

ABSTRAK

BBLR mempunyai dampak jangka panjang terhadap kehidupan bayi baru lahir dan anak serta berkontribusi signifikan terhadap peningkatan angka kematian dan kecacatan neonatal. **Tujuan:** untuk mengetahui hubungan umur ibu dan gizi dengan prevalensi BBLR. **Metodologi:** metode *cross-sectional*, populasi semua Ibu yan melahirkan bayi sepanjang tahun 2023 sebanyak 158 orang; sampel terdiri dari 114 individu, dipilih menggunakan *nonprobability sampling (purposive sampling)*. **Hasil:** Ibu dengan Kekurangan Energi Kronis (KEK) sebanyak 3,5% sedangkan 96,5% ibu Tidak mengalami Kurang Energi Kronis (KEK). Usia responden saat melahirkan ada 26,3% berada pada kategori beresiko, sedangkan responden yang tidak beresiko saat melahirkan sebanyak 73,7%, sedangkan angka kejadian BBLR adalah 6,1% bayi dengan BBLR, sedangkan 93,9% lainnya memiliki berat badan normal. Hasil analisis penelitian yang diperoleh dengan menggunakan SPSS menunjukkan bahwa Pvalue = 0,000 menunjukkan adanya hubungan antara kejadian BBLR dengan gizi, begitu pula dengan usia ibu dan angka kejadian BBLR juga diperoleh Pvalue=0,000 yang artinya terdapat hubungan usia ibu dengan angka kejadian BBLR. Hasil analisa yang dilakukan peneliti maka telah disimpulkan terdapat hubungan antara kejadian BBLR dengan usia ibu dan gizi di Wilayah Kerja Puskesmas Kota Datar.

Kata Kunci : Gizi, usia, ibu, BBLR.

ABSTRACT

LBW has a long-term impact on the lives of newborns and children and contributes significantly to increased rates of neonatal mortality and disability. Objective: to see the connection between maternal age, nutrition, and incidence of BBLR. Methodology: cross-sectional method, the total population of mothers who are childbearing throughout 2023 was 158 people; The sample consisted of 114 individuals, selected using nonprobability sampling (purposive sampling). Results: The nutritional status of mothers who experienced Chronic Energy Deficiency (KEK) was 3.5%, while 96.5% of mothers did not experience Chronic Energy Deficiency (KEK). The age of respondents at birth was 26.3% in the risk category, while 73.7% of respondents were not at risk at birth, while the incidence of BBLR was 6.1% of babies with BBLR, while the other 93.9% had normal weight .The results of research analysis obtained using SPSS show that Pvalue = 0.000, This indicates that there is a correlation between the incidence of BBLR and nutrition as well as between the age of the mother and the incidence of BBLR Pvalue = 0.000, which indicates that the incidence of BBLR and maternal age are related. Considering the results of the analysis the researchers carried out, it was determined that the incidence of BBLR in the Datar City Health Center Work Area is correlated with maternal age and nutrition.

Keywords: Nutrition, age, mother, BBLR.