

## ABSTRAK

*Stunting* ialah salah satu faktor yang menjadi parameter status gizi kronis yang mencerminkan terhalangnya pertumbuhan karna malnutrisi jangka panjang. Panjang badan lahir merupakan faktor resiko peningkatan *stunting*. Tujuan untuk mengetahui hubungan tekanan darah dan pola konsumsi ibu hamil dengan panjang badan lahir bayi. Metode penelitian kuantitatif dengan desain penelitian *cross sectional*. Teknik pengambilan data *accidental sampling* yang disesuaikan dengan kriteria inklusi dan eksklusi. Jumlah sampel sebanyak 60 orang. Sfigmomanometer/tensimeter digunakan untuk mengukur tekanan darah ibu hamil trimester 3. Sedangkan, pola konsumsi makan dengan kuisioner semi FFQ. Uji statistik menggunakan *uji korelasi spearman*. Usia ibu hamil paling muda 19 tahun dan paling tua 35 tahun, usia kehamilan paling muda 29 minggu dan paling tua 39 minggu, tekanan darah sistolik paling rendah 103 mmHg dan paling tinggi 122,50 mmHg, tekanan darah diastolik 61,50 mmHg dan paling tinggi 84,50 mmHg, dan panjang badan lahir bayi paling pendek 45 cm dan paling panjang 50 cm. Hasil penelitian tidak ada hubungan tekanan darah sistolik ( $p=0,475$ ) dan tekanan darah diastolik ( $p=0,482$ ) dengan panjang badan lahir bayi. Pada pola konsumsi berdasarkan skor keanekaragaman pangan ibu hamil ( $p=0,416$ ) tidak berhubungan dengan panjang badan lahir dan frekuensi konsumsi ibu hamil ( $p=0,658$ ) tidak berhubungan dengan panjang badan lahir.

**Kata Kunci:** tekanan darah, pola konsumsi, panjang badan lahir

## ABSTRACT

*Stunting is one of the factors that becomes a parameter of chronic nutritional status that reflects stunted growth due to long-term malnutrition. Birth length is a risk factor for increasing stunting. The purpose of this study was to determine the relationship between blood pressure and consumption patterns of pregnant women with the baby's birth length. Quantitative research method with cross sectional research design. The technique of taking data is accidental sampling which is adjusted to the inclusion and exclusion criteria. The number of samples taken as many as 60 people. The sphygmomanometer/tensimeter was used to measure the blood pressure of pregnant women in the third trimester. Meanwhile, the pattern of food consumption was carried out using a semi-FFQ questionnaire. Statistical test using Spearman correlation test. The youngest pregnant woman is 19 years old and the oldest is 35 years old, the youngest gestational age is 29 weeks and the oldest is 39 weeks, the lowest systolic blood pressure is 103 mmHg and the highest is 122.50 mmHg, diastolic blood pressure is 61.50 mmHg and the highest is 84.50 mmHg, and The length of the baby's birth body is 45 cm the shortest and the longest 50 cm. The results showed that there was no relationship between systolic blood pressure ( $p=0.475$ ) and diastolic blood pressure ( $p=0.482$ ) with the baby's birth length. The consumption pattern based on food diversity score of pregnant women ( $p=0.416$ ) was not related to the length of the birth body and the frequency of consumption of pregnant women ( $p=0.658$ ) was not related to the length of the birth body.*

**Keywords :** blood pressure, consumption patterns, birth length