

**PROGRAM STUDI S1 KEBIDANAN DAN PENDIDIKAN PROFESI BIDAN
FAKULTAS KEBIDANAN INSTITUT KESEHATAN PAYUNG NEGERI
PEKANBARU**

Riset, 18 Juni 2026

DEA LARASATI

Hubungan Keragaman Pangan (Dietary Diversity) Dengan Kekurangan Energi Kronis (KEK) Pada Ibu Hamil Di Wilayah Kerja Puskesmas Sidomulyo RJ Kota Pekanbaru Tahun 2026

xv + 83 Halaman + 10 Tabel + 12 Lampiran

ABSTRAK

Kekurangan Energi Kronis (KEK) pada ibu hamil masih menjadi masalah gizi tinggi di Indonesia, berdampak pada BBLR, kelahiran prematur, hingga stunting, salah satunya akibat rendahnya keragaman pangan. Studi pendahuluan di wilayah kerja Puskesmas Sidomulyo RJ Kota Pekanbaru menemukan angka KEK cukup tinggi. Penelitian ini bertujuan menganalisis hubungan keragaman pangan dengan KEK pada ibu hamil di wilayah tersebut tahun 2026, menggunakan desain kuantitatif cross sectional pada 100 ibu hamil Trimester 1 dan 2 yang dipilih secara *purposive sampling*. Keragaman pangan diukur menggunakan kuesioner MDD-W, status KEK diukur dengan pita LILA, dan data dianalisis menggunakan uji *Fisher's Exact Test*. Hasil menunjukkan 90,0% memiliki keragaman pangan cukup dan 10,0% mengalami KEK, dengan hubungan signifikan ($p=0,001$); ibu hamil dengan keragaman pangan kurang berisiko 12,00 kali lebih besar mengalami KEK (95% CI: 2,88-49,93) dibandingkan yang cukup. Temuan ini menegaskan pentingnya peningkatan keragaman pangan melalui edukasi gizi dan pemantauan status gizi berkala pada pelayanan Antenatal Care.

Kata Kunci: Keragaman Pangan, Kekurangan Energi Kronis (KEK), Ibu Hamil, MDD-W, LILA

Daftar Bacaan : 39 (2017-2026)

***BACHELOR OF MIDWIFERY STUDY PROGRAM AND MIDWIFERY
PROFESSIONAL EDUCATION FACULTY OF MIDWIFERY, PAYUNG
NEGERI PEKANBARU INSTITUTE OF HEALTH, 2026***

Riset, 18 Juni 2026

DEA LARASATI

***The Relationship Between Dietary Diversity And Chronic Energy Deficiency
(CED) Among Pregnant Women In The Working Area Of Sidomulyo RJ Public
Health Center, Pekanbaru City, 2026***

xv + 83 Halaman + 10 Tabel + 12 Lampiran

ABSTRACT

Chronic Energy Deficiency (CED) among pregnant women remains a significant nutritional problem in Indonesia, contributing to low birth weight, preterm birth, and stunting, largely due to low dietary diversity. A preliminary study in Sidomulyo Outpatient Public Health Center, Pekanbaru City, found a fairly high CED rate. This study analyzed the relationship between dietary diversity and CED among pregnant women in 2026, using a quantitative cross-sectional design involving 100 first- and second-trimester pregnant women selected through purposive sampling. Dietary diversity was measured using the MDD-W questionnaire, CED using MUAC tape, and data were analyzed using Fisher's Exact Test. Results showed 90.0% had adequate dietary diversity and 16.0% experienced CED, with a significant relationship ($p=0.001$); women with inadequate diversity were 12.00 times more at risk of CED (95% CI: 2.88-49.93) than those with adequate diversity. Findings confirm the importance of improving dietary diversity through nutrition education and regular monitoring during Antenatal Care.

Keywords: Dietary Diversity, Chronic Energy Deficiency (CED), Pregnant Women, MDD-W, MUAC

References : 39 (2017-2026)