

Abstrak

UNIVERSITAS MUHAMMADIYAH JEMBER  
PROGRAM STUDI S1 KEPERAWATAN  
FAKULTAS ILMU KESEHATAN

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Hubungan Konsumsi Nutrisi Harian Ibu Hamil dengan Tingkat Preeklampsia di  
Puskesmas Panti Jember, 2021

viii + 69 hal + 24 tabel + 1 diagram + 9 lampiran

Abstrak

Pola konsumsi nutrisi harian yang salah menjadi penyebab utama timbulnya penyakit preeklampsia bagi ibu hamil. Peningkatan kadar garam dan kadar lemak dalam makanan dapat memicu naiknya tekanan darah. Porsi konsumsi yang kurang tepat dapat memicu risiko naiknya tekanan darah. Penelitian ini bertujuan untuk mengetahui hubungan konsumsi nutrisi harian ibu hamil dengan kejadian preeklampsia. Metode penelitian menggunakan metode korelasional dengan pendekatan *cross sectional*. Sample sebanyak 56 responden menggunakan metode *Purposive sampling*. Teknik analisis data menggunakan uji *Chi Square*. Hasil penelitian menunjukkan bahwa sebagian besar nutrisi harian terpenuhi (71,4%) dengan sebagian besar mengalami preeklampsia ringan (75%). Hasil analisis statistik menunjukkan ada hubungan konsumsi nutrisi harian ibu hamil dengan kejadian preeklampsia ( $p$  value = 0,001) dan pada ibu dengan nutrisi harian tidak terpenuhi memiliki risiko 9 kali mengalami preeklampsia berat. Disarankan kepada keluarga untuk meningkatkan konsumsi harian pada wanita hamil dan melakukan pembatasan faktor pencetus preeklampsia.

Kata kunci : Konsumsi, Nutrisi, Preeklampsia

Daftar Pustaka : 33 (2010-2020)

*Abstract*

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*Relationship between Daily Nutritional Consumption of Pregnant Women and Preeclampsia at the Panti Jember Health Center, 2021*

*viii + 69 pages + 19 tables + 1 picture + 9 attachments*

*Abstract*

*The wrong pattern of daily nutrition consumption is the main cause of preeclampsia for pregnant women. Increased salt levels and fat levels in food can trigger a rise in blood pressure. Inappropriate consumption portions can lead to the risk of increasing blood pressure. This study aims to determine the relationship between daily nutritional consumption of pregnant women and the incidence of preeclampsia. The research method uses correlational method with cross sectional approach. Sample of 56 respondents using purposive sampling method. The data analysis technique used the Chi Square test. The results showed that most of the daily nutrition was fulfilled (71.4%) with most of them experiencing mild preeclampsia (75%). The results of statistical analysis showed that there was a relationship between the daily nutritional consumption of pregnant women and the incidence of preeclampsia ( $p$  value = 0.001) and mothers with unmet daily nutrition had 9 times the risk of experiencing severe preeclampsia. It is recommended for families to increase daily consumption for pregnant women and limit the triggers for preeclampsia.*

*Key Words : Consumption, Nutrition, Preeclampsia*

*Bibliography : 33 (2010-2020)*