

# Hubungan antara pengukuran antropometri ibu sebelum hamil, usia ibu, dan usia kehamilan dengan berat dan panjang lahir bayi di Jakarta = Relationships between maternal anthropometry before pregnancy, maternal age, and gestational age with birth weight and length in Jakarta

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## Abstrak

Prevalensi berat bayi lahir rendah (BBLR) dan panjang lahir pendek di Indonesia masih cukup tinggi. BBLR dan panjang lahir pendek dapat memengaruhi pertumbuhan dan perkembangan bayi serta dapat meningkatkan risiko penyakit degeneratif saat dewasa, oleh sebab itu pemahaman hubungan antara antropometri ibu sebelum hamil, usia ibu, dan usia kehamilan dengan berat dan panjang lahir bayi menjadi sangat penting.

Tujuan penelitian ini adalah mengetahui adanya hubungan antara antropometri ibu sebelum hamil, usia ibu, dan usia kehamilan dengan berat dan panjang lahir bayi di Jakarta, sehingga dapat diperkirakan tindakan preventif dalam rangka menurunkan angka morbiditas penyakit degeneratif dan angka mortalitas pada neonatus dan bayi di masa yang akan datang.

Metode potong lintang digunakan untuk mengetahui hubungan antara pengukuran antropometri ibu sebelum hamil, usia ibu saat melahirkan, dan usia kehamilan dengan berat dan panjang lahir bayi di Jakarta berdasarkan data sekunder dari penelitian berjudul Longitudinal Study on the Effect of Multiple Micronutrients Supplementation on Haemoglobin Level of 8 to 22 Month-old Indonesian Children. Populasi terjangkau ibu dan bayi baru lahir dengan jumlah sampel sebesar 179. Pengolahan data meliputi analisis univariat Kolmogorov Smirnov dan bivariat dengan uji Chi Square dan uji korelasi Pearson dengan menggunakan perangkat lunak Statistical Program for Social Science (SPSS) 20.

Hasil utama penelitian ini memperlihatkan bahwa terdapat hubungan bermakna dengan kekuatan korelasi sangat rendah antara berat lahir bayi dengan usia kehamilan ( $r=0,199$ ;  $p=0,008$ ), berat badan ibu sebelum hamil ( $r=0,165$ ;  $p=0,028$ ), dan indeks massa tubuh (IMT) ibu sebelum hamil ( $r=0,172$ ;  $p=0,022$ ). Selain itu, terdapat hubungan bermakna dengan kekuatan korelasi rendah antara panjang lahir bayi dengan usia kehamilan ( $r=0,257$ ;  $p=0,001$ ).

Berdasarkan hasil penelitian dapat disimpulkan bahwa terdapat hubungan bermakna antara usia kehamilan, berat badan dan IMT ibu sebelum hamil dengan berat dan panjang lahir bayi. Sedangkan, tinggi badan dan usia ibu tidak memiliki hubungan bermakna dengan berat dan panjang lahir bayi.

.....The prevalences of low birth weight (LBW) and short birth length in Indonesia are still quite high. LBW and short birth length can affect the growth and development of infants and increase the risks of degenerative diseases as adult, therefore an understanding of the relationship between maternal anthropometry before pregnancy, maternal age, and gestational age with birth weight and length is very important.

The purpose of this study was to determine the relationship between maternal anthropometry before pregnancy, maternal age at delivery, and gestational age with birth weight and length in Jakarta, so that preventive measures can be estimated in order to reduce the morbidity of degenerative diseases and mortality rates in neonates and infants in the future.

The cross-sectional method was used to determine the relationship between maternal anthropometry before pregnancy, maternal age, and gestational age and length of birth in Jakarta based on secondary data from a study entitled Longitudinal Study on the Effect of Multiple Micronutrients Supplementation on Hemoglobin Level of 8 to 22-Month-old Indonesian Children. Covered population of mothers and newborns with samples of 179. Data processing included univariate analysis of Kolmogorov Smirnov and bivariate with Chi Square test and Pearson correlation test using the Statistical Program for Social Science (SPSS) 20 software.

The main results of this study show that there are significant relationships with very low correlation between birth weight and gestational age ( $r=0,199$ ;  $p=0,008$ ), maternal body weight before pregnancy ( $r=0,165$ ;  $p=0,028$ ), and maternal body mass index (BMI) before pregnancy ( $r=0,172$ ;  $p=0,022$ ). In addition, there is also a significant relationship with a low correlation between birth length and gestational age ( $r=0,257$ ;  $p=0,001$ ).

Based on the results of this study, it can be concluded that there are significant relationships between gestational age, maternal body weight and BMI before pregnancy with birth weight and length. Meanwhile, maternal height and age do not have a significant relationship with birth weight and length.