

AKZI BUMIL: APLIKASI DIGITAL UNTUK PEMANTAUAN GIZI DAN KESEHATAN IBU HAMIL

Widyana Lakshmi Puspita¹, Yanuarti Petrika^{2*}, Desi³, Shelly Festilia⁴

^{1,2,3,4} Jurusan Gizi Poltekkes Kemenkes Pontianak

Article Info	ABSTRAK
Article History: Received 21/08/2026 Revised - Accepted 02/09/2026 Keywords: Chronic Energy Deficiency; Pregnant Women; Maternal Nutrition; Android Application; AKZI BUMIL.	Latar Belakang: Kekurangan Energi Kronis (KEK) pada ibu hamil berkaitan dengan kekurangan asupan energi dan protein serta rendahnya pengetahuan tentang kebutuhan gizi selama kehamilan. Aplikasi Gizi Ibu Hamil (AKZI BUMIL) dikembangkan untuk membantu ibu menentukan menu sehat dan mengontrol pola makan sesuai kebutuhan gizi. Tujuan: Menganalisis kelayakan aplikasi AKZI BUMIL berbasis Android. Metode: Penelitian menggunakan metode Research and Development (R&D) melalui tahap perencanaan dan desain produk, validasi, revisi, dan uji coba. Validasi dilakukan oleh ahli materi bidang gizi dan ahli media bidang teknologi informasi. Uji coba kelompok kecil melibatkan 6–8 ibu hamil di wilayah Puskesmas Telaga Biru yang dipilih secara purposive sampling. Data primer diperoleh melalui kuesioner validasi dan uji coba, kemudian dianalisis secara deskriptif menggunakan skala Likert dan disajikan dalam bentuk tabel dan grafik. Hasil: AKZI BUMIL memiliki fitur pemantauan berat badan, LILA, status anemia, riwayat kesehatan, serta edukasi gizi. Hasil penilaian ahli media menunjukkan aplikasi layak digunakan tanpa revisi (100%). Penilaian tenaga kesehatan menunjukkan 66,7% menyatakan layak tanpa revisi dan 33,3% layak dengan revisi. Pada pengguna ibu hamil, 88,9% menyatakan aplikasi layak digunakan tanpa revisi dan 11,1% layak dengan revisi. Pengguna juga menilai aplikasi mudah digunakan dan membantu memantau gizi serta kesehatan selama kehamilan. Kesimpulan: AKZI BUMIL dinyatakan layak digunakan sebagai aplikasi digital untuk membantu pemantauan gizi dan kesehatan ibu hamil, khususnya berat badan, LILA, status anemia, dan edukasi gizi. Aplikasi mendapat penerimaan baik dari ahli media, tenaga kesehatan, dan ibu hamil. Pengembangan selanjutnya disarankan menambahkan variabel pemantauan kesehatan dan menyediakan aplikasi melalui Play Store agar lebih mudah diakses oleh ibu hamil. ABSTRACT <i>Background: Chronic Energy Deficiency (CED) among pregnant women is associated with inadequate energy and protein intake, as well as limited knowledge of nutritional requirements during pregnancy. The Maternal Nutrition Application (AKZI BUMIL) was developed to help pregnant women plan healthy meals and manage their dietary intake according to nutritional requirements. Objective: To analyze the feasibility of the Android-based AKZI BUMIL application. Methods: This study used a Research and Development (R&D) approach consisting of product planning and design, validation, revision, and product testing. Validation was conducted by a nutrition expert and an information technology media expert. A small-group trial involved 6–8 pregnant women</i>

in the Telaga Biru Community Health Center area, selected using purposive sampling. Primary data were collected through validation and trial questionnaires, then analyzed descriptively using a Likert scale and presented in tables and graphs. Results: AKZI BUMIL includes features for monitoring body weight, mid-upper arm circumference (MUAC), anemia status, health history, and nutrition education. Media expert evaluation showed that the application was feasible for use without revision (100%). Among health workers, 66.7% considered the application feasible without revision and 33.3% considered it feasible with revisions. Among pregnant women, 88.9% considered the application feasible without revision and 11.1% considered it feasible with revisions. Users also reported that the application was easy to use and helped monitor nutrition and health during pregnancy. Conclusion: AKZI BUMIL is feasible as a digital application to support the monitoring of maternal nutrition and health, particularly body weight, MUAC, anemia status, and nutrition education. The application received good acceptance from media experts, health workers, and pregnant women. Further development is recommended to add more health monitoring variables and make the application available through the Google Play Store for easier access by pregnant women.

**Corresponding Author: (yanuartip87@gmail.com)*
