

Abstrak

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Ando Mangkuluhur

Hubungan Perilaku Konsumsi Nutrisi Dengan Risiko Kejadian Preeklamsia
di Wilayah Kerja Puskesmas Gumukmas Kabupaten Jember, 2024

xvii + 120 hal + 11 tabel + 5 gambar + 13 Lampiran

Abstrak

Perilaku konsumsi nutrisi ibu hamil merupakan cara makan ibu dan ditentukan oleh faktor lingkungan, sosial dan biologis, seperti keterampilan memasak, preferensi rasa, kebiasaan dan pengetahuan pola hidup sehat. Penelitian ini menggunakan desain penelitian deskriptif kuantitatif dengan metode *cross-sectional* bertujuan untuk mengetahui hubungan perilaku konsumsi nutrisi dengan risiko kejadian preeklamsia. Populasi dalam penelitian ini adalah ibu hamil trimester 2 sampai trimester 3 di Wilayah Kerja Puskesmas Gumukmas selama bulan Januari 2024 dengan besar populasi terjangkau sebanyak 58 ibu hamil. Teknik pengambilan sampel menggunakan *Cluster Random Sampling*. Penilaian menggunakan kuesioner terkait perilaku konsumsi nutrisi dan risiko kejadian preeklamsia. Hasil penelitian dengan uji *Rank Spearman Rho* ($\alpha = 0,05$) menunjukkan adanya hubungan bermakna antara perilaku konsumsi nutrisi dengan risiko kejadian preeklamsia. Hasil penelitian tentang risiko kejadian preeklamsia didapatkan 92% tidak berisiko preeklamsia dan 8% berisiko preeklamsia. Hubungan perilaku konsumsi nutrisi dengan risiko kejadian preeklamsia dengan uji *Rank Spearman Rho* didapatkan hasil *p value* sebesar 0,00. Kesimpulan penelitian ini bahwa terdapat hubungan yang signifikan antara perilaku konsumsi nutrisi dengan risiko kejadian preeklamsia. Rekomendasi penelitian ini yaitu dapat diterapkan di pelayanan kesehatan, khususnya keperawatan maternitas pada saat antenatal.

Kata kunci: Perilaku konsumsi, Risiko preeklamsia, Ibu hamil
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Abstract

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Relationship between nutritional consumption behavior and the risk of preeclampsia in the Gumukmas Health Center Working Area, Jember Regency, 2024

xvii + 120 pages + 11 tables + 5 figures + 13 Appendices

Abstract

The nutritional consumption behavior of pregnant women is the mother's way of eating and is determined by environmental, social and biological factors, such as cooking skills, taste preferences, habits and knowledge of healthy lifestyles. This research uses a quantitative descriptive research design with methods cross-sectional. The aim is to determine the relationship between nutritional consumption behavior and the risk of preeclampsia. The population in this study were pregnant women from the 2nd trimester to the 3rd trimester in the Gumukmas Community Health Center Work Area during January 2024 with a population of 58 pregnant women. The sampling technique uses Cluster Random Sampling. The assessment uses a questionnaire regarding nutritional consumption behavior and the risk of preeclampsia. Research results with tests Rank Spearman Rho ($\alpha = 0.05$) shows that there is a significant relationship between nutritional consumption behavior and the risk of preeclampsia. The results of research on the risk of preeclampsia showed that 92% were not at risk of preeclampsia and 8% were at risk of preeclampsia. The relationship between nutritional consumption behavior and the risk of preeclampsia using testing Rank Spearman Rho results were obtained p value of 0.00. The conclusion of this study is that there is a significant relationship between nutritional consumption behavior and the risk of preeclampsia. The recommendations of this research are that it can be applied in health services, especially maternity nursing during antenatal care.

*Key words: Consumption behavior, risk of preeclampsia, pregnant women
Bibliography 85 (2019 - 2024)*