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HUBUNGAN RIWAYAT HIPERTENSI DENGAN KEJADIAN PREEKLAMSIA DI RUMAH SAKIT UMUM SUAI COVALIMA TIMOR-LESTE TAHUN 2025

ABSTRAK

Latar Belakang : Angka Kematian Ibu (AKI) di Timor-Leste masih tergolong tinggi, dengan hipertensi dalam kehamilan sebagai salah satu penyebab utama dan preeklamsia sebagai komplikasinya. Data Dinas Kesehatan Kabupaten Suai Covalima mencatat peningkatan kasus hipertensi dari 33 menjadi 39 kasus dan preeklamsia dari 60 menjadi 76 kasus antara tahun 2024–2025. Studi pendahuluan di Rumah Sakit Umum Suai Covalima Timor-Leste pada tahun 2025 menemukan 60 ibu hamil dengan preeklamsia, sebagian besar dengan riwayat hipertensi, usia berisiko (<20 dan >35 tahun), paritas ≥3, atau riwayat keluarga diabetes/hipertensi.

Tujuan : Untuk mengetahui hubungan riwayat hipertensi dengan kejadian preeklamsia di Rumah Sakit Umum Suai Covalima Timor-Leste tahun 2025.

Metode : Penelitian ini merupakan penelitian survei analitik dengan rancangan *case control*. Populasi penelitian adalah seluruh ibu hamil yang memeriksakan kehamilan di Rumah Sakit Umum Suai Covalima Timor-Leste tahun 2025 sebanyak 382 orang. Sampel kasus berjumlah 60 ibu hamil dengan preeklamsia diambil dengan teknik *total sampling*, sedangkan sampel kontrol berjumlah 60 ibu hamil tanpa preeklamsia dipilih dengan teknik *matching* berdasarkan usia, gaya hidup, riwayat penyakit penyerta, usia kehamilan, dan paritas. Alat pengumpulan data berupa rekam medik, uji analisis menggunakan uji *Chi-Square* dan *Odds Ratio*.

Hasil : Dari 120 responden, sebagian besar tidak memiliki riwayat hipertensi sebelum kehamilan sebanyak 95 responden (79,2%), berada pada kelompok usia tidak berisiko sebanyak 77 responden (64,2%), dan tidak memiliki riwayat penyakit penyerta lain sebanyak 78 responden (65,0%). Kejadian preeklamsia menunjukkan proporsi seimbang, yaitu 60 responden (50,0%) mengalami preeklamsia dan 60 responden (50,0%) tidak mengalami preeklamsia. Uji *Chi-Square* menunjukkan terdapat hubungan antara riwayat hipertensi dengan kejadian preeklamsia dengan nilai *p-value* <0,001 dan OR sebesar 7,538 (95% CI: 2,400-23,683).

Simpulan : Terdapat hubungan antara riwayat hipertensi dengan kejadian preeklamsia di Rumah Sakit Umum Suai Covalima Timor-Leste. Disarankan kepada Rumah Sakit Umum Suai Covalima Timor-Leste dan tenaga kesehatan untuk meningkatkan deteksi dini melalui skrining tekanan darah dan pemeriksaan protein urin secara rutin sejak awal kehamilan pada ibu hamil dengan riwayat hipertensi.

Kata Kunci: Riwayat Hipertensi, Preeklamsia, Ibu Hamil.

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THE RELATIONSHIP BETWEEN HISTORY OF HYPERTENSION AND THE INCIDENCE OF PREECLAMPSIA AT SUAI COVALIMA GENERAL HOSPITAL, TIMOR-LESTE, 2025

ABSTRACT

Background: *The Maternal Mortality Ratio (MMR) in Timor-Leste remains relatively high, with hypertension in pregnancy as a leading cause and preeclampsia as one of its complications. Data from the Suai Covalima District Health Office showed hypertension cases rising from 33 to 39 and preeclampsia cases from 60 to 76 between 2024 and 2025. A 2025 preliminary study at Suai Covalima General Hospital found 60 pregnant women with preeclampsia, most of whom had a history of hypertension, were in the high-risk age group (<20 and >35 years), had a parity of ≥3, or had a family history of diabetes or hypertension.*

Objective: *To determine the relationship between history of hypertension and the incidence of preeclampsia at Suai Covalima General Hospital, Timor-Leste, in 2026.*

Methods: *This study used an analytical survey design with a case-control approach. The study population consisted of all pregnant women who received antenatal care at Suai Covalima General Hospital in 2025, totaling 382 women. The case sample of 60 pregnant women with preeclampsia was selected using total sampling, while the control sample of 60 pregnant women without preeclampsia was selected using a matching technique based on age, lifestyle, comorbid disease history, gestational age, and parity. Data were collected using medical records, and data analysis was performed using the Chi-Square test and Odds Ratio.*

Results: *Of the 120 respondents, the majority had no history of hypertension before pregnancy, 95 respondents (79.2%), were in the non-high-risk age group, 77 respondents (64.2%), and had no history of comorbid disease, 78 respondents (65.0%). The incidence of preeclampsia showed a balanced proportion, with 60 respondents (50.0%) experiencing preeclampsia and 60 respondents (50.0%) not experiencing preeclampsia. The Chi-Square test showed a relationship between history of hypertension and the incidence of preeclampsia, with a p-value <0.001 and an OR of 7.538 (95% CI: 2.400-23.683).*

Conclusion: *There is a relationship between history of hypertension and the incidence of preeclampsia at Suai Covalima General Hospital, Timor-Leste. Suai Covalima General Hospital and health workers are advised to strengthen early detection through routine blood pressure screening and urine protein examination from the early stages of pregnancy for mothers with a history of hypertension.*

Keywords: History of Hypertension, Preeclampsia, Pregnant Women.