupan energi kurang sebesar 50,0%; asupan protein cukup 62,7%; asupan karbohidrat cukup 46,1%; dan asupan lemak lebih 43,1%. Aktivitas fisik didominasi kategori rendah (61,8%). Terdapat hubungan bermakna antara kenaikan berat badan berlebih dengan asupan energi ($p< 0,001$), asupan protein ($p = 0,014$), asupan lemak ($p = 0,001$), dan IMT sebelum kehamilan ($p = 0,033$). Tidak terdapat hubungan bermakna dengan asupan karbohidrat ($p = 0,134$), aktivitas fisik ($p = 0,133$), pendidikan ($p = 0,193$), dan pendapatan ($p = 0,942$).
Simpulan: Asupan energi, protein, lemak, serta IMT sebelum kehamilan berhubungan dengan kejadian kenaikan berat badan berlebih pada ibu hamil. Diperlukan edukasi gizi dan pemantauan kenaikan berat badan selama kehamilan, terutama pada ibu dengan IMT sebelum hamil tinggi dan pola asupan berisiko.

Kata Kunci: Aktivitas fisik, asupan energi, asupan lemak, IMT sebelum kehamilan, ibu hamil, kenaikan berat badan berlebih.

ABSTRACT

ANALYSIS OF FACTORS ASSOCIATED WITH EXCESSIVE GESTATIONAL WEIGHT GAIN AT KEMILING COMMUNITY HEALTH CENTER BANDAR LAMPUNG

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Background: Excessive gestational weight gain beyond recommendations may increase the risk of maternal and fetal complications. Potential contributing factors include nutrient intake, physical activity, pre-pregnancy BMI, and socioeconomic conditions. This study aimed to analyze factors associated with excessive gestational weight gain among pregnant women at Kemiling Primary Health Center, Bandar Lampung.
Methods: This analytic cross-sectional study involved 102 second–third trimester pregnant women selected by consecutive sampling. Energy, protein, carbohydrate, and fat intake were assessed using a 24-hour dietary recall and categorized as inadequate/adequate/excessive based on the TKG. Physical activity was measured using the Pregnancy Physical Activity Questionnaire (PPAQ) and classified as low, moderate, or high. Pre-pregnancy BMI, maternal education, and household income were obtained from records/questionnaires.
Results: Most participants experienced excessive gestational weight gain (72.5%). Inadequate energy intake was found in 50.0%, adequate protein intake in 62.7%, adequate carbohydrate intake in 46.1%, and excessive fat intake in 43.1%. Physical activity was predominantly low (61.8%). Excessive weight gain was significantly associated with energy intake ($p< 0.001$), protein intake ($p = 0.014$), fat intake ($p = 0.001$), and pre-pregnancy BMI ($p = 0.033$). No significant associations were found with carbohydrate intake ($p = 0.134$), physical activity ($p = 0.133$), maternal education ($p = 0.193$), or household income ($p = 0.942$).
Conclusion: Energy, protein, and fat intake as well as pre-pregnancy BMI were associated with excessive gestational weight gain. Nutrition counseling and routine monitoring of weight gain during pregnancy are recommended, particularly for women with higher pre-pregnancy BMI and risky dietary intake patterns.

Keyword: Energy intake, excessive gestational weight gain, fat intake, physical activity, pre-pregnancy BMI, pregnant women.