

**HUBUNGAN INDEKS MASSA TUBUH (IMT) IBU HAMIL DENGAN KEJADIAN
BAYI BERAT LAHIR RENDAH
(BBLR) DI PUSKESMAS LUBUK BAJA
KOTA BATAM TAHUN 2025**

Firda Vadilah (2025)

Sarjana Keperawatan dan Profesi Ners
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Kata Kunci : Indeks Massa Tubuh (IMT), Bayi Berat Lahir Rendah (BBLR), Ibu Hamil.

ABSTRAK

Bayi dengan berat lahir rendah (BBLR) masih menjadi permasalahan kesehatan karena berkontribusi terhadap tingginya angka kesakitan dan kematian neonatus di Indonesia. Di Puskesmas Lubuk Baja Kota Batam, prevalensi BBLR pada tahun 2024 tercatat sebesar 42,7%, menandakan kasus ini masih cukup tinggi sehingga membutuhkan perhatian serius. Salah satu faktor yang diduga berhubungan dengan BBLR adalah status gizi ibu hamil yang dapat dinilai melalui Indeks Massa Tubuh (IMT). Penelitian ini bertujuan untuk menganalisis hubungan IMT ibu hamil dengan kejadian BBLR di Puskesmas Lubuk Baja Kota Batam tahun 2025. Jenis penelitian menggunakan desain analitik retrospektif dengan pendekatan cross sectional. Sampel penelitian berjumlah 130 ibu hamil yang ditetapkan dengan metode total sampling. Data dikumpulkan melalui rekam medis periode Januari–Desember 2024 dan dianalisis dengan uji Chi-Square. Hasil penelitian menunjukkan mayoritas responden memiliki IMT kategori kurang (61,4%), diikuti gemuk (31,6%) dan normal (24,6%). Kejadian BBLR tercatat sebesar 33,3%. Uji chi-square memperlihatkan adanya hubungan signifikan antara IMT ibu hamil dengan kejadian BBLR ($p = 0,000$). Kasus BBLR paling banyak ditemukan pada ibu dengan IMT kurang (15,8%). Kesimpulannya, status gizi ibu hamil berpengaruh terhadap risiko terjadinya BBLR. Oleh karena itu, pemantauan gizi sejak awal kehamilan serta pemberian edukasi gizi yang adekuat diperlukan untuk menurunkan angka BBLR dan meningkatkan kesehatan ibu maupun bayi.

THE RELATIONSHIP BETWEEN PREGNANT WOMEN'S BODY MASS INDEX (BMI) AND THE INCIDENCE OF LOW BIRTH WEIGHT (LBW) BABIES AT THE LUBUK BAJA COMMUNITY HEALTH CENTER IN BATAM CITY IN 2025

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ABSTRACT

Low birth weight (LBW) remains a health problem as it contributes to high neonatal morbidity and mortality rates in Indonesia. At the Lubuk Baja Community Health Center in Batam City, the prevalence of LBW in 2024 was recorded at 42.7%, indicating that this case is still quite high and requires serious attention. One factor suspected of being associated with LBW is the nutritional status of pregnant women, which can be assessed through the Body Mass Index (BMI). This study aims to analyze the relationship between BMI of pregnant women and the incidence of LBW at the Lubuk Baja Community Health Center in Batam City in 2025. This study used a retrospective analytical design with a cross-sectional approach. The study sample consisted of 130 pregnant women determined by the total sampling method. Data were collected through medical records for the period January–December 2024 and analyzed using the Chi-Square test. The results showed that the majority of respondents had a BMI in the underweight category (61.4%), followed by obese (31.6%) and normal (24.6%). The incidence of LBW was recorded at 33.3%. A chi-square test showed a significant association between maternal BMI and the incidence of low birth weight ($p = 0.000$). Low birth weight cases were most common in women with a low BMI (15.8%). In conclusion, maternal nutritional status influences the risk of low birth weight. Therefore, nutritional monitoring from early pregnancy and adequate nutrition education are necessary to reduce low birth weight rates and improve the health of both mothers and babies.

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