

TESIS
PERILAKU IBU REMAJA DALAM MENGELOLA
KEHAMILAN DAN POLA ASUH BAYI SETELAH
MELAHIRKAN

(Studi Kasus di Kabupaten Pekalongan)

ADOLESCENT MOTHERS' PRACTICE DURING PREGNANCY
AND PARENTING AFTER DELIVERIES
A Case Study in Pekalongan Regency



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Magister Ilmu Gizi

Radiati Moviana
22030113410015

FAKULTAS KEDOKTERAN
UNIVERSITAS DIPONEGORO
SEMARANG

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ABSTRACT

**ADOLESCENT MOTHERS' PRACTICE DURING PREGNANCY AND
PARENTING AFTER DELIVERIES
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Radiati Moviana, Martha I. Kartasurya, Bagoes Widjanarko

Introduction: Pregnancy during adolescence might have negative impact for the mothers and the born infants. Data showed that the percentages of teenager's marriage in Pekalongan District was 19.55%. This research aimed to investigate adolescent mother's practice during their pregnancy and parenting after the deliveries.

Methods: Mixed method approach was used as the design of the research. Qualitative method was used to describe adolescent mothers' practice during pregnancy. Quantitative method was used to describe parenting practises after deliveries. The research dealt with 77 adolescent mothers (15-19 years old) who nurture newborn to six months old children as the subjects. Data collection was done by structured interviews, anthropometry assessments and in-depth interviews. The data were then analyzed by content analysis for qualitative data and central tendency for quantitative data.

Results: Adolescent mothers' practices during pregnancy: the percentage of mothers who did not had complete ANC was 83.61%. There were 64.94% of the subjects who had dietary restriction during their pregnancy. The results also revealed that the participants (79.22%) didn't breastfeed their infants. The implementation of good hygiene and sanitation was good (85.71%), as well as the utilization of healthcare service (81.82%). There were more than half of the infants (57.14%) who suffered from URTI (Upper Respiratory Tract Infection) and 28.57% from diarrheae. Based on z score of weight for height, 15.58% of the babies were thin, 15.58% were stunting based on their HAZ and 12.99 % were underweight based on their WAZ. The food consumption during pregnancy was not variated, only rice and vegetable soup, thus the consumption of protein and fruit were low.

Conclusion: The practice of adolescent mothers during pregnancy and parenting after deliveries were poor, which result in low nutritional status.

Keywords: Adolescent mothers, pregnancy, practice, parenting, infants

ABSTRAK

PERILAKU IBU REMAJA DALAM MENGELOLA KEHAMILAN DAN POLA ASUH BAYI SETELAH MELAHIRKAN Studi Kasus di Kabupaten Pekalongan

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Pendahuluan : Kehamilan pada usia remaja dapat berdampak negatif bagi ibu dan bayi yang dilahirkan. Data tahun 2013 menunjukkan bahwa persentase perkawinan pada usia < 20 tahun di Kabupaten Pekalongan sebesar 19,55%. Penelitian ini bertujuan untuk mengkaji perilaku ibu remaja dalam mengelola kehamilan dan pola asuh bayi setelah melahirkan di Kabupaten Pekalongan.

Metode: Desain penelitian ini adalah mixed method. Metode kualitatif untuk mengkaji perilaku ibu remaja dalam mengelola kehamilan. Metode kuantitatif untuk mengkaji pola asuh ibu remaja terhadap bayi setelah melahirkan. Subjek penelitian adalah 77 ibu remaja (15-19 tahun) yang memiliki bayi usia 0-6 bulan di 5 kecamatan yang dipilih secara purposif. Pengumpulan data dilakukan dengan wawancara, pengukuran antropometri, dan wawancara mendalam. Analisis data kualitatif dengan analisis isi, sedangkan secara kuantitatif dengan tendensi sentral.

Hasil: Perilaku ibu remaja dalam mengelola kehamilan: 83,61% tidak memeriksakan kehamilan secara lengkap; 64,94% berpantang makanan. Sebesar 79,22% responden tidak memberikan ASI eksklusif. Praktik kebersihan dan sanitasi lingkungan baik (85,71%) dan 81,82% ibu remaja memanfaatkan pelayanan kesehatan dengan baik. Sebesar 57,14% bayi pernah mengalami ISPA dan 28,57% pernah mengalami diare. Status gizi bayi : 15,58% bayi kurus berdasarkan skor z indeks BB/PB, 15,58% pendek berdasarkan skor z indeks PB/U, dan 12,99% memiliki status gizi kurang berdasarkan skor z indeks BB/U. Asupan makanan ibu selama kehamilan kurang bervariasi, hanya nasi dan sayur sop sehingga kurang dalam sumber protein hewani, nabati dan buah-buahan.

Simpulan: Perilaku ibu remaja dalam mengelola kehamilan dan pola asuh bayi masih kurang dan berdampak pada rendahnya status gizi bayi.

Kata kunci: ibu remaja, perilaku, kehamilan, pola asuh, bayi