

ABSTRAK

PEMANTAUAN KENAIKAN BERAT BADAN SELAMA HAMIL BERHUBUNGAN DENGAN PENCEGAHAN PREEKLAMPSIA PADA IBU HAMIL DI PUSKESMAS MONCEK

Oleh : Indah Lestari

Preeklampsia adalah hipertensi yang timbul setelah 20 minggu kehamilan disertai proteinuria. Kejadian preeklampsia di Indonesia 128.273 per tahun atau sekitar 5,3%. Data jumlah kejadian Preeklamsia di Kabupaten Sumenep pada bulan Januari sampai Agustus tahun 2023 yaitu 278 kasus. Tujuan penelitian ini ntuk mengetahui pemantauan kenaikan berat badan selama hamil berhubungan dengan pencegahan pre eklamsia pada Ibu Hamil di Puskesmas Moncek. Metode penelitian menggunakan penelitian kuantitatif dengan pendekatan *Cross Sectional*. Populasi semua ibu hamil trimester I dan II bulan september-november 2023 sebanyak 70 ibu hamil dengan sampel sebanyak 41 ibu hamil. Waktu penelitian Agustus 2023-Januari 2024, di Puskesmas Moncek. Analisa data menggunakan analisis *Rank Spearmans*. Berdasarkan hasil penelitian hampir setengahnya ibu hamil di Puskemas Moncek melakukan pencegahan preeklamsia kurang sebanyak 39,0% (16 ibu hamil), sebagian besar ibu hamil di Puskemas Moncek yang mengalami kenaikan berat badan tidak normal sebanyak 53,7% (22 ibu hamil). Hasil uji *rank spearmans* didapatkan *pvalue* $0,006 < 0,05$ artinya HI diterima. Jadi kesimpulan, ada hubungan pemantauan kenaikan berat badan selam hamil dengan pencegahan preeklamsia di Puskesmas Moncek. Bidan hendaknya meningkatkan upaya promotif dan preventif dengan melakukan penyuluhan kepada ibu hamil tentang pencegahan preeklamsia dalam kehamilan.

Kata Kunci : Ibu Hamil, Kenaikan Berat Badan, Preeklamsia

ABSTRACT

MONITORING WEIGHT GAIN DURING PREGNANCY IS RELATED TO THE PREVENTION OF PREECLAMPSIA IN PREGNANT WOMEN AT MONCEK HEALTH CENTER

By: Indah Lestari

Preeclampsia is hypertension that arises after 20 weeks of pregnancy, accompanied by proteinuria. Preeclampsia in Indonesia is 128,273 per year, or around 5.3%. Data on the number of preeclampsia events in Sumenep Regency from January to August 2023 shows 278 cases. This study aimed to determine the monitoring of weight gain during pregnancy related to preventing preeclampsia in pregnant women at the Moncek Health Center. The research method used quantitative research with a Cross-Sectional approach. The population was 70 pregnant women in the first and second trimesters of September-November 2023, with a sample of 41 pregnant women. The research period was August 2023-January 2024 at the Moncek Health Center. The data analysis using Spearman's Rank analysis. Based on the results of the study, almost half of pregnant women in Moncek Health Center prevented preeclampsia less than 39.0% (16 pregnant women), most pregnant women in Moncek Health Center who experienced abnormal weight gain as much as 53.7% (22 pregnant women). The Spearman's rank test results obtained a $0.006 < 0.05$, meaning that H_1 is accepted. So, in conclusion, there is a relationship between monitoring weight gain during pregnancy and the prevention of preeclampsia at the Moncek Health Center. Midwives should increase promotional and preventive efforts by counseling pregnant women about the prevention of preeclampsia in pregnancy.

Keywords: Pregnant Women, Weight Gain, Preeclampsia