

**THE RELATIONSHIP OF WEIGHT GAIN AND THE PATTERN OF
PREGNANT WOMEN OF CHRONIC ENERGY
ENHANCEMENT WITH LOW BABY WEIGHT IN
PUSKESMAS ARJASA JEMBER DISTRICT**

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ABSTRACT

Nutrition problem is the cause of death of mother and children that can be prevented indirectly. Pregnant women with less nutritional status can be at risk of delivering low-weight babies 2-3 times greater than those with good nutritional status, the fetus may be defective or born with Low Birth Weight (LBW). In Puskesmas Arjasa recorded as district with pregnant women KEK counted 25,45% and there are 41 cases or about 15,65% from total babies born. This aimed to determine the relationship between weight gain and diet of pregnant women KEK with the incidence of LBW infants in Puskesmas Arjasa Jember. This study used an analytical observational method with Cross Sectional study design. The research was conducted in November - December 2016 in Arjasa by taking data using FFQ form to the respondents. The study involved 63 respondents.

Conclusion : Based on statistical test of Spearman, it obtained $p = 0,000$ which indicate existence of relationship of weight gain of pregnant mother of KEK with baby event of LBW. In the correlation test for the diet of pregnant women KEK which affects the incidence of LBW infants is found in the basic food ingredients, meat and vegetables with $p = 0.000$.

Keywords: Low Birth Weight, Mother's Weight Gain, Dietary Habit