

## Faktor-faktor yang berhubungan dengan konsumsi energi dan protein pada ibu menyusui di Kecamatan Beji, Depok tahun 2016 = Factors associated with energy and protein consumption among lactating mothers in Beji Depok 2016

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### Abstrak

Rekomendasi angka kecukupan gizi menunjukkan lebih tingginya kebutuhan energi dan protein saat laktasi dibandingkan saat hamil. Penelitian ini bertujuan untuk mengetahui faktor-faktor yang berhubungan dengan konsumsi energi dan protein pada ibu menyusui di Kecamatan Beji Depok tahun 2016. Penelitian ini menggunakan data sekunder dari studi intervensi gizi Fikawati, 2015 yang menggunakan design penelitian kohort prospective pada ibu menyusui di Kota Depok. Sampel penelitian berjumlah 201 ibu menyusui yang dipantau hingga 6 bulan postpartum sejak Juni 2015-Juli 2016.

Penelitian ini dilakukan secara crosssectional menggunakan analisis uji chi-square. Variabel yang diteliti adalah usia ibu, paritas, jumlah balita, frekuensi menyusui, konsumsi energi ibu saat hamil, status gizi ibu postpartum, pendidikan, status bekerja ibu, dan pengeluaran biaya makanan keluarga.

Hasil penelitian menunjukkan adanya hubungan bermakna antara konsumsi energi ibu hamil dengan konsumsi ibu menyusui dan konsumsi protein ibu hamil dengan konsumsi ibu menyusui. Ibu yang konsumsi energi saat hamilnya rendah beresiko 6 kali lebih besar untuk mengonsumsi energi yang rendah selama menyusui setelah dikontrol dengan variabel status gizi ibu postpartum dan status ibu bekerja ibu yang konsumsi protein saat hamilnya rendah beresiko 2 kali lebih besar untuk mengonsumsi protein yang rendah selama menyusui. Direkomendasikan perlunya informasi kepada ibu tentang pentingnya konsumsi energi dan protein saat menyusui karena kebutuhannya yang tinggi penting dalam produksi ASI selama periode menyusui.

.....Recommended nutritional adequacy rates show higher energy and protein requirements during lactation than during pregnancy. In fact, lactating mothers consumed lower energy and protein. This study aims to determine factors related to energy and protein consumption in lactating mothers in Beji Depok sub district in 2016. This study used secondary data from a nutrition intervention study Fikawati, 2015 using a prospective cohort study design in lactating mothers in Kota Depok. The sample of the study were 201 breastfeeding mothers who were monitored for up to 6 months postpartum from June 2015 July 2016.

This study was conducted cross sectional using chi square test analysis. The variables studied were maternal age, parity, number of infants, breastfeeding frequency, maternal energy consumption during pregnancy, postpartum maternal nutritional status, education, mother's working status, and family food expenses.

The results showed significant relationship between energy consumption of pregnant women with the consumption of breastfeeding mothers and protein consumption of pregnant women with breastfeeding mothers consumption. Mothers with low energy consumption during pregnancy are 6 times more likely to consume low energy during breastfeeding after controlled by maternal postpartum status variables and maternal working mother status when protein consumption at low pregnancy is twice as likely to consume low protein during breastfeeding.

It is recommended that mother be informed of the importance of energy and protein consumption while breastfeeding because of the high importance of breast milk production during the breastfeeding period.