

## ABSTRAK

### ANALISIS RISIKO TERHADAP KEJADIAN BAYI BERAT LAHIR RENDAH (BBLR) DI PUSKESMAS PEGAGAN JULU II KECAMATAN SUMBUL KABUPATEN DAIRI

**Latar Belakang:** Bayi Berat Lahir Rendah (BBLR) merupakan masalah kesehatan masyarakat yang penting dan indikator utama kesehatan ibu dan bayi. BBLR meningkatkan risiko kematian neonatal, gangguan pertumbuhan, serta komplikasi kesehatan jangka panjang. Kasus BBLR masih ditemukan setiap tahun di wilayah penelitian.

**Tujuan:** Penelitian ini bertujuan untuk menganalisis faktor risiko yang berhubungan dengan kejadian Bayi Berat Lahir Rendah di wilayah penelitian.

**Metode:** Penelitian menggunakan desain kuantitatif analitik dengan pendekatan cross sectional. Sampel sebanyak 120 responden menggunakan total sampling. Data dikumpulkan melalui rekam medis dan kuesioner, dan dianalisis menggunakan uji Chi Square dan regresi logistik dengan SPSS.

**Hasil:** Prevalensi BBLR sebesar 23,3%. Terdapat hubungan signifikan antara usia ibu, status gizi, dan anemia dengan kejadian BBLR. Anemia merupakan faktor paling dominan.

**Kesimpulan:** Anemia, status gizi kurang, dan usia ibu berisiko meningkatkan kejadian BBLR. Intervensi keperawatan melalui peningkatan ANC dan perbaikan gizi sangat penting.

Kata kunci: BBLR; anemia; status gizi; usia ibu; antenatal care

## ABSTRACT

### ANALYSIS OF RISK FACTORS ASSOCIATED WITH LOW BIRTH WEIGHT (LBW) INCIDENCE AT PEGAGAN JULU II PUBLIC HEALTH CENTERSUMBUL DISTRICT, DAIRI REGENCY

**Background:** Low Birth Weight (LBW) is a major public health problem and an important indicator of maternal and neonatal health. LBW increases the risk of neonatal mortality, growth disorders, and long-term health complications. In the working area of Pegagan Julu II Public Health Center, LBW cases are still reported annually, indicating the presence of risk factors affecting birth weight outcomes.

**Objective:** This study aimed to analyze risk factors associated with the incidence of Low Birth Weight at Pegagan Julu II Public Health Center, Sumbul District, Dairi Regency.

**Methods:** This study used a quantitative analytic design with a cross-sectional approach. The population consisted of all mothers who delivered in 2025, with a total sample of 120 respondents selected using total sampling. Data were collected from medical records, birth registers, and structured questionnaires. Data were analyzed using univariate analysis, Chi-Square test, and logistic regression using SPSS.

**Results:** The prevalence of LBW was 23.3%. There were significant associations between maternal age ( $p=0.002$ ), nutritional status ( $p=0.001$ ), and anemia ( $p=0.001$ ) with LBW incidence. Anemia was the most dominant risk factor ( $OR=4.21$ ).

**Conclusion:** Maternal anemia, poor nutritional status, and high-risk maternal age significantly increase the risk of LBW. Strengthening antenatal care, improving maternal nutrition, and preventing anemia are essential nursing interventions to reduce LBW incidence.

**Keywords:** low birth weight; anemia; nutritional status; maternal age; antenatal care