

**ABSTRAK**

**Roifatun Nisa**

**Faktor-Faktor Risiko Kejadian Preeklampsia di Puskesmas Kabupaten Indramayu.**

**Xvi + 78 halaman + 23 tabel + 4 gambar + 11 lampiran**

Penyebab utama kematian ibu di Kabupaten Indramayu dari tahun 2012 - 2016 adalah preeklampsia yaitu 40 %. Penelitian ini bertujuan untuk menganalisis faktor-faktor risiko kejadian preeklampsia di Puskesmas Kabupaten Indramayu.

Jenis penelitian observasional dengan rancangan kasus kontrol. Subyek sejumlah 55 kasus ibu preeklampsia dan 55 kasus ibu tidak preeklampsia dan dipilih secara *purposive sampling*. Pengumpulan data dilaksanakan dengan wawancara menggunakan kuesioner terstruktur, pengukuran antropometri dan metode *food recall* 2 x 24 jam. Analisis data dilakukan dengan *chi-square* dan regresi logistik ganda.

Hasil penelitian menunjukkan faktor risiko terjadinya preeklampsia adalah umur kehamilan berisiko (<20 atau >35 tahun) (OR=5,4, p=0,001), riwayat preeklampsia sebelumnya (OR=7,1, p=0,001), riwayat preeklampsia dalam keluarga (OR=7,2, p=0,001), obesitas (OR=6,5, p=0,001), tingkat kecukupan protein kurang (OR=2,7, p=0,020), tingkat kecukupan vitamin D kurang (OR=3,7, p=0,013), stress (OR=2,6, p=0,013) dan paparan asap rokok (OR=2,3, p=0,030), secara multivariat umur kehamilan berisiko (<20 atau >35 tahun) (OR=2,9, p=0,047), riwayat preeklampsia (OR=4,3, p=0,024), riwayat preeklampsia dalam keluarga (OR=9,1, p=0,001), obesitas (OR=7,1, p=0,001) dan tingkat kecukupan protein (OR=4,1, p=0,026) secara bersama-sama merupakan faktor risiko kejadian preeklampsia. Disimpulkan bahwa faktor risiko yang paling kuat adalah riwayat preeklampsia dalam keluarga dan obesitas.

Disarankan agar memasukkan riwayat preeklampsia dalam keluarga pada daftar data perawatan antenatal, mengintensifkan kunjungan nifas dan melakukan pengawasan bagi mereka yang telah teridentifikasi mempunyai risiko terjadinya preeklampsia.

Kata kunci : Preeklampsia, Faktor risiko

Kapustakaan : 70 (1959 - 2017)

## ABSTRACT

**Roifatun Nisa**

**Risk Factors for the Occurrence of Preeclampsia at Health Centers in Indramayu Regency**

**xvi + 78 pages + 23 tables + 4 figures + 11 appendices**

A main cause of maternal mortality in Indramayu Regency during the period of 2012 – 2016 was preeclampsia (40%). This study aimed at analyzing risk factors for the occurrence of preeclampsia at health centers in Indramayu Regency.

This was an observational study using a case-control approach. Number of cases were 55 mothers with preeclampsia and number of controls were 55 mothers without preeclampsia selected using a technique of purposive sampling. Data were collected by conducting interview using a structured questionnaire, anthropometric measurement, and food recall (2x24 hours). Furthermore, data were analyzed by performing tests of chi-square and logistic regression.

The results of this research showed that risk factors for the occurrence of preeclampsia were as follows: age of risky pregnancy (<20 or >35 years) (OR=5.4, p=0.001), previous preeclampsia history (OR=7.1, p=0.001), a family history of preeclampsia (OR=7.2, p=0.001), obesity (OR=6.5, p=0.001), low protein adequacy (OR = 2.7, p = 0.020), low vitamin D adequacy (OR = 3.7, p = 0.013), and stress (OR = 2.3, p = 0.013). The results of multivariate analysis demonstrated that the variables of age of risky pregnancy (<20 or >35 years) (OR = 2.9, p = 0.047), previous preeclampsia history (OR = 4.3, p = 0.024), a family history of preeclampsia (OR = 9.1, p = 0.001), obesity (OR = 7.1, p = 0.001), and protein adequacy level (OR = 4.1, p = 0.026) were jointly as the risk factors for the occurrence of preeclampsia. It was concluded that the strongest risk factors were a family history of preeclampsia and obesity.

A family history of preeclampsia needs to be included in the list of Antenatal Care. In addition, there needs to intensify postpartum visit and to monitor those identified have risk factors for preeclampsia.

**Keywords** : Preeclampsia, Risk Factor

**Bibliography:** 70 (1959-2017)