

ABSTRAK

HUBUNGAN DUKUNGAN SOSIAL SUAMI DENGAN KENAIKAN BERAT BADAN IBU HAMIL DI PUSKESMAS SENTOLO I TAHUN 2021

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INTISARI

Latar Belakang: Kenaikan berat badan dikatakan normal apabila sesuai dengan rekomendasi dimana kenaikan yang tidak sesuai dengan rekomendasi dapat berdampak pada kehamilan ibu dan bayi yang akan dilahirkannya seperti BBLR, asfiksia, preeklamsi, kenaikan kadar gula darah, persalinan lama dan persalinan dengan *section caesaria*. Pada tahun 2017, sebesar 61,7% ibu hamil di Puskesmas Sentolo I mengalami kenaikan berat badan yang tidak sesuai rekomendasi. Kenaikan berat badan saat hamil dapat dipengaruhi oleh faktor psikologis yang diperoleh dari dukungan sosial yang diberikan oleh orang terdekat terutama suami.

Tujuan Penelitian: Untuk mengetahui hubungan dukungan sosial suami dengan kenaikan berat badan ibu hamil di Puskesmas Sentolo I.

Metode Penelitian: Penelitian ini adalah penelitian analitik observasional dengan desain *cross sectional*. Penelitian dilaksanakan bulan Maret 2021. Populasi penelitian adalah ibu hamil trimester II dan trimester III di Puskesmas Sentolo I. Teknik sampling menggunakan *purposive sampling* dan didapatkan 41 sampel ibu hamil. Pengambilan data menggunakan data primer. Analisis data menggunakan distribusi frekuensi dan uji *chi-square*.

Hasil Penelitian: Sebagian besar responden mengalami kenaikan berat badan yang normal (51,2%). Sebanyak 58,5% responden ibu hamil mendapat dukungan sosial yang baik dari suami. Hasil analisis dua variabel menyatakan bahwa ada hubungan yang antara dukungan sosial suami dengan kenaikan berat badan ibu hamil dengan *p-value* 0,019. Keeratan hubungan kedua variabel dikategori rendah dengan nilai 0,345 dan memiliki nilai RP 2,267 (95%, CI 1,030-4,989).

Kesimpulan: Ada hubungan antara dukungan sosial suami dengan kenaikan berat badan ibu hamil.

Kata Kunci: dukungan sosial suami, kenaikan berat badan ibu hamil

THE CORRELATION BETWEEN HUSBAND'S SOCIAL SUPPORT
WITH PREGNANCY WEIGHT GAIN AT SENTOLO I
PRIMARY HEALTH CARE IN 2021

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ABSTRACT

Background: Weight gain is said to be normal when in accordance with recommendations where the increase that is not in accordance with the recommendations can have an impact on the pregnancy of the mother and the baby to be born such as BBLR, asphyxia, preeclampsia, increase in blood sugar levels, prolonged childbirth and childbirth by caesarean section. Data recorded in 2017, 61.7% of pregnant women in Sentolo I Primary Health Care had weight gain that was not in accordance with recommendations. Weight gain while pregnant can be influenced by psychological factors obtained from social support provided by the closest person, especially the husband.

Objective: To find out correlation of husband's social support with the pregnancy weight gain in Sentolo I Primary Health Care.

Method: This study was an observational analytics with a cross sectional design. It was conducted in Sentolo I Primary Health Care on March 2021 with pregnant women in the II and III trimesters. Sampling technique used purposive sampling and obtained 41 samples of pregnant women. Data retrieval used primary data. Data analysis using frequency distribution and chi-square test.

Result: Most respondents experienced normal weight gain (51.2%). A total of 58.5% of pregnant women respondents received good social support from their husbands. The results of the two-variable analysis stated that there was a correlation between the husband's social support and the pregnancy weight gain with p-value of 0.019. Coefficient correlation was categorized as low with a value of 0.345 and has a value of RP 2.267 (95%, CI 1.030-4.989).

Conclusion: : There is a correlation between husband's social support and pregnancy weight gain.

Keywords: husband's social support, pregnancy weight gain