

## ABSTRAK

### HUBUNGAN PARITAS DAN STATUS GIZI IBU HAMIL DENGAN KEJADIAN PREEKLAMPSIA DI UPT PUSKESMAS PAKONG

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Preeklampsia adalah keadaan pada ibu hamil dengan tekanan darah  $\geq 140/90$  mmHg yang terjadi setelah umur kehamilan 20 minggu, dan disertai dengan proteinuria  $\geq 300$  mg/24 jam, survei terakhir Angka Kematian Ibu (AKI) Indonesia sebesar 305/100.000 Kelahiran Hidup, berdasarkan studi awal di Kabupaten Pamekasan laporan angka ibu hamil dengan komplikasi preeklampsia sebanyak 223 kasus, sedangkan di Puskesmas Pakong Kabupaten Pamekasan sebanyak 21 kasus. Tujuan dari penelitian ini adalah untuk mengetahui hubungan antara paritas dan status gizi ibu hamil dengan kejadian preeklampsia di UPT Puskesmas Pakong. Penelitian ini merupakan penelitian kuantitatif dengan desain penelitian yang digunakan adalah survei analitik korelasional dengan pendekatan kohort *retrospektif*, dengan populasi ibu hamil yang mengalami preeklampsia dengan menggunakan total sampling untuk pengambilan sampel, dan menggunakan uji korelasi chi square. Dari 36 responden ibu hamil seluruhnya yaitu sebanyak 2 orang (100%) ibu hamil primipara mengalami preeklampsia ringan dan sebagian besar ibu hamil primipara yang mengalami preeklampsia berat yaitu sebanyak 9 orang (81%) dan seluruhnya ibu hamil multipara yang mengalami preeklampsia berat yaitu sebanyak 25 orang (100%) sedangkan ibu hamil dengan status gizi lebih sebagian besar yaitu sebanyak 7 orang (58%) mengalami preeklampsia ringan dan hanya sebagian besar ibu hamil dengan status gizi baik yang mengalami preeklampsia ringan yaitu sebanyak 3 orang (60%). Sedangkan ibu hamil dengan status gizi obesitas hampir seluruhnya yaitu sebanyak 17 orang (89%) mengalami preeklampsia berat. Ada hubungan antara paritas dan status gizi dengan kejadian preeklampsia dengan hasil chi square  $p=0,02$  untuk paritas dan  $p=0,009$  untuk status gizi dengan kejadian preeklampsia.

**Kata Kunci : Paritas, Status Gizi dan Preeklampsia**

## ABSTRACT

### **RELATIONSHIP BETWEEN PARITY AND NUTRITIONAL STATUS OF PREGNANT WOMEN WITH THE INCIDENCE OF PREECLAMPSIA AT UPT PUSKESMAS PAKONG**

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*Preeclampsia is a condition in pregnant women with blood pressure  $\geq 140/90$  mmHg which occurs after 20 weeks of gestation, and is accompanied by proteinuria  $\geq 300$  mg/24 hours. The initial study in Pamekasan Regency reported the number of pregnant women with complications of preeclampsia as many as 223 cases, while in the Pakong Health Center Pamekasan Regency there were 21 cases. The purpose of this study was to determine the relationship between parity and nutritional status of pregnant women with the incidence of preeclampsia at UPT Puskesmas Pakong. This research is a quantitative research with a correlational analytic survey using a retrospective cohort approach, with a population of pregnant women with preeclampsia using total sampling for sampling, and using the chi square correlation test. Of the 36 pregnant women respondents, there were 2 (100%) primiparous pregnant women who had mild preeclampsia and most of the primiparous pregnant women who had severe preeclampsia, there were 9 people (81%) and all of them were multiparous pregnant women who had severe preeclampsia, as many as 25 people (100%) whereas the majority of pregnant women with more nutritional status, namely as many as 7 people (58%) had mild preeclampsia and only the majority of pregnant women with good nutritional status had mild preeclampsia, as many as 3 people (60%). Meanwhile, almost all pregnant women with obesity nutritional status, namely 17 people (89%), experienced severe preeclampsia. There is a relationship between parity and nutritional status with the incidence of preeclampsia with the results of chi square  $p = 0.02$  for parity and  $p = 0.009$  for nutritional status with the incidence of preeclampsia.*

**Keywords: Parity, Nutritional Status and Preeclampsia**