

ABSTRAK

FAKTOR PENYEBAB RISIKO DIABETES MELLITUS PADA IBU HAMIL DI PUSKESMAS SEMANDING KABUPATEN TUBAN

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Rasio kematian ibu secara global mengalami penurunan, meskipun begitu hal tersebut belum mencapai angka Tujuan Pembangunan Berkelanjutan (SDG's). Kasus kematian ibu di dunia disebabkan oleh komplikasi selama dan setelah kehamilan dan persalinan, salah satunya diabetes mellitus gestasional. Diabetes mellitus gestasional masih sering terjadi pada ibu hamil karena adanya faktor risiko tertentu yang dapat meningkatkan risiko terjadinya kondisi tersebut. Tujuan penelitian ini untuk mendeskripsikan faktor penyebab risiko diabetes mellitus pada ibu hamil di Puskesmas Semanding Kabupaten Tuban.

Desain penelitian menggunakan deskriptif dengan populasi ibu hamil yang melakukan pemeriksaan periode Januari hingga Maret 2024 sejumlah 60 orang. Teknik *sampling* yang digunakan adalah *simple random sampling*. Instrumen penelitian menggunakan kuesioner faktor penyebab risiko dan kejadian diabetes mellitus gestasional.

Hasil penelitian menunjukkan hampir seluruhnya ibu hamil berisiko mengalami diabetes mellitus gestasional dengan faktor penyebab risiko yaitu sebagian kecil ibu hamil memiliki riwayat abortus spontan berulang, riwayat pre-eklamsi dan eklamsi, riwayat diabetes mellitus ibu hamil atau keluarga, riwayat hipertensi, riwayat berat badan lahir ibu di atas 4000-4500 gram, memiliki usia di atas 30 tahun, dan mengalami kelebihan berat badan, tidak ada satupun ibu hamil memiliki riwayat melahirkan bayi besar, riwayat melahirkan bayi mati yang tidak diketahui penyebabnya dengan jelas, riwayat polihidramnion saat hamil dan riwayat infeksi saluran kemih berulang selama hamil.

Ibu hamil dengan diabetes mellitus hampir tidak pernah mengalami keluhan yang jelas, sehingga penting untuk dilakukan pemeriksaan. Pemeriksaan awal pada ibu hamil bisa meningkatkan kesejahteraan ibu selama dan sesudah kehamilan.

Kata Kunci : Faktor Risiko, Ibu Hamil, Diabetes Mellitus Gestasional

ABSTRACT

FACTORS CAUSING THE RISK OF DIABETES MELLITUS IN PREGNANT WOMEN AT THE SEMANDING COMMUNITY HEALTH CENTER TUBAN REGENCY

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The global maternal mortality ratio has decreased, however this has not yet reached the Sustainable Development Goals (SDG's) figures. Cases of maternal death in the world are caused by complications during and after pregnancy and childbirth, one of which is diabetes mellitus. Diabetes in pregnancy is called gestasional diabetes mellitus. Pregnant women with diabetes mellitus are still often found because it is triggered by several risk factors that can increase the risk of developing gestasional diabetes mellitus. The aim of this study is to describe the risk factors for diabetes mellitus in pregnant women at The Semanding Community Health Center, Tuban Regency.

The research design used descriptive research with a population of 60 pregnant women undergoing examinations from January to March 2024. The sampling technique used was simple random sampling. The research instrument used a questionnaire on risk factors and the incidence of gestasional diabetes mellitus.

The results of the study show that almost all pregnant women are at risk of developing gestasional diabetes mellitus with risk factors being that a small number of pregnant women have a history of repeated spontaneous abortions, none of the pregnant women have a history of giving birth to large babies, none of the pregnant women have a history of giving birth to still babies who are not pregnant the cause is clearly known, a small number of pregnant women have a history of pre-eclampsia and eclampsia, none of the pregnant women have a history of polyhydramnios during pregnancy, a small number of pregnant women are over 30 years old, some pregnant women have a history of maternal or family diabetes mellitus, a small number of pregnant women were overweight, none of the pregnant women had a history of recurrent urinary tract infections during pregnancy, a small number of pregnant women had a history of hypertension, and a small number of pregnant women had a history of maternal birth weight above 4000-4500 grams.

Pregnant women with diabetes mellitus almost never complain, so they need to be screened. Early detection in pregnant women can help improve maternal well-being, both during pregnancy and after pregnancy.

Keywords : Risk Factors, Pregnant Women, Gestasional Diabetes Mellitus