

## DAFTAR ISI

### Halaman

<b>HALAMAN JUDUL .....</b>	<b>Error! Bookmark not defined.</b>
<b>HALAMAN PERNYATAAN KEASLIAN.....</b>	<b>Error! Bookmark not defined.</b>
<b>HALAMAN PENGESAHAN.....</b>	<b>Error! Bookmark not defined.</b>
<b>UCAPAN TERIMA KASIH .....</b>	<b>Error! Bookmark not defined.</b>
<b>HALAMAN PERSETUJUAN PUBLIKASI ILMIAH .....</b>	<b>Error! Bookmark not defined.</b>
<b>ABSTRAK .....</b>	<b>Error! Bookmark not defined.</b>
<b>ABSTRACT .....</b>	<b>Error! Bookmark not defined.</b>
<b>DAFTAR ISI.....</b>	<b>ix</b>
<b>DAFTAR TABEL .....</b>	<b>xiii</b>
<b>DAFTAR GAMBAR.....</b>	<b>xiv</b>
<b>DAFTAR LAMPIRAN .....</b>	<b>xv</b>
<b>BAB I PENDAHULUAN.....</b>	<b>Error! Bookmark not defined.</b>
1.1 Latar Belakang .....	<b>Error! Bookmark not defined.</b>
1.2 Identifikasi Masalah.....	<b>Error! Bookmark not defined.</b>
1.3 Pembatasan Masalah .....	<b>Error! Bookmark not defined.</b>
1.4 Perumusan Masalah .....	<b>Error! Bookmark not defined.</b>
1.5 Tujuan Penelitian .....	<b>Error! Bookmark not defined.</b>
1.5.1 Tujuan Umum .....	<b>Error! Bookmark not defined.</b>
1.5.2 Tujuan Khusus .....	<b>Error! Bookmark not defined.</b>
1.6 Manfaat Penelitian .....	<b>Error! Bookmark not defined.</b>
1.6.1 Manfaat Bagi Peneliti.....	<b>Error! Bookmark not defined.</b>
1.6.2 Manfaat Bagi Ibu Hamil.....	<b>Error! Bookmark not defined.</b>
1.6.3 Manfaat Bagi Tempat Penelitian.....	<b>Error! Bookmark not defined.</b>
1.6.4 Manfaat Bagi Program Studi Gizi Universitas Esa Unggul .....	<b>Error! Bookmark not defined.</b>
<b>Bookmark not defined.</b>	
1.7 Keterbaruan Penelitian .....	<b>Error! Bookmark not defined.</b>
<b>BAB II TINJAUAN PUSTAKA .....</b>	<b>Error! Bookmark not defined.</b>
2.1 Kehamilan.....	<b>Error! Bookmark not defined.</b>
2.2 Perubahan Fisiologi Kehamilan.....	<b>Error! Bookmark not defined.</b>
2.2.1 Sistem Hormonal.....	<b>Error! Bookmark not defined.</b>
2.2.2 Sistem Kardiovaskuler .....	<b>Error! Bookmark not defined.</b>
2.2.3 Sistem Respirasi .....	<b>Error! Bookmark not defined.</b>
2.2.4 Sistem Pencernaan .....	<b>Error! Bookmark not defined.</b>
2.2.5 Jaringan Lemak .....	<b>Error! Bookmark not defined.</b>
2.2.6 Saluran Kemih.....	<b>Error! Bookmark not defined.</b>
2.2.7 Plasenta .....	<b>Error! Bookmark not defined.</b>
2.3 Keluhan Selama Kehamilan .....	<b>Error! Bookmark not defined.</b>
2.3.1 Mual dan Hiperemesis.....	<b>Error! Bookmark not defined.</b>

2.3.2 Gestational Diabetes.....	<b>Error! Bookmark not defined.</b>
2.3.3 Hypertensive Disorders .....	<b>Error! Bookmark not defined.</b>
2.3.4 Edema.....	<b>Error! Bookmark not defined.</b>
2.4 Masalah Gizi pada Ibu Hamil .....	<b>Error! Bookmark not defined.</b>
2.4.1 Anemia .....	<b>Error! Bookmark not defined.</b>
2.4.2 Kekurangan Energi Kronik (KEK) .....	<b>Error! Bookmark not defined.</b>
2.5 Pertumbuhan dan Perkembangan Janin....	<b>Error! Bookmark not defined.</b>
2.5.1 Trimester Pertama Kehamilan.....	<b>Error! Bookmark not defined.</b>
2.5.2 Trimester Kedua Kehamilan .....	<b>Error! Bookmark not defined.</b>
2.5.3 Trimester Ketiga Kehamilan .....	<b>Error! Bookmark not defined.</b>
2.6 Kenaikan Berat Badan dan Status Gizi Ibu Hamil .	<b>Error! Bookmark not defined.</b>
2.7 Faktor-Faktor yang mempengaruhi Status Gizi Ibu Hamil .....	<b>Error! Bookmark not defined.</b>
<b>Bookmark not defined.</b>	
2.7.1 Asupan Makanan.....	<b>Error! Bookmark not defined.</b>
2.7.2 Infeksi.....	<b>Error! Bookmark not defined.</b>
2.7.3 Pengetahuan .....	<b>Error! Bookmark not defined.</b>
2.7.4 Pendidikan.....	<b>Error! Bookmark not defined.</b>
2.7.5 Pekerjaan.....	<b>Error! Bookmark not defined.</b>
2.7.6 Pendapatan .....	<b>Error! Bookmark not defined.</b>
2.7.7 Aktifitas Fisik.....	<b>Error! Bookmark not defined.</b>
2.7.8 Jarak Kehamilan.....	<b>Error! Bookmark not defined.</b>
2.8 Pedoman Gizi Seimbang .....	<b>Error! Bookmark not defined.</b>
2.9 Indeks Gizi Seimbang.....	<b>Error! Bookmark not defined.</b>
2.10 Zat Gizi Makro dan Mikro pada Ibu Hamil .....	<b>Error! Bookmark not defined.</b>
<b>defined.</b>	
2.10.1 Energi.....	<b>Error! Bookmark not defined.</b>
2.10.2 Protein.....	<b>Error! Bookmark not defined.</b>
2.10.3 Lemak .....	<b>Error! Bookmark not defined.</b>
2.10.4 Karbohidrat.....	<b>Error! Bookmark not defined.</b>
2.10.5 Vitamin A .....	<b>Error! Bookmark not defined.</b>
2.10.6 Vitamin D .....	<b>Error! Bookmark not defined.</b>
2.10.7 Asam Folat.....	<b>Error! Bookmark not defined.</b>
2.10.8 Vitamin B <sub>12</sub> .....	<b>Error! Bookmark not defined.</b>
2.10.9 Zat Besi.....	<b>Error! Bookmark not defined.</b>
2.11 Metode Food Recall 24 jam .....	<b>Error! Bookmark not defined.</b>
2.12 Kerangka Teori .....	<b>Error! Bookmark not defined.</b>
2.13 Kerangka Konsep.....	<b>Error! Bookmark not defined.</b>
2.14 Hipotesis .....	<b>Error! Bookmark not defined.</b>
<b>BAB III METODE PENELITIAN .....</b>	<b>Error! Bookmark not defined.</b>
3.1 Tempat dan Waktu Penelitian .....	<b>Error! Bookmark not defined.</b>
3.2 Rancangan Penelitian .....	<b>Error! Bookmark not defined.</b>

3.3 Subjek Penelitian.....	<b>Error! Bookmark not defined.</b>
3.3.1 Populasi .....	<b>Error! Bookmark not defined.</b>
3.3.2 Sampel.....	<b>Error! Bookmark not defined.</b>
3.4 Teknik Pengumpulan Data.....	<b>Error! Bookmark not defined.</b>
3.4.1 Data Primer .....	<b>Error! Bookmark not defined.</b>
3.4.2 Data Sekunder .....	<b>Error! Bookmark not defined.</b>
3.5 Instrumen Penelitian.....	<b>Error! Bookmark not defined.</b>
3.5.1 Instrumen Penelitian.....	<b>Error! Bookmark not defined.</b>
3.5.2 Variabel Penelitian .....	<b>Error! Bookmark not defined.</b>
3.5.3 Definisi Konseptual.....	<b>Error! Bookmark not defined.</b>
3.6 Definisi Operasional.....	<b>Error! Bookmark not defined.</b>
3.7 Pengumpulan Data dan Pengolahan Data .....	<b>Error! Bookmark not defined.</b>
3.7.1 Karakteristik.....	<b>Error! Bookmark not defined.</b>
3.7.2 Pengetahuan Gizi .....	<b>Error! Bookmark not defined.</b>
3.7.3 Status Gizi .....	<b>Error! Bookmark not defined.</b>
3.7.4 Skoring Indeks Gizi Seimbang....	<b>Error! Bookmark not defined.</b>
3.8 Teknik Analisis Data.....	<b>Error! Bookmark not defined.</b>
3.8.1 Analisis Data Univariat .....	<b>Error! Bookmark not defined.</b>
3.8.2 Analisis Data Bivariat .....	<b>Error! Bookmark not defined.</b>
<b>BAB IV HASIL .....</b>	<b>Error! Bookmark not defined.</b>
4.1 Gambaran Umum Tempat Penelitian...	<b>Error! Bookmark not defined.</b>
4.2 Analisis Univariat.....	<b>Error! Bookmark not defined.</b>
4.2.1 Karakteristik Responden .....	<b>Error! Bookmark not defined.</b>
4.2.2 Pengetahuan .....	<b>Error! Bookmark not defined.</b>
4.2.3 Status Gizi (LILA) .....	<b>Error! Bookmark not defined.</b>
4.2.4 Kualitas Konsumsi Pangan (Skoring Indeks Gizi Seimbang)	<b>Error! Bookmark not defined.</b>
4.3 Analisis Bivariat.....	<b>Error! Bookmark not defined.</b>
4.3.1 Pengetahuan dan Kualitas Konsumsi Pangan ..	<b>Error! Bookmark not defined.</b>
4.3.2 Pendapatan dan Kualitas Konsumsi Pangan ....	<b>Error! Bookmark not defined.</b>
4.3.3 Status Gizi dan Kualitas Konsumsi Pangan .....	<b>Error! Bookmark not defined.</b>
4.3.4 Pekerjaan dengan Kualitas Konsumsi Pangan .	<b>Error! Bookmark not defined.</b>
4.3.5 Pendidikan dengan Kualitas Konsumsi Pangan .....	<b>Error! Bookmark not defined.</b>
<b>BAB V PEMBAHASAN .....</b>	<b>Error! Bookmark not defined.</b>
5.1 Usia Responden.....	<b>Error! Bookmark not defined.</b>
5.2 Pendidikan.....	<b>Error! Bookmark not defined.</b>

5.3	Pekerjaan.....	<b>Error! Bookmark not defined.</b>
5.4	Pendapatan .....	<b>Error! Bookmark not defined.</b>
5.5	Pengetahuan .....	<b>Error! Bookmark not defined.</b>
5.6	Status Gizi .....	<b>Error! Bookmark not defined.</b>
5.7	Kualitas Konsumsi Pangan .....	<b>Error! Bookmark not defined.</b>
5.8	Hubungan antara Pengetahuan dengan Kualitas Konsumsi Pangan Ibu Hamil di Posyandu Kelurahan Tanjung Duren Selatan .....	<b>Error! Bookmark not defined.</b>
5.9	Hubungan antara Pendapatan dengan Kualitas Konsumsi Pangan Ibu Hamil di Posyandu Kelurahan Tanjung Duren Selatan ..	<b>Error! Bookmark not defined.</b>
5.10	Hubungan antara Status Gizi dengan Kualitas Konsumsi Pangan Ibu Hamil di Posyandu Kelurahan Tanjung Duren Selatan ..	<b>Error! Bookmark not defined.</b>
5.11	Hubungan Pekerjaan Ibu Hamil dengan Kualitas Konsumsi Pangan di Posyandu Kelurahan Tanjung Duren Selatan .....	<b>Error! Bookmark not defined.</b>
5.12	Hubungan Pendidikan Ibu Hamil dan Kualitas Konsumsi Pangan di Posyandu Kelurahan Tanjung Duren Selatan .....	<b>Error! Bookmark not defined.</b>
5.13	Keterbatasan Penelitian.....	<b>Error! Bookmark not defined.</b>
<b>BAB VI KESIMPULAN DAN SARAN .....</b>		<b>Error! Bookmark not defined.</b>
6.1	Kesimpulan .....	<b>Error! Bookmark not defined.</b>
6.2	Saran.....	<b>Error! Bookmark not defined.</b>
<b>DAFTAR REFERENSI.....</b>		<b>Error! Bookmark not defined.</b>
<b>LAMPIRAN.....</b>		<b>Error! Bookmark not defined.</b>

## DAFTAR TABEL

### Halaman

Tabel 1.1 Keterbaruan Penelitian.....	<b>Error! Bookmark not defined.</b>
Tabel 1.2 Proporsi Kenaikan Berat Badan Ibu saat Hamil ..	<b>Error! Bookmark not defined.</b>
Tabel 1.3 Pertambahan Berat Badan Selama Kehamilan yang Dianjurkan Berdasarkan IMT Prahamil .....	<b>Error! Bookmark not defined.</b>
Tabel 1.4 Angka Kecukupan Gizi pada Ibu Hamil	<b>Error! Bookmark not defined.</b>
Tabel 1.5 Definisi Operasional .....	<b>Error! Bookmark not defined.</b>

## DAFTAR GAMBAR

	Halaman
Gambar 1.1 Kerangka Teori.....	<b>Error! Bookmark not defined.</b>
Gambar 1.2 Kerangka Konsep .....	<b>Error! Bookmark not defined.</b>
Gambar 1.3 Distribusi Frekuensi Usia Responden	<b>Error! Bookmark not defined.</b>
Gambar 1.4 Distribusi Frekuensi Pendidikan Terakhir Ibu Hamil .....	<b>Error! Bookmark not defined.</b>
Gambar 1.5 Distribusi Frekuensi Pekerjaan Ibu Hamil .....	<b>Error! Bookmark not defined.</b>
Gambar 1.6 Distribusi Frekuensi Pekerjaan Ibu Hamil .....	<b>Error! Bookmark not defined.</b>
Gambar 1.7 Distribusi Frekuensi Pengetahuan Ibu Hamil...	<b>Error! Bookmark not defined.</b>
Gambar 1.8 Distribusi Frekuensi Status Gizi Ibu Hamil .....	<b>Error! Bookmark not defined.</b>
Gambar 1.9 Distribusi Frekuensi Skoring Indeks Gizi Seimbang .....	<b>Error! Bookmark not defined.</b>
Gambar 1.10 Korelasi antara Pengetahuan Gizi dengan Kualitas Konsumsi Pangan .....	<b>Error! Bookmark not defined.</b>
Gambar 1.11 Korelasi Pendapatan Keluarga dan Kualitas Konsumsi Pangan .....	<b>Error! Bookmark not defined.</b>
Gambar 1.12 Korelasi Status Gizi Ibu Hamil dan Kualitas Konsumsi Pangan .....	<b>Error! Bookmark not defined.</b>
Gambar 1.13 Korelasi Pekerjaan Hamil dan Kualitas Konsumsi Pangan .....	<b>Error! Bookmark not defined.</b>
Gambar 1.14 Korelasi Pendidikan dengan Kualitas Konsumsi Pangan .....	<b>Error! Bookmark not defined.</b>

## DAFTAR LAMPIRAN

### Halaman

Lampiran 1.1 Informed Consent .....	<b>Error! Bookmark not defined.</b>
Lampiran 1.2 Kuesioner Penelitian.....	<b>Error! Bookmark not defined.</b>
Lampiran 1.3 Dokumentasi.....	<b>Error! Bookmark not defined.</b>
Lampiran 1.4 Surat Izin Penelitian.....	<b>Error! Bookmark not defined.</b>
Lampiran 1.5 Surat Keterangan Lolos Kode Etik..	<b>Error! Bookmark not defined.</b>
Lampiran 1.6 Output SPSS .....	<b>Error! Bookmark not defined.</b>