

ABSTRACT

THE RELATIONSHIP BETWEEN MATERNAL NUTRITIONAL STATUS AND THE INCIDENCE OF PREECLAMPSIA BASED ON ANTENATAL CARE AT KALIREJO HEALTH CENTER, NEGERIKARTON SUB-DISTRICT, PESAWARAN REGENCY

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Background: The prevalence of preeclampsia among pregnant women in Indonesia remains quite high and ranks second as a cause of maternal mortality. Preeclampsia is a disorder that arises as a result of high blood pressure, edema, and the presence of protein in the urine due to pregnancy after reaching 20 weeks of gestation or shortly after delivery. The theory behind the occurrence of preeclampsia originates from placental disorders, one of which is influenced by the maternal nutritional condition. The objective of this study is to determine whether there is a relationship between maternal nutritional status and the occurrence of preeclampsia based on antenatal care at Kalirejo Health Center.

Method: This study employed an analytical observational method with a cross-sectional approach. The sampling technique utilized was total sampling. Data were obtained through secondary sources, namely medical records and maternal and child health books for pregnant women. The sample consisted of 153 pregnant women who visited Kalirejo Health Center. The research data were analyzed using the Mann-Whitney test.

Result: In this study, out of a total of 153 samples, the results showed that 16 pregnant women (10.5%) experienced preeclampsia, 22 pregnant women (14.4%) were undernourished, and 103 pregnant women (67.3%) were overweight. The bivariate analysis revealed a relationship between maternal nutritional status and the occurrence of preeclampsia based on antenatal care at Kalirejo Health Center, with a p-value of 0.000.

Conclusion: There is a relationship between maternal nutritional status and the incidence of preeclampsia based on antenatal care at Kalirejo Health Center, Negerikaton Sub-District, Pesawaran Regency.

Keywords: Preeclampsia, Nutritional Status, ANC.

ABSTRAK

HUBUNGAN ANTARA STATUS GIZI IBU HAMIL DENGAN KEJADIAN PREEKLAMPSIA BERDASARKAN ANTENATAL CARE DI PUSKESMAS KALIREJO KECAMATAN NEGERIKARTON KABUPATEN PESAWARAN

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Latar Belakang: Prevalensi preeklamsia pada ibu hamil di Indonesia masih cukup tinggi dan menduduki peringkat kedua sebagai penyebab kematian ibu. Preeklamsia adalah suatu gangguan yang muncul sebagai hasil dari tekanan darah tinggi, edema, dan keberadaan protein dalam urin akibat kehamilan setelah mencapai usia 20 minggu kehamilan atau segera setelah melahirkan. Teori terjadinya preeklamsia berasal dari gangguan plasenta yang salah satunya dipengaruhi oleh kondisi gizi ibu hamil. Tujuan penelitian ini adalah untuk mengetahui apakah terdapat hubungan antara status gizi ibu hamil dengan kejadian preeklamsia berdasarkan *antenatal care* di Puskesmas Kalirejo.

Metode: Penelitian ini menggunakan metode observasional analitik dengan pendekatan *cross sectional*. Teknik *sampling* yang digunakan yaitu *total sampling*. Data yang diperoleh melalui data sekunder, yaitu rekam medis dan buku KIA ibu hamil. Sampel yang digunakan berjumlah 153 ibu hamil yang berkunjung ke Puskesmas Kalirejo. Data penelitian dianalisis menggunakan uji *mann-whitney*

Hasil: Pada penelitian ini dari total 153 sampel didapatkan hasil 16 ibu hamil (10,5%) mengalami preeklamsia, 22 ibu hamil (14,4%) dengan status gizi kurang, dan 103 ibu hamil (67,3%) dengan status gizi berlebih. Hasil analisis bivariat menunjukkan terdapat hubungan antara status gizi ibu hamil dengan kejadian preeklamsia berdasarkan *antenatal care* di Puskesmas Kalirejo dengan *p-value* sebesar 0,000.

Simpulan: Terdapat hubungan antara status gizi ibu hamil dengan kejadian preeklamsia berdasarkan *antenatal care* di Puskesmas Kalirejo Kecamatan Negerikaton Kabupaten Pesawaran.

Kata Kunci: Preeklamsia, Status Gizi, ANC.