

ANALISIS FAKTOR RISIKO HIPERTENSI PADA IBU HAMIL DI PUSKESMAS TURI

Arini Trirahayu Ramadhani¹, Yuliasti Eka Purnamaningrum², Dyah Noviawati Setya Arum³

INTISARI

Latar Belakang: Hipertensi merupakan suatu keadaan tekanan darah sistolik ≥ 140 mmHg dan tekanan darah diastolik ≥ 90 mmHg. Hipertensi pada ibu hamil merupakan masalah kesehatan yang banyak diderita selama fase kehamilan. Faktor risiko yang berhubungan dengan kejadian hipertensi dalam kehamilan antara usia, paritas, jarak kehamilan, status gizi, dan riwayat hipertensi. Hipertensi pada wanita hamil berpotensi menimbulkan komplikasi dan dapat menyebabkan kondisi odem pada paru-paru, ASI tidak lancar, pendarahan otak, plasenta abruptio, kerusakan hati, gagal ginjal akut, bahkan kematian pada ibu.

Tujuan: Mengetahui faktor resiko hipertensi pada ibu hamil di Puskesmas Turi

Metode: Metode penelitian yang digunakan adalah observasional analitik dengan desain *case control*. Populasi dalam penelitian ini sebanyak 423 ibu hamil di wilayah puskesmas Turi. Penelitian ini menggunakan sampel 97 ibu hamil dengan teknik *simple random sampling*. Analisis data menggunakan uji statistik *Chi-Square*.

Hasil Penelitian: Berdasarkan uji statistik *Chi-Square* terdapat hubungan antara hipertensi dengan usia (0,001), paritas (0,001), jarak kehamilan (0,000), dan Riwayat hipertensi (0,000) nilai $< 0,005$. Tidak terdapat hubungan antara hipertensi dengan status gizi (0,150) nilai $> 0,005$. Hasil menunjukkan ibu hamil yang memiliki Riwayat hipertensi dan jarak kehamilan < 2 tahun memiliki resiko mengalami hipertensi 3 kali lebih besar.

Kesimpulan: Ada hubungan antara hipertensi dengan usia, paritas, jarak kehamilan dan Riwayat hipertensi. Tidak ada hubungan antara hipertensi dengan status gizi

Kata Kunci: Faktor risiko, Hipertensi, Ibu hamil.

ANALYSIS OF HYPERTENSION RISK FACTORS IN PREGNANT WOMEN AT TURI COMMUNITY HEALTH CENTER

Arini Trirahayu Ramadhani¹, Yuliasti Eka Purnamaningrum², Dyah Noviawati Setya Arum³

ABSTRACT

Background: Hypertension is a condition of systolic blood pressure ≥ 140 mmHg and diastolic blood pressure ≥ 90 mmHg. Hypertension in pregnant women is a health problem that is often suffered during the pregnancy phase. Risk factors associated with the occurrence of hypertension in pregnancy include age, parity, pregnancy spacing, nutritional status, and history of hypertension. Hypertension in pregnant women has the potential to cause complications and can cause pulmonary edema, poor breast milk flow, cerebral hemorrhage, placental abruption, liver damage, acute kidney failure, and even maternal death.

Objective: Knowing the risk factors for hypertension in pregnant women at Turi Health Center.

Method: The research method used is observational analytic with a case control design. The population in this study is 423 pregnant mothers in the Turi public health center area. This study uses a sample of 97 pregnant mothers with a simple random sampling technique. Data analysis uses the Chi-Square statistical test.

Result: Based on the Chi-Square statistical test, there is a relationship between hypertension and age (0.001), parity (0.001), pregnancy interval (0.000), and history of hypertension (0.000) value < 0.005 . There is no relationship between hypertension and nutritional status (0.150) value > 0.005 . the result show that pregnant women who have a history of hypertension and a pregnancy interval of < 2 years have a risk of experiencing hypertension 3 times greater.

Conclusion: There is a relationship between hypertension and age, parity, pregnancy spacing, and a history of hypertension. There is no relationship between hypertension and nutritional status.

Keyword: Hypertension, Pregnant women, Risk factors.