

ABSTRACT

EFFECT OF GIVING ADDITIONAL FOOD TUNA RICE CAKE FOR PREGNANT WOMEN WITH CED IN THIRD TRIMESTER AGAINST BABY BIRTH WEIGHT

Mother's nutrition before and during pregnancy can affect the nutritional status of mothers and infants. Fetal growth and development is strongly influenced by the nutritional intake of the mother. A pregnant woman will give birth to a healthy baby when her health and nutritional levels are in good condition. But until now there are many pregnant women have nutritional problems such as malnutrition, especially chronic energy deficiency (CED). Pregnant women who suffer from CED have a greater risk of pain, especially in the third trimester of pregnancy. As a result they have a greater risk for having a baby with low birth weight. The purpose of this study was to analyze changes in body weight of pregnant women, changes in the nutritional status of pregnant women and birth weight.

This study was a quasi-experimental with Non-equivalent control group design. The study location was in Banyuwangi health center Sampang, lasted for 60 days. The study population was all pregnant women in the Banyuwangi health center area. The samples were 30 pregnant women, divided into 2 groups; the experimental group and the control group. Statistical tests using paired samples t-test to examine the maternal body weight change and change of upper arm circumference status, while independent t-test to examine birth weight.

Results of this study showed that in the experimental group (pre-posttest), there were significant difference of pregnant women's weight before and after treatment and after given treatment in the first month with $p = 0,031$ and second month with $p = 0,031$. For the experimental group (pre-posttest) there were significant difference of pregnant women's upper arm circumference status before and after treatment with $p = 0,002$. There was no significant difference of birth weight between the experimental group and the control group $p = 0,623$.

The conclusion of this study was very important gave additional food to pregnant women, especially in high-risk pregnant women. Giving of additional food should be given at the beginning of pregnant women suffered from chronic energy deficiency in order to rapidly improve upper arm circumference status of pregnant women. Giving of additional food should be by utilizing local food

Keywords: High Risk Pregnant women, Tuna Rice Cake, Birth Weight