

Gambaran kemampuan mengatasi morning sickness pada kehamilan direncanakan dan tidak direncanakan = Description of ability to cope with morning sickness in planned pregnancy and unplanned pregnancy / Sumiati Malasari

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Abstrak

ABSTRAK

Mual dan muntah adalah gejala umum yang terjadi pada trimester pertama kehamilan yang dikenal dengan morning sickness. Perencanaan kehamilan mungkin mempengaruhi morning sickness. Penelitian ini merupakan penelitian deskriptif dengan melibatkan 101 ibu hamil yang diambil menggunakan teknik consecutive sampling. Instrumen yang digunakan yaitu kuesioner untuk mengukur variabel data demografi, cara mengatasi morning sickness, kemampuan mengatasi morning sickness dan status rencana kehamilan. Analisis data menggunakan uji distribusi frekuensi. Hasil penelitian menunjukkan 63,6% ibu hamil mampu mengatasi morning sickness pada kehamilan direncanakan sedangkan pada kehamilan tidak direncanakan 47,8% ibu hamil mampu mengatasi morning sickness sehingga kehamilan direncanakan lebih mampu mengatasi morning sickness daripada kehamilan tidak direncanakan. Penelitian ini merekomendasikan pendidikan kesehatan dalam mengatasi morning sickness pada kehamilan tidak direncanakan untuk meningkatkan kemampuan ibu mengatasi morning sickness.

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ABSTRACT

Nausea and vomiting are general symptoms that occur in the first trimester of pregnancy. These symptoms are commonly known as morning sickness. Planning the pregnancy may influence the morning sickness. The purpose of this research was to describe the ability to cope with morning sickness in planned pregnancy and unplanned pregnancy. The research used descriptive method. The sampling technique used was consecutive sampling with 101 pregnant women. The instrument used questionnaire to measure variable demographic data, how to cope with morning sickness, the ability to cope with morning sickness and plan of pregnancy. The data were analyzed using frequency distribution test. The result showed that 63,6 % of respondents were able to cope with morning sickness in planned pregnancy while 47,8 % of respondents were able to cope with morning sickness in unplanned pregnancy so that the planned pregnancy is more able to cope morning sickness than unplanned pregnancy. This study recommends health education in dealing morning sickness in unplanned pregnancy to increase mothers ability to cope morning sickness.