

ABSTRAK
SELFCARE BERHUBUNGAN DENGAN PENCEGAHAN PREEKLAMBSIA
DI PUSKESMAS MOROKREMBANGAN
SURABAYA

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Data di Surabaya 2020 sebanyak 4,2% Kematian ibu hamil dan nifas disebabkan oleh Preeklamsia (Gumilar Erry *et al.*, 2023).Berbagai tindakan skrining sudah dilakukan sebagai upaya pemerintah untuk menekan kejadian preeklamsia namun upaya skrining tersebut tidaklah bisa optimal jika tidak ditunjang dengan strategi perawatan terutama dalam hal *selfcare*(perawatan diri. Oleh karena itu, tujuan penelitian ini untuk mengetahui apakah ada hubungan *Selfcare* dengan pencegahan preeklamsia di Puskesmas Morokrembangan Surabaya. Penelitian menggunakan desain analitik korelasional dengan pendekatan *cross sectional*, dengan populasi sebanyak 70 ibu hamil dengan tehnik pengambilan *simple Random sampling* sebanyak 60 ibu hamil di puskesmas Morokrembangan. Variabel yang dimunculkan yaitu *selfcare* sebagai variabel independent dan pencegahan Preeklamsia sebagai variabel dependen. instrumen. penelitian berupa kuesioner dianalisa menggunakan korelasi pearson dengan SPSS derajat kemaknaan 0,05. Hasil penelitian ditemukan ada hubungan antara *selfcare* dengan pencegahan preeklamsia dengan p value korelasi pearson = 0.027. Hampir seluruhnya(98,35%) *selfcare* ibu hamil baik dengan Sebagian besar(58%) pencegahan preeklamsia ibu hamil masih kurang. *Selfcare* ibu hamil dapat diidentifikasi bahwa hampir seluruhnya baik.Pencegahan preeklamsia ibu hamil dapat diidentifikasi bahwa Sebagian besar masih kurang.Ada hubungan *selfcare* dengan pencegahan preeklamsia. sebagai bahan evaluasi dalam melaksanakan pemantauan kunjungan disetiap trimester kehamilan yang berkesinambungan tidak hanya rutin kunjungan ANC di trimester 1 atau ANC rutin di trimester 3 saja.

Kata kunci: *Antenatalcare*,Pencegahan, Preeklamsia,*Selfcare*

ABSTRACT
***SELFCARE RELATED TO PREECLAMPSIA PREVENTION AT
MOROKREMBANGAN HEALTH CENTER
SURABAYA***

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Data in Surabaya 2020 showed that as much as 4.2% of pregnant and postpartum maternal deaths are caused by Preeclampsia (Gumilar Erry *et al.*, 2023). The government has carried out various screening measures to reduce the incidence of Preeclampsia. Still, these screening efforts cannot be optimal if treatment strategies, especially regarding self-care, do not support them. Therefore, this study aims to determine whether there is a relationship between *Self-care* and preeclampsia prevention at the Morokrembangan Surabaya Health Center. The study used a correlational analytical design with *a cross-sectional approach, with a population of 70 pregnant women and a simple random sampling technique of 60 pregnant women* at the Morokrembangan Health Center. The variables raised were *self-care as an independent variable and prevention of Preeclampsia as a dependent variable*. Research in questionnaires was analyzed using Pearson's correlation with SPSS degree of significance 0.05. The study's results found a relationship between self-care and the prevention of Preeclampsia with a value Pearson correlation = 0.027. Almost all (98.35%) *self-care* of pregnant women is good with Most (58%) prevention of Preeclampsia pregnant women is still lacking. *Self-care* for pregnant women can be identified, and almost all of them are good. Prevention of Preeclampsia in pregnant women can be determined, but most are still lacking. There is a relationship between *self-care* and preeclampsia prevention. as an evaluation material in carrying out continuous monitoring of visits in each trimester of pregnancy, not only routine ANC visits in the 1st trimester or routine ANC in the 3rd trimester.

Keywords: *Antenatal care, Prepare, Preeclampsia, Self-care*