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**HUBUNGAN POLA MAKAN DENGAN STATUS GIZI IBU HAMIL DI
PUSKESMAS DRAJAT KOTA CIREBON**

xv + 83 halaman + 4 Tabel + 2 Bagan + 16 lampiran

ABSTRAK

Status gizi ibu hamil merupakan indikator penting dalam menentukan kesehatan ibu dan janin. Salah satu faktor yang memengaruhi status gizi adalah pola makan. Penelitian ini bertujuan untuk mengetahui hubungan pola makan dengan status gizi ibu hamil di Puskesmas Drajat Kota Cirebon tahun 2025. Penelitian menggunakan metode kuantitatif dengan desain cross sectional. Sampel penelitian berjumlah 56 ibu hamil yang dipilih dengan teknik purposive sampling sesuai kriteria inklusi. Instrumen penelitian meliputi kuesioner Food Frequency Questionnaire (FFQ) untuk menilai pola makan dan pengukuran Lingkar Lengan Atas (LILA) untuk menilai status gizi. Analisis data dilakukan secara univariat dan bivariat menggunakan uji Chi-Square dengan tingkat signifikansi 0,05.

Hasil analisis univariat menunjukkan bahwa sebagian besar ibu hamil memiliki pola makan cukup (82,1%), diikuti kategori baik (16,1%) dan kurang (1,8%). Status gizi ibu hamil mayoritas berada pada kategori tidak berisiko KEK (82,1%), sementara 17,9% berisiko KEK. Hasil analisis bivariat diperoleh nilai $p = 0,036$ ($p < 0,05$), yang berarti terdapat hubungan signifikan antara pola makan dengan status gizi ibu hamil.

Kesimpulan penelitian ini adalah semakin baik pola makan ibu hamil, semakin kecil risiko mengalami Kekurangan Energi Kronis (KEK). Disarankan agar tenaga kesehatan meningkatkan edukasi gizi dan pemantauan pola makan ibu hamil secara rutin untuk mencegah masalah gizi dan menjaga kesehatan kehamilan.

**Kata Kunci : Pola Makan, Status Gizi, Ibu Hamil, Puskesmas Drajat
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***THE RELATIONSHIP BETWEEN DIETARY PATTERNS AND
NUTRITIONAL STATUS OF PREGNANT WOMEN AT DRAJAT PUBLIC
HEALTH CENTER, CIREBON CITY***

xv + 83 pages + 4 Tables + 2 Figures + 16 appendices

ABSTRACT

Maternal nutritional status is an important indicator in determining the health of both mother and fetus. One of the factors influencing nutritional status is dietary patterns. This study aimed to determine the relationship between dietary patterns and the nutritional status of pregnant women at Drajat Health Center, Cirebon City, in 2025. This research employed a quantitative method with a cross-sectional design. A total of 56 pregnant women were selected using purposive sampling based on inclusion criteria. Research instruments included the Food Frequency Questionnaire (FFQ) to assess dietary patterns and Mid-Upper Arm Circumference (MUAC) to assess nutritional status. Data were analyzed using univariate and bivariate analysis with the Chi-Square test at a significance level of 0.05.

The univariate analysis showed that most pregnant women had adequate dietary patterns (82.1%), followed by good (16.1%) and poor (1.8%). Regarding nutritional status, the majority were categorized as not at risk of Chronic Energy Deficiency (82.1%), while 17.9% were at risk. The bivariate analysis yielded a p-value = 0.036 ($p < 0.05$), indicating a significant relationship between dietary patterns and the nutritional status of pregnant women.

This study concludes that the better the dietary patterns of pregnant women, the lower the risk of Chronic Energy Deficiency (CED). It is recommended that healthcare workers strengthen nutrition education and routinely monitor dietary patterns of pregnant women to prevent nutritional problems and ensure a healthy pregnancy.

***Keywords : Dietary Pattern, Nutritional Status, Pregnant Women, Drajat
Public Health Center***

References : 23 (2018–2025)