

ABSTRAK

UNIVERSITAS MUHAMMADIYAH JEMBER
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FAKULTAS ILMU KESEHATAN

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Dila Roslinda Febiyanti

Hubungan Konsumsi Tablet Kalsium pada Ibu Hamil Dengan Kejadian Preeklamsia Di Wilayah Kerja Puskesmas Ledokombo.

Xviii + 105 Hal + 18 Tabel + 1 Gambar + 11 Lampiran

Latar Belakang: Preeklamsia merupakan salah satu penyebab utama kematian ibu di Indonesia, termasuk di Kabupaten Jember. Salah satu upaya pencegahan yang direkomendasikan oleh WHO adalah pemberian suplemen kalsium kepada ibu hamil. Konsumsi tablet kalsium secara rutin selama kehamilan diyakini mampu menurunkan risiko preeklamsia. Namun, tingkat kepatuhan konsumsi tablet kalsium di lapangan masih menjadi tantangan. Oleh karena itu, diperlukan penelitian untuk mengetahui hubungan antara konsumsi tablet kalsium dengan kejadian preeklamsia. Metode: Penelitian ini menggunakan desain studi korelasi dengan pendekatan cross-sectional. Populasi dalam penelitian ini adalah seluruh ibu hamil dengan usia kehamilan lebih dari 20 minggu di wilayah kerja Puskesmas Ledokombo. Sampel berjumlah 103 responden yang diambil menggunakan teknik cluster random sampling. Pengumpulan data dilakukan melalui kuesioner untuk variabel konsumsi tablet kalsium dan dokumentasi medis untuk variabel kejadian preeklamsia. Analisis data dilakukan menggunakan uji Chi-Square. Hasil: Hasil penelitian menunjukkan bahwa dari 103 responden, sebanyak 19 orang (18,4%) tidak terpenuhi konsumsi tablet kalsiumnya, dan 10 di antaranya (52,6%) mengalami preeklamsia. Sebaliknya, dari 84 orang (81,6%) yang konsumsi kalsiumnya terpenuhi, hanya 16 orang (19%) mengalami preeklamsia. Uji Chi-Square menunjukkan adanya hubungan yang signifikan antara konsumsi tablet kalsium dengan kejadian preeklamsia ($p = 0,002$) dengan nilai Odds Ratio (OR) sebesar 4,72. Kesimpulan: Terdapat hubungan yang signifikan antara konsumsi tablet kalsium pada ibu hamil dengan kejadian preeklamsia di wilayah kerja Puskesmas Ledokombo. Ibu hamil yang tidak terpenuhi konsumsi tablet kalsiumnya memiliki risiko 4,72 kali lebih besar mengalami preeklamsia dibandingkan dengan ibu hamil yang konsumsi kalsiumnya terpenuhi.

Kata Kunci: Tablet Kalsium, Preeklamsia, Ibu Hamil, Ledokombo.

ABSTRACT

MUHAMMADIYAH UNIVERSITY OF JEMBER
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Dila Roslinda Febiyanti

The Relationship between Calcium Tablet Consumption in Pregnant Women and the Incidence of Preeclampsia in the Working Area of the Ledokombo Health Center.

Xviii + 105 Pages + 18 Tables + 1 Figure + 11 Attachments

Background: Preeclampsia is one of the leading causes of maternal death in Indonesia, including in Jember Regency. One of the prevention efforts recommended by the WHO is the administration of calcium supplements to pregnant women. Regular consumption of calcium tablets during pregnancy is believed to be able to reduce the risk of preeclampsia. However, the level of compliance with calcium tablet consumption in the field is still a challenge. Therefore, research is needed to determine the relationship between calcium tablet consumption and the incidence of preeclampsia. Methods: This study used a correlation study design with a cross-sectional approach. The population in this study is all pregnant women with a gestational age of more than 20 weeks in the working area of the Ledokombo Health Center. The sample totaled 103 respondents who were taken using cluster random sampling technique. Data collection was carried out through questionnaires for calcium tablet consumption variables and medical documentation for preeclampsia event variables. Data analysis was carried out using the Chi-Square test. Results: The results showed that out of 103 respondents, as many as 19 people (18.4%) did not meet their calcium tablet consumption, and 10 of them (52.6%) experienced preeclampsia. In contrast, of the 84 people (81.6%) whose calcium consumption was met, only 16 people (19%) experienced preeclampsia. The Chi-Square test showed a significant association between calcium tablet consumption and the incidence of preeclampsia ($p = 0.002$) with an Odds Ratio (OR) value of 4.72. Conclusion: There was a significant relationship between calcium tablet consumption in pregnant women and the incidence of preeclampsia in the working area of the Ledokombo Health Center. Pregnant women who do not meet their calcium tablet consumption have a 4.72 times greater risk of developing preeclampsia compared to pregnant women whose calcium consumption is met.

Keywords: Calcium Tablets, Preeclampsia, Pregnant Women.