

**DESCRIPTION OF THE DETERMINANTS OF GESTATIONAL
HYPERTENSION AMONG PREGNANT WOMEN IN THE WORKING AREA
OF PAJANGAN HEALTH CENTER**

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ABSTRACT

Background: Gestational hypertension is a pregnancy complication that increases the risk of maternal and fetal morbidity and mortality. WHO (2023) reports that hypertension accounts for 14% of maternal deaths globally. In Indonesia, the prevalence is 25.7%, as many as 35 cases were reported at Pajangan Health Center in 2024.

Objective: To describe the determinants among pregnant women with gestational hypertension in the working area of Pajangan Health Center.

Method: This descriptive study used a cross-sectional approach. Data were collected in June 2025 using total sampling from secondary sources, including cohort books and electronic medical records. The sample consisted of 40 pregnant women diagnosed with gestational hypertension from January to December 2024.

Results: Most respondents were in the non-risk age group (75%), third trimester (65%), and had risk-related parity (70%). Most respondents had secondary education (50%), were housewives (53%), and experienced excessive weight gain in overweight or obese BMI categories (43%). The majority of respondents had no prior history of hypertension (65%).

Conclusion: Gestational hypertension can occur even without classic risk factors. These findings may support health workers in planning preventive efforts in Pajangan Health Center.

Keywords: Gestational hypertension, pregnant women, determinants, Pajangan Health Center

GAMBARAN DETERMINAN HIPERTENSI GESTASIONAL PADA IBU HAMIL DI PUSKESMAS PAJANGAN BANTUL

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ABSTRAK

Latar Belakang: Hipertensi gestasional merupakan komplikasi kehamilan yang meningkatkan morbiditas dan mortalitas ibu dan janin. WHO (2023) menyebutkan bahwa hipertensi menyumbang 14% kematian ibu secara global. Di Indonesia, prevalensinya 25,7%, dan di Puskesmas Pajangan terdapat 35 kasus pada tahun 2024.

Tujuan: Mengetahui gambaran determinan pada ibu hamil dengan hipertensi gestasional di wilayah kerja Puskesmas Pajangan.

Metode: Penelitian ini menggunakan desain deskriptif dengan pendekatan cross-sectional. Data diambil pada Juni 2025 menggunakan teknik total sampling dari data sekunder berupa buku kohort dan rekam medis elektronik. Sampel terdiri dari 40 ibu hamil dengan hipertensi gestasional periode Januari–Desember 2024.

Hasil: Sebagian besar ibu berada pada usia tidak berisiko (75%), kehamilan trimester III (65%), dan memiliki paritas berisiko (70%). Mayoritas ibu berpendidikan menengah (50%), IRT (53%), dan mengalami kenaikan berat badan berlebih dengan IMT overweight atau obesitas (43%). Sebagian besar ibu tidak memiliki riwayat hipertensi sebelumnya (65%).

Kesimpulan: Hipertensi gestasional dapat terjadi meskipun tanpa faktor risiko klasik. Penelitian ini dapat digunakan untuk mendukung perencanaan upaya pencegahan di Puskesmas Pajangan.

Kata kunci: Hipertensi gestasional, ibu hamil, determinan, Puskesmas Pajangan