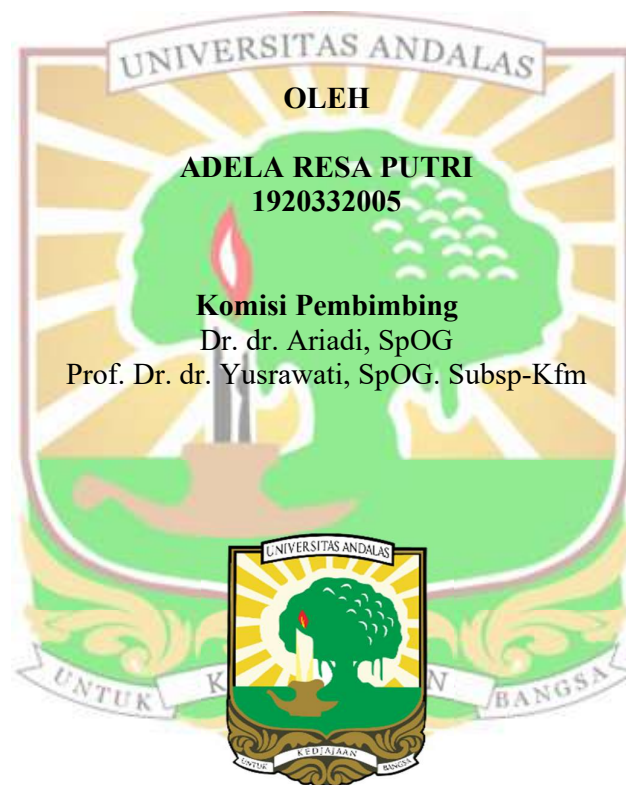


**HUBUNGAN INDEKS MASSA TUBUH (IMT) DAN
KENAIKAN BERAT BADAN MATERNAL
DENGAN ANTROPOMETRI
BAYI BARU LAHIR
DI KOTA PADANG**

TESIS



**PROGRAM STUDI KEBIDANAN PROGRAM MAGISTER
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ABSTRAK

HUBUNGAN INDEKS MASSA TUBUH (IMT) DAN KENAIKAN BERAT BADAN MATERNAL DENGAN ANTROPOMETRI BAYI BARU LAHIR DI KOTA PADANG

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Status gizi maternal selama kehamilan mempengaruhi proses perkembangan kritis embriologi manusia dan berdampak pada ukuran antropometri bayi saat lahir. Ukuran antropometri yang abnormal dianggap sebagai tanda kegagalan janin untuk mencapai pertumbuhan yang optimal. Tujuan penelitian ini adalah untuk mengetahui hubungan indeks massa tubuh dan kenaikan berat badan maternal dengan antropometri bayi baru lahir.

Jenis penelitian ini adalah survey analitik dengan desain penelitian *cross-sectional*. Penelitian ini dilaksanakan di Kota Padang pada bulan November 2021 – Agustus 2022. Populasi dalam penelitian ini adalah semua ibu hamil trimester III dengan besaran sampel sebanyak 97 orang. Pemilihan sampel dilakukan secara *proporsional stratified random sampling*. Data hasil penelitian dianalisis menggunakan uji ANOVA dan *Kruskall-Wallis*.

Hasil penelitian ini ditemukan bahwa hanya 59,8% ibu hamil trimester 1 di Kota Padang yang indeks massa tubuhnya berada pada kategori normal dan hanya 37,1% ibu hamil yang kenaikan berat badannya selama kehamilan sesuai dengan rekomendasi IOM. Median berat badan, panjang badan, dan lingkar kepala bayi baru lahir di Kota Padang yaitu 3.000 gram, 48 cm, 34 cm dan mean lingkar perut 33,40 cm. Secara statistik terdapat hubungan yang bermakna antara indeks massa tubuh dan kenaikan berat badan maternal dengan berat badan bayi baru lahir ($p=0,023$, $p=0,047$). Tidak terdapat hubungan yang bermakna antara indeks massa tubuh dan kenaikan berat badan maternal dengan panjang badan, lingkar kepala, dan lingkar perut bayi baru lahir ($p=0,408$, $p=0,622$, $p=0,387$; $p=0,064$, $p=0,228$, $p=0,077$).

Kesimpulan penelitian ini terdapat hubungan yang bermakna antara indeks massa tubuh dan kenaikan berat badan maternal dengan berat badan bayi baru lahir di Kota Padang.

Kata Kunci: Indeks Massa Tubuh (IMT), Kenaikan Berat Badan Maternal, Berat Badan, Panjang Badan, Lingkar Kepala, Lingkar Perut

ABSTRACT

THE RELATIONSHIP BETWEEN BODY MASS INDEX (BMI) AND MATERNAL WEIGHT GAINS WITH THE ANTHROPOMETRY OF NEWBORNS IN PADANG CITY

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The mother's nutritional status during pregnancy affects the critical development process of human embryology and impacts the anthropometric size of the baby at birth. An abnormal anthropometric measure is considered a sign of fetal failure to achieve optimal growth. The purpose of this study was to determine the relationship between body mass index and maternal weight gain with the anthropometry of newborns.

This type of research is an analytic survey with a cross-sectional research design. This research was conducted in Padang City from November 2021 – August 2022. The population in this study were all third-trimester pregnant women, with a sample size of 97 people. Sample selection was carried out by proportional stratified random sampling. The research data were analyzed using ANOVA and Kruskal-Wallis tests.

The results of this study found that only 59.8% of pregnant women in the first trimester in Padang City had their body mass index in the normal category. Only 37.1% of pregnant women whose weight during pregnancy followed IOM recommendations. The median weight, length, and head circumference of newborns in Padang City were 3.000 grams, 48 cm, and 34 cm, and the mean abdominal circumference was 33.40 cm. Statistically, there was a significant relationship between body mass index and maternal weight gain with newborn weight ($p=0.023$, $p=0.047$). There was no meaningful relationship between body mass index and maternal weight gain with newborns' body length, head circumference, and abdomen circumference ($p=0.408$, $p=0.622$, $p=0.387$; $p=0.064$, $p=0.228$, $p=0.077$).

This study concludes that there is a significant relationship between body mass index and maternal weight gain with the weight of newborns in Padang City.

Keywords: *Body Mass Index (BMI), Maternal Weight Gain, Body Weight, Body Length, Head Circumference, Abdominal Circumference*