

**THE CORRELATION BETWEEN OVERWEIGHT PREGNANT WOMEN
WITH THE INCIDENCE OF PREECLAMPSIA AT RSU RAJAWALI CITRA
BANTUL**

Ari Susila Wati¹, Anita Rahmawati², Yuliantisari Retnaningsih ³

^{1,2,3} Midwifery Department, Yogyakarta Ministry of Health Polytechnic
Mangkuyudan Street, MJ III/304, Mantrijeron, Yogyakarta

Email: ari.susilawati82@gmail.com

ABSTRACT

Background : *Preeclampsia is still one of the main causes of maternal death during pregnancy, childbirth and the puerperium. Preeclampsia syndrome is a condition of pregnant women experiencing symptoms of hypertension and protein disorders. Being overweight (overweight and obesity) is one of the risk factors for preeclampsia in pregnant women.*

Objective: *To determine the correlation between overweight pregnant women with the incidence of preeclampsia at rsu rajawali citra bantul.*

Methods: *This study used an analytic observational method with a historical cohort design. This research was conducted in May 2021. The research subjects were pregnant women who checked at RSU Rajawali Citra in 2019-2020. The number of samples was 78 pregnant women, consisting of 39 mothers who were overweight and 39 mothers who were not overweight. The sampling technique used purposive sampling technique. Data analysis used chi-square statistical test.*

Results: *The results showed that there was no difference in the characteristics of pregnant women in the group of pregnant women who were overweight and those who were not overweight. The incidence of preeclampsia in overweight pregnant women is 53.8%, while in pregnant women who are not overweight it is 7.7%. There is a significant correlation between overweight in pregnant women and the incidence of preeclampsia at RSU Rajawali Citra Bantul (*p*-value 0.000 <0.05). Obesity in pregnant women is a risk factor for preeclampsia (RR 7,000 CI 2.272-21.569). Pregnant women who are overweight are 7 times more likely to develop preeclampsia than pregnant women who are not overweight.*

Conclusion : *There is a significant correlation between overweight in pregnant women and the incidence of preeclampsia at RSU Rajawali Citra Bantul.*

Keywords: *overweight, preeclampsia*

HUBUNGAN *OVERWEIGHT* PADA IBU HAMIL DENGAN KEJADIAN PREEKLAMPSIA DI RSU RAJAWALI CITRA BANTUL

Ari Susila Wati¹, Anita Rahmawati², Yuliantisari Retnaningsih³

^{1,2,3} Jurusan Kebidanan Poltekkes Kemenkes Yogyakarta

Jl. Mangkuyudan MJ III/304, Mantrijeron, Yogyakarta

Email: ari.susilawati82@gmail.com

ABSTRAK

Latar Belakang : Preeklampsia saat ini masih menjadi salah satu penyebab utama kematian ibu di masa kehamilan, persalinan dan nifas. Sindroma preeklampsia adalah suatu kondisi ibu hamil mengalami gejala hipertensi dan gangguan protein. Kelebihan berat badan (*overweight* dan obesitas) merupakan salah satu faktor risiko preeklampsia pada ibu hamil.

Tujuan : Mengetahui hubungan *overweight* pada ibu hamil dengan kejadian preeklampsia di RSU Rajawali Citra Bantul.

Metode : Penelitian ini menggunakan metode observasional analitik dengan desain historik kohort. Penelitian ini dilaksanakan pada bulan Mei 2021. Subyek penelitian adalah ibu hamil yang periksa di RSU Rajawali Citra pada tahun 2019-2020. Jumlah sampel sebanyak 78 ibu hamil, terdiri dari 39 ibu yang *overweight* dan 39 ibu yang tidak *overweight*. Teknik sampling menggunakan teknik *purposive sampling*. Analisis data menggunakan uji statistic *chi-square*.

Hasil : Hasil penelitian menunjukkan tidak ada perbedaan karakteristik ibu hamil pada kelompok ibu hamil yang *overweight* dan yang tidak *overweight*. Insiden preeklampsia pada ibu hamil *overweight* sebesar 53,8%, sedangkan pada ibu hamil yang tidak *overweight* sebesar 7,7%. Ada hubungan yang bermakna antara *overweight* pada ibu hamil dengan kejadian preeklampsia di RSU Rajawali Citra Bantul (*p-value* 0,000<0,05). *Overweight* pada ibu hamil merupakan faktor risiko preeklampsia (RR 7.000 CI 2.272-21.569). Ibu hamil yang *overweight* 7 kali lebih berisiko terjadi preeklampsia dibandingkan ibu hamil yang tidak *overweight*.

Kesimpulan : Ada hubungan yang bermakna antara *overweight* pada ibu hamil dengan kejadian preeklampsia di RSU Rajawali Citra Bantul.

Kata Kunci : *overweight*, preeklampsia