

Hubungan karakteristik individu, durasi asi predominan konsumsi ibu saat hamil dengan konsumsi ibu saat laktasi di UPTD Puskesmas Margajaya Kota Bekasi tahun 2014 = Relationship between individual characteristics duration of predominant breastfeeding pregnancy consumption with lactation consumption at UPTD Puskesmas Margajaya Bekasi City in 2014 / Retno Widiastuti

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Abstrak

**ABSTRAK**

Rekomendasi kecukupan zat gizi untuk ibu menyusui 2500kcal/hari lebih tinggi dibandingkan ibu hamil 2200kcal/hari. Penelitian di Jakarta dan Depok menunjukkan konsumsi energi laktasi lebih rendah (1959,8kcal/hari) dibandingkan saat hamil (2241,0kcal/hari). Penelitian bertujuan untuk mengetahui Hubungan Karakteristik Individu, Durasi ASI Predominan, Konsumsi Ibu saat Hamil dengan Konsumsi Ibu saat Laktasi di UPTD Puskesmas Margajaya Kota Bekasi tahun 2014. Penelitian ini menggunakan disain cross sectional, pengumpulan data primer dengan kuesioner dan lembar food frequency and amount questionnaire(FAQ). Penghitungan sampel menggunakan rumus uji hipotesis beda 2 proporsi dengan jumlah sampel 60 ibu. Analisis data dilakukan dengan menggunakan uji chi-square. Hasil penelitian bahwa tidak ada hubungan yang bermakna antara pendidikan ( $p=0,387$ ), pekerjaan ( $p=0,464$ ), paritas ( $p=1,000$ ), durasi ASI Predominan ( $p=0,789$ ), konsumsi saat hamil ( $p=0,384$ ) dengan penurunan konsumsi saat laktasi. Selain itu hasil menunjukkan ada hubungan antara umur ( $p=0,021$ ) dengan penurunan konsumsi saat laktasi. Penelitian ini merekomendasikan bahwa perlu untuk melakukan penyuluhan kepada ibu hamil dan laktasi tentang pentingnya mengkonsumsi makanan bergizi sesuai kebutuhannya.

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**ABSTRACT**

Nutrient intakes adequacy recommendations for lactating mother 2500kcal/day higher than pregnant mother 2200kcal/day. Research at Jakarta and Depok showed that energy consumption during lactation lower (1959,8kcal/day) than during pregnancy (2241,0kcal/day). The purpose of this study was to determine the Relationship Between Individual Characteritic Duration of Predominant Breastfeeding, Pregnant Mother Consumption with Lactating Mother Consumption at UPTD Puskesmas Margajaya Bekasi City in 2014. This research used crosssectional design, sampling was collected through primary data collection by questionnaire and food frequency and amount questionnaire (FAQ). Sampling was calculated by hypothesis test different 2 proportion, 60 mothers. Results of this study showed that there was no significant relationship between education ( $p=0,387$ ), employment ( $p=0,464$ ), parity ( $p=1,000$ ), predominant breastfeeding duration (0,789), pregnancy consumption ( $p=0,384$ ) with decreasing of lactating consumption. Additionally, the result show relationship between age ( $p=0,021$ ) with decreasing lactating consumption. Counseling is recommended to pregnant mother and lactating mother about the important to consume nutricous food as the recommendations of nutrient intakes adequacy.