

## ABSTRAK

Preeklampsia termasuk lima besar penyebab kematian ibu di Indonesia. Pada tahun 2014, 20% kasus kematian ibu di DIY disebabkan oleh preeklampsia dan eklampsia. Preeklampsia memiliki dampak bagi ibu diantaranya penurunan *cardiac preload*, trombositopenia, *HELLP syndrome*, edema, proteinuria, dan penurunan kesadaran, sedangkan dampak bagi janin bisa mengakibatkan prematur, *intra uterine growth retardation* (IUGR), berat bayi lahir rendah (BBLR), dan hipoksia. Faktor risiko terjadinya preeklampsia diantaranya paritas, usia, berat badan berlebih, riwayat preeklampsia, invasi trofoblastik abnormal, faktor imunologi, faktor genetik, dan sel endotel. Penelitian ini bertujuan untuk mengetahui hubungan peningkatan berat badan ibu hamil dengan preeklampsia di RSUD Panembahan Senopati Bantul.

Metode yang digunakan dalam penelitian ini adalah analitik observasional dengan rancangan *case-control* menggunakan pendekatan waktu retrospektif. Teknik pengambilan sample penelitian ini menggunakan *purposive sampling*. Subjek penelitian sebanyak 55 dikelompok kasus, dan 55 dikelompok kontrol. Analisis data menggunakan uji *Chi Square*.

Hasil penelitian menunjukkan kelompok kasus yang mengalami kenaikan normal sebanyak 20 subjek penelitian (36,4%), kenaikan berlebih 35 subjek penelitian (63,6%). Sedangkan, kelompok kontrol yang mengalami kenaikan normal sebanyak 46 subjek penelitian (83,6%), kenaikan berlebih 9 subjek penelitian (16,4%). Hasil uji *Chi Square* didapatkan *p value*: 0,0 (*p value* > 0,05),  $\chi^2_{hitung}$  : 25,6 ( $\chi^2_{hitung}$  >  $\chi^2_{tabel}$ ), CI 95% : 3,63-22,06, dan OR : 8,94.

Ada hubungan antara peningkatan berat badan dengan preeklampsia di RSUD Panembahan Senopati Bantul. Peningkatan berat badan berlebih saat hamil meningkatkan kejadian preeklampsia.

Kata Kunci: preeklampsia, peningkatan berat badan ibu hamil.

## ABSTRACT

*Preeclampsia is included to the top five causes of maternal deaths. In developing countries, a woman has seven times higher probability to suffer preeclampsia than a woman in developed countries. In 2014, 20% maternal deaths in DIY were caused by preeclampsia and eclampsia. Preeclampsia has impacts for the pregnant woman for example decrease in cardiac preload, thrombocytopenia, HELLP syndrome, edema, proteinuria, and loss of consciousness, while the impact on the fetus can leads to premature birth, intra-uterine growth retardation (IUGR), low birth weight (LBW), and hypoxia. Etiologis of preeclampsia are parity, age, excess weight, a history of preeclampsia, abnormal trophoblastic invasion, immunological factors, genetic factors, and endothelial cells. The purpose of this research is to determine the relationship between the weight gain of pregnant women and preeclampsia in Panembahan Senopati Bantul hospital.*

*This research is an analytic observational study with a case-control design and using retrospective time approach. The sampling technique is using purposive sampling. Research subjects are grouped into case group and controlled group with 55 subjects each. Data analyzing is using the Chi-Square test.*

*The results show the cases of preeclampsia at Panembahan Senopati Bantul hospital are 3.36% compared to normal pregnant women. 20 research subjects (36.4%) of the case group have a normal weight gain, 35 research subjects (63.6%) have an excessive weight gain. Meanwhile, 46 research subjects (83.6%) of the control group have a normal weight gain and 9 research subjects (16.4%) have an in excessive increase. Chi-Square test results show p value: 0,0(p value>0,05),  $\chi^2_{\text{counted}} : 25,6$  ( $\chi^2_{\text{counted}} > \chi^2_{\text{table}}$ ), 95% CI : 3,63-22,06 and OR : 8,94.*

*There is a relationship between the weight gain during pregnancy and preeclampsia in Panembahan Senopati Bantul hospital. Theoretically, an excessive weight gain during pregnancy increases the incidence of preeclampsia.*

*Keywords: preeclampsia, growth weight gain during pregnancy*