

**ASUHAN KEBIDANAN PERSALINAN REMAJA PADA NY.F USIA 19 TAHUN DI
WILAYAH KERJA PUSKESMAS LUBUK BAJA**

KOTA BATAM

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INTISARI

Remaja merupakan kelompok berisiko tinggi dalam kehamilan dan persalinan karena ketidaksiapan fisik, psikologis, dan sosial. Kehamilan usia remaja meningkatkan risiko komplikasi seperti partus lama, ketuban pecah dini, dan perdarahan. Menurut WHO (2023), sebanyak 12 juta remaja usia 15–19 tahun melahirkan setiap tahun dan komplikasi persalinan menyumbang 75% kematian ibu usia 15–49 tahun. Di Indonesia, 26,6% remaja usia 15–19 tahun telah mengalami persalinan (Kemenkes RI, 2020), sedangkan di Provinsi Kepulauan Riau mencapai 13%. Di Kota Batam, Puskesmas Lubuk Baja mencatat 38 kasus persalinan remaja tahun 2024 dengan 7 kasus terjadi dalam satu tahun terakhir. Tujuan studi ini adalah memberikan asuhan kebidanan pada persalinan remaja menggunakan manajemen 7 langkah Varney dan pendokumentasian SOAP. Penelitian dilakukan pada Ny. F, usia 19 tahun, G1P0A0, kehamilan 39 minggu yang menjalani persalinan normal di Puskesmas Lubuk Baja. Hasil menunjukkan Ny. F melahirkan spontan dengan kala I 5 jam, kala II 30 menit, kala III 15 menit, dan kala IV 2 jam tanpa komplikasi. Bayi lahir dengan berat 2600 gram, panjang badan 48 cm, APGAR score 8–9, menangis kuat, dan langsung dilakukan inisiasi menyusui dini. Intervensi non-farmakologis berupa terapi musik dan teknik pernapasan terbukti membantu Ny. F merasa lebih rileks serta memperlancar proses persalinan. Kesimpulan, asuhan kebidanan komprehensif yang mencakup aspek klinis dan dukungan psikologis sangat penting untuk meningkatkan kenyamanan dan keselamatan remaja dalam persalinan.

MIDWIFERY CARE FOR ADOLESCENT CHILDBIRTH IN MRS. F, 19 YEARS OLD, AT THE WORKING AREA OF LUBUK BAJA PUBLIC HEALTH CENTER, BATAM CITY

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ABSTRACT

Adolescents are a high-risk group in pregnancy and childbirth due to physical, psychological, and social unpreparedness. Adolescent pregnancy increases the risk of complications such as prolonged labor, premature rupture of membranes, and hemorrhage. According to the WHO (2023), 12 million adolescents aged 15–19 give birth each year, and childbirth complications contribute to 75% of maternal deaths aged 15–49. In Indonesia, 26.6% of adolescents aged 15–19 have given birth (Ministry of Health of the Republic of Indonesia, 2020), while in the Riau Islands Province the figure reached 13%. In Batam City, the Lubuk Baja Community Health Center recorded 38 cases of adolescent childbirth in 2024, with 7 cases occurring in the past year. The purpose of this study was to provide midwifery care for adolescent childbirth using Varney's 7-step management and SOAP documentation. The study was conducted on Mrs. F, 19 years old, G1P0A0, 39 weeks pregnant, who underwent a normal delivery at the Lubuk Baja Community Health Center. The results showed that Mrs. F gave birth spontaneously, with the first stage lasting 5 hours, the second stage lasting 30 minutes, the third stage lasting 15 minutes, and the fourth stage lasting 2 hours without complications. The baby weighed 2600 grams, was 48 cm long, had an APGAR score of 8–9, cried loudly, and was immediately initiated into breastfeeding. Non-pharmacological interventions such as music therapy and breathing techniques were proven to help Mrs. F feel more relaxed and facilitated the delivery process. In conclusion, comprehensive midwifery care encompassing both clinical aspects and psychological support is crucial for improving the comfort and safety of adolescents during labor.