

INTISARI

Latar Belakang: Kehamilan diawali oleh peristiwa konsepsi hingga usia kehamilan mencapai 38-42 minggu. Selama proses tersebut, ibu hamil mengalami perubahan fisiologis yang tampak dari manifestasi klinis pada ibu, sehingga dibutuhkan kemampuan adaptasi ibu untuk mampu beradaptasi dengan perubahan fisik dan psikologis yang terjadi selama masa kehamilan.

Tujuan Penelitian: Penelitian ini bertujuan untuk mengetahui hubungan antara manifestasi klinis dari perubahan fisiologis dengan kemampuan adaptasi pada ibu primigravida trimester pertama.

Metode penelitian: Metode penelitian yang digunakan adalah *Cross Sectional*. Penelitian ini dilakukan di wilayah kerja Kelurahan Sako Kota Palembang. Subjek dalam penelitian ini adalah ibu hamil baik yang memiliki risiko tinggi maupun risiko rendah yang ada pada seluruh wilayah kerja Kelurahan Sako. Penentuan sampel menggunakan teknik *non probability sampling* dengan metode *consecutive sampling*. Sampel dalam penelitian ini berjumlah 84 responden, 42 responden risiko tinggi dan 42 responden risiko rendah. Penelitian ini menggunakan uji *chi square* untuk melihat hubungan, sedangkan digunakan uji *Mann Whitney* untuk melihat perbedaan antara kelompok ibu risiko tinggi dan risiko rendah dengan derajat kepercayaan 95%, $\alpha = 0,05$ bermakna apabila $p < 0,05$ serta menggunakan uji regresi logistik untuk mengetahui faktor yang paling berhubungan dengan kemampuan adaptasi ibu primigravida trimester I.

Hasil penelitian: Ada hubungan yang signifikan antara perubahan fisiologis dengan kemampuan adaptasi ibu primigravida trimester pertama ($p < 0,05$). Ada perbedaan perubahan fisiologis dan kemampuan adaptasi antara ibu primigravida trimester pertama risiko tinggi dan risiko rendah ($p < 0,05$). Faktor yang paling berhubungan dengan kemampuan adaptasi ibu primigravida trimester I adalah manifestasi klinis dari perubahan fisiologis ($p < 0,05$).

Kesimpulan: Ada hubungan antara manifestasi klinis dari perubahan fisiologis dengan kemampuan adaptasi ibu primigravida trimester pertama.

Kata kunci: Manifestasi klinis, perubahan fisiologis, kemampuan adaptasi, kehamilan, risiko tinggi, risiko rendah.

THE RELATIONSHIP BETWEEN CLINICAL MANIFESTATION FROM PHYSIOLOGICAL CHANGES AND ADAPTABILITY TO PRIMIGRAVIDA FIRST TRIMESTER

Mutia Nadra¹, Intansari Nurjannah², Wiwin Lismidiati²

ABSTRACT

Background : Pregnancy preceded by events of conception until the pregnancy reaches 38-42 weeks. During the process, women experience physiological changes that appear from clinical manifestation, so it takes a mother's adaptability to be able to adapt to the changes that occur during pregnancy to reduce the mortality rate in pregnant women and maternity.

Objective : This study aims to determine the relationship between the clinical manifestation from physiological changes with adaptability to primigravida first trimester.

Methods : The method used was Cross Sectional. The data used was primary data obtained directly from the respondent. This research was conducted in the working area of the Village Sako Palembang. Subjects in this study were either pregnant women who have a high risk or low risk that exist in all areas of work Sako Village. The samples in this study by using a non-probability sampling technique with purposive sampling method. The independent variable in this study is the physiological changes pregnant women. The dependent variable in this study is the adaptability of pregnant women. This study using univariate and bivariate analyzes and the chi-square test was used to look at the relationship, while the Mann Whitney test was used to see the differences between the groups of mothers of high risk and low risk with 95% confidence level, $\alpha = 0.05$ significant when $p < 0.05$ and using logistic regression to determine the factors that most associated with adaptability in primigravida first trimester.

Results : Results of this research is a significant relationship between the clinical manifestation from physiological changes with adaptability primigravida first trimester ($p < 0.05$). There are differences in physiological changes and adaptability among primigravida first trimester of high risk and low risk ($p < 0.05$). Factors that most associated with adaptability in primigravida first trimester is the clinical manifestation of physiological changes ($p \text{ wald} < 0.05$).

Conclusion : The conclusion from this study is the relationship between the clinical manifestation from physiological changes with adaptability primigravida first trimester.

Keywords: Clinical manifestation, physiological changes, adaptability, high risk pregnancy, low risk pregnancy.