

ABSTRAK

Latar Belakang : Kehamilan adalah suatu proses mengandung janin di dalam tubuh wanita, yang sebelumnya diawali dengan proses pembuahan dan kemudian akan berakhir dengan proses persalinan. Selama kehamilan, seseorang memerlukan lebih banyak nutrisi dari yang dibutuhkan untuk memenuhi kebutuhan tubuh serta untuk pertumbuhan dan perkembangan janinnya. Penambahan berat badan selama kehamilan dapat mempengaruhi komplikasi selama kehamilan, berat badan bayi baru lahir dan angka kematian ibu.

Tujuan : Mengetahui ada tidaknya hubungan penambahan berat badan ibu selama kehamilan dengan berat badan bayi baru lahir di Praktek Mandiri Bidan Nurmala, Medan.

Metode : Penelitian ini menggunakan metode analitik observasional dengan pendekatan *cross sectional*. Pengambilan sampel menggunakan *total sampling* dengan jumlah 64 orang. Hasil data penelitian dilakukan melalui uji univariat dan bivariat. Analisa bivariat dilakukan dengan uji *Fisher Exact*.

Hasil : Hasil uji univariat didapati distribusi frekuensi penambahan berat badan ibu selama hamil mayoritas adalah normal sebanyak 42 responden, distribusi frekuensi berat badan bayi lahir mayoritas adalah berat badan bayi lahir normal sebanyak 46 responden. Hasil uji bivariat diperoleh nilai $p=0,001$.

Kesimpulan : Terdapat hubungan antara penambahan berat badan ibu selama kehamilan dengan berat badan bayi baru lahir ($p=0,001$).

Kata Kunci : **Pertambahan Berat Badan Selama Kehamilan, Berat Badan Bayi Baru Lahir**

ABSTRACT

Background : *Pregnancy is a process of carrying a fetus in a woman's body, which previously begins with the fertilization process and then ends with the birth process. During pregnancy, a person requires more nutrition than is needed to meet the body's needs and for the growth and development of the fetus. Weight gain during pregnancy can affect complications during pregnancy, newborn baby weight and maternal mortality.*

Objective : *To find out whether there is a relationship between maternal weight gain during pregnancy and the weight of the newborn at the Independent Practice of Midwife Nurmala, Medan.*

Method : *This research uses an observational analytical method with a cross sectional approach. Sampling used total sampling with a total of 64 people. The results of the research data were carried out through univariate and bivariate tests. Bivariate analysis was carried out using the Fisher Exact test.*

Results : *The results of the univariate test showed that the majority of the frequency distribution of maternal weight gain during pregnancy was normal, with 42 respondents, the majority of the frequency distribution of birth weight for babies was normal, with 46 respondents. The results of the bivariate test obtained a value of $p = 0.001$.*

Conclusion : *There is a relationship between maternal weight gain during pregnancy and newborn baby weight ($p=0.001$).*

Keywords : *Weight Gain During Pregnancy, Newborn Weight*