

OVERVIEW OF PREGNANT WOMEN'S KNOWLEDGE ABOUT HYPERTENSION IN PREGNANCY AT WAY KANDIS HEALTH CENTER BANDAR LAMPUNG

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ABSTRAK : GAMBARAN PENGETAHUAN IBU HAMIL TENTANG HIPERTENSI PADA KEHAMILAN DI PUSKESMAS WAY KANDIS BANDAR LAMPUNG

Preeklamsia merupakan komplikasi kehamilan yang serius dengan angka kejadian yang cukup tinggi di Indonesia. Kurangnya pengetahuan ibu hamil tentang preeklamsia dapat berakibat fatal bagi ibu dan bayi. Bila tidak segera ditangani, preeklamsia bisa menyebabkan komplikasi yang berbahaya bagi ibu dan janin. Penelitian ini bertujuan untuk mengetahui gambaran pengetahuan ibu hamil tentang preeklamsia di Puskesmas Way Kandis Bandar Lampung tahun 2024.

Tujuan: Mengetahui Gambaran pengetahuan ibu hamil tentang hipertensi dalam kehamilan di wilayah kerja Puskesmas Way Kandis Bandar Lampung

Metode: Metode penelitian kuantitatif merupakan salah satu jenis penelitian yang spesifikasinya adalah sistematis, terencana dan terstruktur dengan jelas sejak awal hingga pembuatan desain penelitiannya. Metode penelitian yang berlandaskan pada filsafat positivisme, digunakan untuk meneliti pada populasi atau sampel tertentu, populasi dalam penelitian ini sebanyak 36 ibu hamil dan sampel penelitian ini menggunakan total populasi. Pengumpulan data menggunakan instrumen penelitian, analisis data bersifat kuantitatif/statistik, dengan tujuan untuk menguji hipotesis yang telah ditetapkan.

Hasil: 36 responden didapatkan distribusi usia ibu hamil terbanyak adalah usia 26-30 tahun sebanyak 19 responden (52.8%). Distribusi pendidikan terakhir ibu hamil terbanyak ialah SMA sebanyak 17 responden (47.2%). Distribusi pekerjaan ibu hamil terbanyak adalah 20 responden tidak bekerja (55.6%). Distribusi paritas atau jumlah anak yang dilahirkan ibu mayoritas ialah multipara dengan primipara seimbang dengan jumlah responden 18 ibu hamil (50%). Distribusi pada riwayat hipertensi mayoritas responden tidak memiliki riwayat hipertensi sebanyak 30 responden (83.3%).

Kesimpulan: Pengetahuan Ibu Hamil tentang preeklamsia tahun 2024, didapatkan suatu kesimpulan, yaitu : Gambaran pengetahuan ibu hamil di wilayah kerja Puskesmas Waykandis tentang preeklamsia ialah mayoritas responden berpengetahuan cukup baik sebanyak 22 orang (61.1%) dan pengetahuan kurang sebanyak 14 orang (38.9%). Jawaban pertanyaan kuesioner mengenai preeklamsia menunjukkan bahwa pertanyaan yang paling banyak dijawab benar adalah pertanyaan tentang pengaruh preeklamsia.

Saran :Ibu hamil dipuskesmas waykandis agar lebih meningkatkan pengertahuannya dengan cara lebih aktif dalam mengikuti kelas ibu hamil dan lebih aktif dalam menggali informasi yang tersedia di media masa.

Kata Kunci: Ibu Hamil, Pengetahuan, Preeklamsia,

ABSTRACT

Preeclampsia is a serious pregnancy complication with a fairly high incidence rate in Indonesia. Lack of knowledge among pregnant women about preeclampsia can have fatal consequences for the mother and baby. If not treated immediately, preeclampsia can cause complications that are dangerous for the mother and fetus. This study aims to determine the description of pregnant women's knowledge about preeclampsia at the Way Kandis Community Health Center Bandar Lampung in 2024.

Objective: To determine the description of pregnant women's knowledge about hypertension in pregnancy in the working area of the Way Kandis Community Health Center, Bandar Lampung

Method: Quantitative research methods are a type of research whose specifications are systematic, planned and clearly structured from the start until the creation of the research design. The research method is based on the philosophy of positivism, used to research certain populations or samples. The population in this study was 36 pregnant women and the research sample used the total population. Data collection used research instruments, data analysis was quantitative/statistical, with the aim of testing hypothesis that has been established.

Results: 36 respondents found that the highest age distribution of pregnant women was 26-30 years old with 19 respondents (52.8%). The most recent distribution of pregnant women's education was high school with 17 respondents (47.2%). The distribution of employment for most pregnant women was 20 respondents who did not work (55.6%). Parity distribution or the number of children born to the majority of mothers was multipara with primipara in balance with the number of respondents being 18 pregnant women (50%). Distribution of history of hypertension, the majority of respondents did not have a history of hypertension, 30 respondents (83.3%).

Conclusion: Knowledge of Pregnant Women about preeclampsia in 2024, a conclusion was obtained, namely: The description of the knowledge of pregnant women in the Waykandis Community Health Center working area regarding preeclampsia is that the majority of respondents have quite good knowledge, 22 people (61.1%) and 14 people (38.9%) have poor knowledge. . Answers to questionnaire questions regarding preeclampsia show that the questions most often answered correctly are questions about the effects of preeclampsia.

Suggestion: Pregnant women at the Waykandis Community Health Center should increase their knowledge by being more active in attending classes for pregnant women and being more active in exploring information available in the elektronik.

Keywords:., Knowledge, Preeclampsia, Pregnant Women

INTRODUCTION

Hypertension is the most important sign for establishing a diagnosis of hypertension in pregnancy. Diastolic pressure describes peripheral resistance, while systolic pressure describes the amount of cardiac output. In preeclampsia, increased vascular reactivity begins at 20 weeks of gestation, but hypertension is generally detected in the second trimester. High blood pressure in preeclampsia is unstable and follows normal circadian rhythms. Blood pressure becomes normal a few days after delivery, except for some cases of severe preeclampsia, return to normal blood pressure can occur 2-4 weeks after delivery. Blood pressure depends mainly on cardiac output, plasma volume, peripheral resistance and blood viscosity. (Sarwono Prawiharjo 2016)

Hypertension in pregnancy constitutes 5-15% of pregnancy complications and is one of the three highest causes of maternal mortality and morbidity. In Indonesia, the mortality and morbidity of hypertension in pregnancy is still quite high. This is caused not only by the unclear etiology, but also because care during childbirth is still handled by non-medical staff and the referral system is not yet perfect. Hypertension in pregnancy can be experienced by all levels of pregnant women so that knowledge about the management of hypertension in pregnancy must be truly understood by all medical personnel, both central and regional. (Sarwono Prawiharjo 2016)

Preeclampsia is one of the complications of pregnancy which is part of hypertension in pregnancy. Symptoms that can arise include blood pressure that reaches $\geq 140/90$ mmHg, finding protein in the urine (proteinuria), persistent headaches, blurred vision, pain in the upper right

abdominal area (epigastric pain), etc. . Currently, the symptom of edema is no longer used as a specific symptom for pregnant women experiencing preeclampsia. Preeclampsia can generally occur after 20 weeks of gestation, which is characterized by gestational hypertension and proteinuria.

Preeclampsia can cause not enough blood to go to the placenta so that the intake of nutrients and oxygen to the fetus is reduced and will affect the fetus's weight. The long-term impact is that the baby experiences LBW (Sari, 2021). Mothers with preeclampsia with a gestational age of less than 34 weeks have a 23% incidence of LBW compared to 53% for mothers with a gestational age of over 34 weeks (Faadhilah & Helda, 2020).

RESEARCH METHODS

When the research was carried out on March 30-April 2024, this research was carried out at the Way Kandis Health Center Jl. Pulau Damar No.90, Perumnas Way Kandis, Kec. Tj. Senang, Bandar Lampung City, Lampung 35131

The population in this study were all pregnant women who underwent examinations at the Way Kandis Health Center in March-April 2024 at the Way Kandis Health Center Jl. Pulau Damar No.90, Perumnas Way Kandis, Kec. Tj. Senang, Bandar Lampung City, Lampung 35131.

The samples for this research were all pregnant women who underwent examinations at the Way Kandis Health Center in March-April 2024, namely 36 pregnant women who underwent research or the number of characteristics possessed by the population at the Way Kandis Health Center Jl. Pulau Damar No.90, Perumnas Way Kandis, Kec. Tj. Senang, Bandar Lampung City, Lampung 35131.

RESEARCH RESULTS

Description of Pregnant Women's Knowledge About Hypertension in Pregnancy, namely using a research instrument, which is a tool (questionnaire) used to measure events in social and natural research variables which is useful for collecting data and then studying it and drawing conclusions. The data collected in this research is secondary data which is data obtained from the area at the Way Kandis Health Center Jl. Pulau Damar No.90, Perumnas Way Kandis, Kec. Tj. Senang, Bandar Lampung City, Lampung 35131

Table 1
Distribution of Characteristics of Pregnant Women at Way Kandis Community Health Center in 2024

Characteristics	f	Persentase (%)
Age		
20-25	13	36.1
26-3	19	52.8
>30	4	11.1
Education		

Elementary school	1	2.8
Junior High School	8	22.2
Senior High School	17	47.2
College	10	27.8
Work		
Work	16	44.4
Doesn't Work	20	55.6
Parity		
Primipara	18	50.0
Multipara	18	50.0
History of hypertension		
Yes	6	16.7
No	30	83.3

Based on table 1 above, it shows that of the 36 respondents, the largest age distribution for pregnant women was 26-30 years old, with 19 respondents (52.8%). The most recent distribution of pregnant women's education was high school with 17 respondents (47.2%). The distribution of employment for most pregnant women was 20 respondents who did not work (55.6%). Parity distribution or the number of children born to the majority of mothers was multipara with primipara in balance with the number of respondents being 18 pregnant women (50%). Distribution of history of hypertension, the majority of respondents did not have a history of hypertension, 30 respondents (83.3%)

Table 2
Frequency Distribution of Knowledge of Pregnant Women at Way Kandis Community Health Center in 2024

	Knowledge	Frekuensi	Persentase %
Valid	Not enough	14	38.9
	Enough	22	61.1

Based on table 2, the distribution of the level of knowledge of pregnant women regarding preeclampsia is mostly in the quite good category, with 22 mothers (61.1%)

DISCUSSION

Knowledge is an important thing that can shape a person's actions. The number of pregnant women who have fairly good knowledge about preeclampsia is quite large, namely 22 people (61.1%). Pregnant women's knowledge about preeclampsia is very important because almost 50% of all maternal and fetal deaths are caused by these two conditions.

Data on respondent characteristics based on education in table 1 shows that the majority of pregnant women have a history of high school

education, 17 respondents out of 36 respondents (47.2%). This is in line with previous research conducted in 2017 with the majority of pregnant women's final education being high school graduates/equivalent (Karlina, et al., 2020). Someone who has a higher education will more easily accept the information provided so that it will influence changes in attitudes in their daily life. Education can directly influence an individual's health behavior. (Sulistiyanti, et al., 2021). The level of education is highly correlated with a person's knowledge. Education can directly influence an individual's health behavior. Pregnant women with higher education can be predicted to have a better level of knowledge about pregnancy and preeclampsia compared to pregnant women with less education.

Characteristics of Respondents based on respondents' occupations in table 1, it was found that the majority had jobs as housewives, 20 people (55.6%). Knowledge is influenced by work where work is generally a time-consuming activity. A person's job will require a lot of time and attention, so that busy people have little time to obtain information so that the knowledge they obtain is lacking. So it is more possible for them to gain this knowledge from their daily environment such as family, neighbors and the surrounding community. Pregnant women (respondents) who are housewives do not necessarily have less good knowledge than someone who works because almost all people today who are just housewives can get all the information via smartphone and take more time, such as attending counseling at the Posyandu for obtain information about preventing preeclampsia. (Sofia, et al., 2021). According to Sri Martini's research results, 2020, it is stated that work factors do not really play a role in the emergence of problems in pregnant women, but prominent working conditions as well as excessive activity and lack of rest while working have a big influence on pregnancy and the health of the fetus she is carrying. The group of mothers who do not work with a low income level results in a reduced number of prenatal care visits and poor nutritional quality.

CONCLUSION

Knowledge of Pregnant Women about preeclampsia in 2024, a conclusion was obtained, namely: The description of the knowledge of pregnant women in the Waykandis Community Health Center work area regarding preeclampsia is that the majority of respondents have quite good knowledge, 22 people (61.1%) and 14 people (38.9%) have poor knowledge. Answers to questionnaire questions regarding preeclampsia showed that the questions most often answered correctly were questions about the effects of preeclampsia. The question most often answered incorrectly is the question about signs of preeclampsia. Based on the explanation above, it can be concluded that knowledge can be influenced by age, educational history, employment, and parity.

SUGGESTION

It is hoped that respondents can increase their knowledge about preeclampsia by reading a lot, actively participating in counseling and diligently checking their pregnancies at health services.

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