

ABSTRAK

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HUBUNGAN RIWAYAT HIPERTENSI DAN INDEKS MASSA TUBUH (IMT) IBU HAMIL DENGAN KEJADIAN PREEKLAMPSIA DI PUSKESMAS JATIROKEH (xiv + 42 halaman + 6 tabel + 10 lampiran)

Latar Belakang: Preeklamsia menempati urutan teratas sebagai penyebab langsung kematian ibu, dan data menunjukkan peningkatan kasus dari tahun ke tahun, termasuk di wilayah kerja Puskesmas Jatirokeh. Preeklamsia merupakan sindrom kompleks yang ditandai oleh hipertensi, proteinuria, dan edema, yang dipengaruhi oleh berbagai faktor risiko, termasuk riwayat hipertensi dan indeks massa tubuh (IMT) ibu hamil. Penelitian ini bertujuan untuk menganalisis hubungan antara riwayat hipertensi dan indeks massa tubuh ibu hamil dengan kejadian preeklamsia di Puskesmas Jatirokeh.

Metode: Penelitian ini merupakan jenis penelitian analitik korelasi dengan pendekatan case-control. Populasi dalam penelitian ini adalah seluruh ibu hamil tahun 2024 di Puskesmas Jatirokeh sebanyak 1.088 orang, dengan sampel berjumlah 126 responden yang terdiri dari 63 kasus preeklamsia dan 63 kontrol, yang diambil menggunakan teknik total sampling untuk kelompok kasus dan simple random sampling untuk kelompok kontrol. Data diperoleh melalui rekam medis. Variabel independen adalah riwayat hipertensi dan IMT, sedangkan variabel dependen adalah kejadian preeklamsia. Analisis data dilakukan secara univariat dan bivariat menggunakan uji Chi-Square.

Hasil: Hasil penelitian menunjukkan bahwa 42,9% ibu hamil memiliki riwayat hipertensi dan 36,2% memiliki IMT berisiko. Uji chi-square menunjukkan hubungan yang sangat signifikan antara riwayat hipertensi ($p=0,000$; $OR=23,500$) dan IMT ($p=0,000$; $OR=37,818$) dengan kejadian preeklamsia.

Simpulan: Sebagian responden memiliki riwayat hipertensi (42,9%) dan IMT berisiko (36,2%), yang keduanya memiliki hubungan signifikan dengan kejadian preeklamsia.

Kata Kunci: Ibu hamil, IMT, Preeklamsia, Riwayat Hipertensi

ABSTRACT

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THE RELATIONSHIP BETWEEN HYPERTENSION HISTORY AND BODY MASS INDEX (BMI) IN PREGNANT WOMEN WITH THE INCIDENCE OF PREECLAMPSIA AT JATIKOREH PUBLIC HEALTH CENTER
(xiv + 42 pages + 6 tables + 10 appendices)

Background: Preeclampsia ranks as the leading direct cause of maternal mortality, with data showing a yearly increase in cases, including in the working area of the Jatikoreh Public Health Center. Preeclampsia is a complex syndrome characterized by hypertension, proteinuria, and edema, influenced by various risk factors, including a history of hypertension and body mass index (BMI) in pregnant women. This study aims to analyze the relationship between a history of hypertension and maternal BMI with the incidence of preeclampsia at the Jatikoreh Public Health Center.

Methods: This study used a case-control design. The population consisted of all pregnant women in 2024 at the Jatikoreh Public Health Center, totaling 1,088 individuals. A total sample of 126 respondents was selected, consisting of 63 preeclampsia cases and 63 controls, using total sampling for the case group and simple random sampling for the control group. Data were obtained from medical records. The independent variables were hypertension history and BMI, while the dependent variable was the incidence of preeclampsia. Data analysis was conducted using univariate and bivariate methods with the Chi-Square test.

Results: The results showed that 42.9% of pregnant women had a history of hypertension, and 36.2% had a risky BMI. The Chi-Square test revealed a very significant relationship between hypertension history ($p=0.000$; $OR=23.500$) and BMI ($p=0.000$; $OR=37.818$) with the incidence of preeclampsia. Pregnant women with a history of hypertension were 23.5 times more likely to experience preeclampsia, while those with a risky BMI were 37.8 times more likely to develop the condition compared to women with a normal BMI.

Conclusion: Some respondents had a history of hypertension (42.9%) and a risky BMI (36.2%), both of which were significantly associated with the incidence of preeclampsia. Pregnant women with a history of hypertension had a 23.5-fold increased risk of developing preeclampsia, while those with a risky BMI had a 37.8-fold higher likelihood of experiencing the condition compared to those without such risk factors.

Keywords: Pregnant women, BMI, Preeclampsia, Hypertension History