

ABSTRAK

Kurang Energi Kronis (KEK) adalah keadaan dimana ibu hamil menderita kekurangan asupan kalori dan protein atau sering disebut malnutrisi, dimana hal ini berlangsung menahun (kronis) dan dapat mengakibatkan timbulnya gangguan kesehatan pada ibu hamil (bumil). Kurang Energi Kronis (KEK) dapat mengganggu pertumbuhan dan perkembangan janin fisik pada bayi (stunting), otak dan metabolisme yang dapat menyebabkan penyakit tidak menular di usia dewasa. Penelitian ini bertujuan untuk mengetahui Pengaruh Penyuluhan dan Pemberian Buku Saku Terhadap Peningkatan Perilaku Gizi Ibu Hamil Beresiko Kurang Energi Kronis (KEK) di Wilayah kerja Puskesmas Buhit. Jenis penelitian ini menggunakan kuantitatif dengan rancangan penelitian *Quasi experiment*, menggunakan pendekatan *one group pre-test post-test design*. Populasi penelitian ini adalah sejumlah 30 orang. Sampel penelitian berjumlah 30 orang diambil secara total sampling yaitu seluruh populasi dijadikan sampel. Analisa data menggunakan chi square. Hasil penelitian berdasarkan analisis pada penelitian yang telah dilakukan dengan menganalisis menggunakan uji Wilcoxon, bahwa pada perilaku sebelum dilakukan intervensi penyuluhan dan pemberian buku saku nilai rata-rata 16,3 dan setelah dilakukan intervensi penyuluhan pemberian buku saku nilai rata-rata sebesar 27,03 dan terdapat nilai P-value $(0,000) < 0,05$ yang berarti penyuluhan dan pemberian buku saku berpengaruh terhadap perilaku ibu hamil. Kesimpulan penelitian ini terdapat pengaruh penyuluhan dan pemberian buku saku berpengaruh terhadap perilaku ibu hamil.

Kata Kunci : **KEK, Gizi ibu hamil, Penyuluhan, Buku Saku**

ABSTRACT

Chronic Energy Deficiency (CED) is a condition where pregnant women suffer from a lack of calorie and protein intake or often called malnutrition, where this lasts for years (chronic) and can lead to health problems for pregnant women (pregnant women). Chronic Energy Deficiency (CED) can interfere with the growth and development of the physical fetus in infants (stunting), brain and metabolism which can cause non-communicable diseases in adulthood. This study aims to determine the effect of counseling and provision of pocket books on improving the nutritional behavior of pregnant women at risk of chronic energy deficiency (KEK) in the working area of the Buhit Health Center. This type of research uses quantitative with a quasi-experimental research design, using a one group pre-test post-test design approach. The population of this study is a number of 30 people. The research sample consisted of 30 people taken by total sampling, that is, the entire population was sampled. Data analysis using chi square. The results of the research are based on the analysis of research that has been carried out by analyzing using the Wilcoxon test, that the behavior before counseling interventions and pocket book distribution has an average value of 16.3 and after counseling intervention the pocket book distribution has an average value of 27.03 and there is a P-value (0.000) <0.05, which means counseling and provision of pocket books affect the behavior of pregnant women. The conclusion of this study is that counseling and giving pocket books have an effect on the behavior of pregnant women.

Keywords : **KEK, Nutrition for pregnant women, Counseling, Pocket Books**