

**HUBUNGAN GAYA HIDUP DENGAN KEJADIAN PREEKLAMSIA PADA IBU
HAMIL DI KELURAHAN TANJUNG UMA WILAYAH KERJA
PUSKESMAS LUBUK BAJA KOTA BATAM**

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Kata Kunci : Gaya Hidup, Preeklamsia, Ibu Hamil

ABSTRAK

Preeklampsia salah satu komplikasi yang terjadi pada ibu hamil ditandai dengan meningkatnya tekanan darah dan adanya protein di dalam urine ibu hamil. Preeklamsia menyerang 363 ibu hamil di kota Batam. Preeklamsia disebabkan beberapa faktor salah satunya adalah gaya hidup. Tujuan dari penelitian ini adalah untuk mengetahui Hubungan Gaya Hidup Dengan Kejadian Preeklamsia Pada Ibu Hamil Di Kelurahan Tanjung Uma Wilayah Kerja Puskesmas Lubuk Baja Kota Batam Tahun 2024. Desain penelitian ini menggunakan *case control*. Responden dalam penelitian ini adalah 18 *case* dan 18 *control*. Pengambilan sampel menggunakan teknik *Purposive sampling*. Hasil uji *Chi-Square* menunjukkan (*P-value* 0,003 OR 9,100) sehingga *Ho* ditolak dan *Ha* diterima. Maka dapat disimpulkan ada Hubungan Gaya Hidup Dengan Kejadian Preeklamsia Pada Ibu Hamil Di Kelurahan Tanjung Uma Wilayah Kerja Puskesmas Lubuk Baja Kota Batam Tahun 2024 dan dengan nilai OR 9,100 yaitu artinya ibu hamil dengan gaya hidup tidak baik berpeluang 9,100 kali lebih besar mengalami preeklamsia dibandingkan dengan gaya hidup baik. Hasil penelitian ini diharapkan bagi ibu hamil untuk menerapkan gaya hidup yang baik agar tidak terjadi preeklamsia dan bagi petugas kesehatan dapat meningkatkan mutu pelayanan kesehatan memberikan edukasi atau penyuluhan kepada ibu hamil mencegah terjadi preeklamsia.

**THE RELATIONSHIP BETWEEN LIFESTYLE AND THE INCIDENCE OF
PREECLAMPSIA IN PREGNANT WOMEN IN TANJUNG UMA
SUB-DISTRICT LUBUK BAJA HEALTH CENTER
WORKING AREA**

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ABSTRACT

Preeclampsia, one of the complications that occurs in pregnant women, is characterized by increased blood pressure and the presence of protein in the urine of pregnant women. Preeclampsia attacked 363 pregnant women in the city of Batam. Preeclampsia is caused by several factors, one of which is lifestyle. The aim of this research is to determine the relationship between lifestyle and the incidence of preeclampsia in pregnant women in Tanjung Uma Village, Lubuk Baja Community Health Center Working Area, Batam City in 2024. This research design uses case control. Respondents in this study were 18 cases and 18 controls. Sampling used purposive sampling technique. The Chi-Square test results show (P-value 0.008 OR 9.100) so that H_0 is rejected and H_a is accepted. So it can be concluded that there is a relationship between lifestyle and the incidence of preeclampsia in pregnant women in the Tanjung Uma sub-district, the working area of the Lubuk Baja Community Health Center, Batam City in 2024 and with an OR value of 9.100, which means that pregnant women with an unhealthy lifestyle are 9.100 times more likely to experience preeclampsia than those with a poor lifestyle. live well. The results of this research are expected for pregnant women to adopt a good lifestyle to prevent preeclampsia and for health workers to improve the quality of health services by providing education or counseling to pregnant women to prevent preeclampsia.

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