

## ABSTRACT

In Indonesia, many cases of chronic energy deficiency mainly due to the imbalance of nutrient intake, so the nutrients the body needs are not fulfilled. These resulted in the growth of the body both physically or mentally imperfect. Based of the fact, this research is conducting to determine the relationship of consumption levels in pregnant women with chronic energy deficiency (KEK) in Puskesmas Wonoayu Kabupaten Sidoarjo.

The purpose of this research was to examine the relationship of consumption levels in pregnant women with chronic energy deficiency (KEK). In addition, this research also aimed to examine the characteristics of pregnant women, consumption patterns, levels of consumption, physical activity, physical condition and nutritional status of pregnant women.

This research was observational and analytical. While based of the execution time was cross sectional research. Criteria samples in this research were pregnant women at health rounds trimester II and III in Puskesmas Wonoayu Kabupaten Sidoarjo that qualified in research. The number of samples is 53 people that selected randomly from each trimester. Data collected consisted of nutritional status and consumption patterns, levels of consumption, physical activity, and physical condition were collected by questionnaire. Relationships between variables were analyzed using chi square.

The results show that the relationship characteristics of pregnant women, consumption patterns, levels of consumption, physical activity, physical condition, consumption patterns and levels of consumption (energy and protein) have significant relationship to the chronic energy deficiency (KEK) in pregnant women ( $p < 0.05$ ).

Based on the results of this research, concluding that the level of consumption of nutrients (energy and protein) have relations to chronic energy deficiency (KEK). For that we need improvements in nutrient consumption.

Keywords: nutritional status, level of consumption, pregnant women