

ABSTRACT

ETIKA KUSUMA DEWI, 2023. The Relationship between Diet, Nutritional Status, and Hemoglobin Levels of Mothers Who Give Birth to Babies with Low Birth Weight at the Semboro Health Center, Jember Regency. Advisor: Dr. Ir. Rr. Endang Sutjiati, M.Kes, and Endang Widajati, SST., M.Kes., RD.

Background: Indonesia is one of the developing countries with the highest maternal and infant mortality rates because in Indonesia there are still many mothers who give birth to low birth weight babies. The prevalence of LBW in Jember Regency in 2020 has reached 5.5% and the prevalence in Semboro District has reached 7%. In scientific theory, the causes of LBW are reviewed from maternal factors including age, medical history, diet, nutritional status and socioeconomic conditions. The purpose of this study was to analyze eating patterns, nutritional status, and hemoglobin levels of mothers who gave birth to low birth weight babies in the working area of the Semboro Health Center, Jember Regency.

Methods: This research is a qualitative descriptive study with a cross sectional approach. This type of research is retrospective where the researcher looks back from the existence of a problem. The research sample consisted of 21 people who were taken using a non-probability sampling technique, namely saturated sampling. Samples were taken in the working area of the Semboro Health Center. Data was collected regarding diet, nutritional status, and hemoglobin levels during pregnancy. Then bivariate analysis using the rho specimen correlation test.

Results: The results of bivariate analysis using the Spearman correlation test showed that there was a significant correlation and correlation between types of food $p\text{-}(sig) = 0.42$, amount of food $p\text{-}(sig) = 0.35$, nutritional status $p\text{-}(sig) = 0,35$, hemoglobin level $p\text{-}(sig) = 0.008$ with the incidence of LBW at the Semboro Health Center, Jember Regency.

Conclusion: There is a significant relationship between diet, nutritional status, and maternal hemoglobin levels with the incidence of LBW at the Semboro Health Center.

Keywords: LBW, diet, nutritional status, hemoglobin level.