

ABSTRAK

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**HUBUNGAN ANTARA ASUPAN ZAT GIZI MAKRO DAN ENERGI
DENGAN LiLA IBU HAMIL**

Lingkar Lengan Atas ada ibu hamil dipengaruhi oleh beberapa faktor, diantaranya asupan zat gizi makro dan energi. Penelitian ini memiliki tujuan untuk menganalisis hubungan antara asupan zat gizi makro dan energi dengan LiLA ibu hamil di wilayah kerja Puskesmas Cikatomas Kabupaten Tasikmalaya tahun 2024. Penelitian ini bersifat observasional analitik menggunakan pendekatan *cross-sectional*. Pengambilan sampel menggunakan teknik total *sampling* yakni sebanyak 95 ibu hamil di Wilayah Kerja UPTD Puskesmas Cikatomas. Data asupan zat gizi makro dan energi diperoleh dengan menggunakan *food recall* 24 jam secara konsekutif sebanyak 3 kali. LiLA pada ibu hamil diukur menggunakan alat ukur LiLA. Hasil Analisis bivariat menggunakan uji *Spearman rank* menunjukkan bahwa terdapat hubungan yang signifikan antara asupan karbohidrat dengan LiLA ibu hamil (nilai $p = 0,00$, $\rho = 0,677$) yang berarti korelasi antar variabel bersifat kuat, asupan lemak dengan LiLA pada ibu hamil (nilai $p = 0,00$, $\rho = 0,424$) yang berarti nilai antar variabel bersifat cukup, asupan protein dengan LiLA ibu hamil (nilai $p = 0,00$, $\rho = 0,540$) yang berarti nilai antar variabel bersifat cukup, dan asupan energi dengan LiLA ibu hamil ($p = 0,00$, $\rho = 0,718$) yang berarti nilai antar variabel bersifat kuat. Kesimpulan: Ada hubungan antara asupan zat gizi makro dan energi dengan LiLA ibu hamil di Wilayah kerja UPTD Puskesmas Cikatomas Kabupaten Tasikmalaya. Saran: Diharapkan Puskesmas dapat melakukan pemantauan asupan gizi ibu hamil secara berkala, penelitian selanjutnya disarankan untuk mempertimbangkan faktor-faktor lain sebagai variabel untuk mendapatkan hasil yang lebih komprehensif, dan disarankan kepada ibu hamil khususnya dan umumnya untuk seluruh WUS agar dapat memperhatikan asupan zat gizi makro dan energinya agar mencapai status gizi yang normal.

Kata kunci: LiLA, asupan zat gizi makro, asupan energi

ABSTRACT

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**THE RELATIONSHIP OF MACRONUTRIENT INTAKE AND ENERGY
INTAKE WITH LILA OF PREGNANT WOMEN**

Mid Upper Arm Circumference in pregnant women is influenced by several factors, including macronutrient and energy intake. This study aims to analyze the relationship between macronutrient and energy intake and MUAC of pregnant women in Cikatomas Health Center working area, Tasikmalaya Regency in 2024. This research was analytical observational using a cross-sectional approach. Sampling used a total sampling technique (95 pregnant women). Data on macronutrient and energy intake were obtained using 24hour food recalls consecutive 3 times. Mid Upper Arm Circumference in pregnant women was measured using the MUAC measuring instrument. The results of the bivariate analysis using the Spearment Rank test showed that there was a significant relationship between carbohydrate intake and lila pregnant women (p value = 0,00, ρ = 0,677) which means the correlation between variables is strong, fat intake with lila in pregnant women (p value = 0,00, ρ = 424) which means the value between variables is sufficient (p value = 0,00, ρ = 0.540 and energy intake with MUAC of pregnant women (p =0.00, ρ = 0.718) which means the value between variables is strong. Conclusion: There is a relationship between macronutrient and energy intake and MUAC of pregnant women in the working area of the Cikatomas Health Center, Tasikmalaya Regency. Suggestion: It is hoped that the Community Health Center can monitor the nutritional intake of pregnant women on a regular basis, further research is recommended to consider other factors as variables to obtain more comprehensive results, and it is recommended that pregnant women in particular and in general all women of childbearing age pay attention to their macronutrient and energy intake in order to achieve normal nutritional status.

Key words: MUAC, macronutrient intake, energy intake.