

ABSTRACT

Background: Low Birth Weight (LBW) is the newborn's weight measured within the first hour of life before postnatal weight loss. In 2023, the Jambi City Health Office reported 120 LBW cases, making it the main cause of neonatal deaths (15 of 33). The Rawasari Health Center had the highest number (32 cases, including 3 deaths). This study aims to identify factors influencing LBW incidence in Rawasari in 2024.

Methods: The study used a quantitative case-control design involving 20 case and 40 control respondents. Data were collected through interviews and observations, and analyzed using SPSS with chi-square tests.

Results: Most mothers were in the non-risk age group (71.7%), had high education (96.7%), high economic status (70%), normal weight gain (66.7%), were not anemic (75%), and did not have chronic energy deficiency (61.7%). Maternal age (*p-value* = 0.008; OR = 4.71), weight gain (*p-value* = 0.026; OR = 4.21), hemoglobin levels (*p-value* = 0.027; OR = 4.63), and MUAC (*p-value* = 0.031; OR = 3.95) were significantly associated with low birth weight (LBW), while education (*p-value* = 0.548) and economic status (*p-value* = 0.765; OR = 1.42) were not.

Conclusion: The age of mothers during pregnancy in the working area of Rawasari Public Health Center was mostly categorized as not at risk, with 71.7% being in the non-risk age group during pregnancy. It is necessary to enhance nutritional education for pregnant women in order to reduce the incidence of LBW.

Keywords: LBW, Hemoglobin Levels, MUAC, Age

ABSTRAK

Latar Belakang: BBLR adalah berat bayi pertama saat lahir. Untuk kelahiran hidup, berat badan dievaluasi dalam satu jam pertama sebelum terjadi penurunan berat badan pasca kelahiran. Berdasarkan data Dinas Kesehatan Kota Jambi 2023, terdapat 120 kasus BBLR di seluruh puskesmas. BBLR menjadi penyebab utama kematian neonatal di Kota Jambi, yaitu 15 dari 33 kasus kematian. Kasus terbanyak terjadi di Puskesmas Rawasari dengan 32 kasus BBLR, termasuk 3 dari 15 kematian neonatal. Penelitian ini bertujuan mengetahui faktor-faktor yang mempengaruhi kejadian BBLR di Puskesmas Rawasari Tahun 2024.

Metode: Metode penelitian adalah kuantitatif dengan pendekatan *case-control*. Responden penelitian ini terdiri dari 2 kelompok yaitu 20 kelompok *case* dan 40 kelompok *control*. Pengumpulan data dengan menggunakan wawancara dan observasi. Data analisis menggunakan bantuan *software* SPSS dengan uji *chi-square*.

Hasil: Sebagian besar ibu berada pada usia tidak berisiko (71,7%), berpendidikan tinggi (96,7%), status ekonomi tinggi (70%), penambahan berat badan normal (66,7%), tidak anemia (75%), dan tidak KEK (61,7%). Terdapat hubungan antara usia ibu ($p\text{-value} = 0,008$; OR = 4,71), penambahan berat badan ($p\text{-value} = 0,026$; OR = 4,21), kadar Hb ($p\text{-value} = 0,027$; OR = 4,63), serta LILA ($p\text{-value} = 0,031$; OR = 3,95) dengan kejadian BBLR. Namun, tidak ada hubungan antara pendidikan ibu ($p\text{-value} = 0,548$) dan status ekonomi ($p\text{-value} = 0,765$; OR = 1,42) dengan BBLR.

Kesimpulan: Usia ibu saat hamil di wilayah kerja Puskesmas Rawasari tergolong tidak berisiko, sebanyak 71,7% berusia tidak berisiko saat kehamilan. Perlu peningkatan edukasi gizi bagi ibu hamil untuk menekan angka BBLR.

Kata Kunci: BBLR, Kadar Hb, LILA, Usia

