

# Gambaran dan Risiko Komplikasi Kehamilan Remaja yang Bersalin di RSUPN Dr. Cipto Mangunkusumo Tahun 2014-2016 = Descriptive Characteristics and Risk of Complications in Pregnant Teenage Mothers who Delivered at Cipto Mangunkusumo Hospital 2014-2016

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## Abstrak

Latar Belakang: Kehamilan remaja adalah beban kesehatan utama. Kehamilan remaja dapat menyebabkan berbagai komplikasi, termasuk anemia, prematuritas, dan bayi berat lahir rendah BBLR. Sampai saat ini, penelitian mengenai kehamilan remaja di Indonesia masih jarang. Penelitian ini bertujuan untuk mengetahui prevalensi kehamilan remaja serta luarannya. Metode: Untuk menganalisis prevalensi ibu remaja, kami menggunakan desain studi potong lintang dengan mengevaluasi rekam medis dari seluruh ibu hamil yang berobat ke klinik obstetri RSUPN Cipto Mangunkusumo pada periode Januari 2014 sampai Desember 2016. Pada luaran ibu hamil, kami menggunakan desain studi retrospektif dengan menganalisis rekam medis ibu remaja yang bersalin di RSUPN Cipto Mangunkusumo pada periode yang sama. Luaran ibu remaja dibandingkan dengan ibu yang bersalin yang berusia 20-30 tahun. Luaran ibu yang kami ukur meliputi preeklampsia, metode persalinan, anemia, perdarahan pasca persalinan, sedangkan luaran perinatal yang kami ukur meliputi kelahiran prematur dan BBLR. Hasil: Dari seluruh 3.578 pasien di Poliklinik Obstetri RSUPN Dr. Cipto Mangunkusumo, diperoleh 503 subjek yang hamil, sebanyak 163.2 subjek adalah remaja. Dari seluruh 520 subjek yang bersalin, 78.15 subjek adalah remaja. Kehamilan remaja berhubungan signifikan dengan anemia  $p < 0.05$ , adjusted OR = 2.08 dan BBLR  $p < 0.05$ , adjusted OR = 1.83. Kehamilan remaja tidak berhubungan signifikan dengan preeklampsia, metode persalinan, perdarahan pasca persalinan, dan kelahiran prematur. Kesimpulan: Prevalensi kehamilan remaja di RSUPN Dr. Cipto Mangunkusumo adalah 3.2 dan persalinan remaja di RSUPN Dr. Cipto Mangunkusumo adalah 15. Ibu remaja berada pada peningkatan risiko anemia dan melahirkan bayi BBLR.

.....Background Teenage pregnancy is a major health burden, leading to many complications, including anemia, preterm birth, and low birthweight. To date, studies regarding teenage pregnancies in Indonesia are scarce. We aimed to evaluate the prevalence as well as maternal and perinatal outcome of teenage pregnancies. Methods For analyzing the prevalence of the teenage mothers, we used crosssectional study design by evaluating the medical records of all pregnant mothers who went to the obstetric clinic of Cipto Mangunkusumo Hospital, Jakarta, Indonesia, during January 2014 until December 2016. For the outcome of the teenage mothers, we used retrospective study design by analyzing medical records of teenage mothers who had delivery at the delivery ward of Cipto Mangunkusumo Hospital during January 2014 until December 2016. We compared their outcomes to outcomes of pregnant women aged 20 to 30 years old delivered at the same hospital in the same period. Maternal outcomes that were measured include preeclampsia, methods of delivery, anemia, and postpartum hemorrhage, as well as perinatal outcomes including preterm delivery, and low birthweight. Results Among 3.578 outpatients at Obstetric Clinic, RSUPN Cipto Mangunkusumo, we got 503 pregnant subjects, 163.2 were teenagers. Among 520 subjects who had delivery, 78.15 subjects were 19 years old. Teenage pregnancy was significantly associated with anemia  $p < 0.05$ , adjusted OR 2.08 and low birthweight  $p < 0.05$ , adjusted OR 1.83. Teenage pregnancy was not

significantly associated with preeclampsia, methods of delivery, postpartum hemorrhage, and preterm delivery. Conclusion The prevalence of teenage pregnancy at Cipto Mangunkusumo Hospital is 3.2 and teenage mothers who had delivery is 15 . Teenage mothers are at increased risk of anemia and delivering low birth weight babies.