

## Konsep Perawatan Mandiri Kesehatan Maternal: Studi Grounded Theory = Health Selfcare During Pregnancy Concept: A Grounded Theory Study

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Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=20523229&lokasi=lokal>

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### Abstrak

Kesehatan kehamilan berkaitan dengan perilaku ibu melakukan perawatan kesehatan dirinya secara mandiri, selain antenatal care di pelayanan kesehatan. Studi ini mengembangkan konsep perawatan mandiri kesehatan selama kehamilan dengan rancangan classical grounded theory. Theoretical sampling mendapatkan 25 informan ibu hamil trimester 3, ibu dengan anak berusia kurang dari 6 bulan, suami, bidan dan dokter obgyn dan ulama di perkotaan Jakarta, Bekasi, Bogor dan Tangerang. Wawancara mendalam, observasi dan studi dokumen dianalisis secara perspektif konseptual dari pengkodean terbuka dan selektif menggunakan analisis perbandingan konstan dan memo. Penelitian ini menghasilkan konsep inti: merawat kesehatan diri selama kehamilan, dan 5 konsep aktivitas/strategi: 1) Menjaga kesehatan selama hamil; 2) Menghindari atau mengatasi masalah kesehatan selama kehamilan; 3) Memenuhi kebutuhan intimasi dengan suami: hubungan seksual; 4) Menjalani praktik budaya dan agama sehari-hari; dan 5) Mencari informasi kesehatan. Strategi/aktivitas dipengaruhi oleh faktor internal kondisi ibu hamil: perubahan fisik dan emosi ibu hamil, keluhan dan masalah medis; faktor eksternal yaitu dukungan keluarga dan profesi kesehatan; dan faktor lingkungan makro yaitu kebijakan pelayanan kesehatan ibu hamil dan pandemi Covid 19. Konsep perawatan mandiri kesehatan selama kehamilan ini mendukung kebijakan pelayanan kesehatan ibu hamil, peran profesi kesehatan dan keluarga untuk meningkatkan kemampuan mandiri (selfcare) ibu hamil menjaga kesehatannya.

.....Health selfcare during pregnancy were carried out in addition to antenatal care. This study aims to develop the health selfcare concepts using a classical grounded theory design. Theoretical sampling with 25 informants, including pregnant women in the third trimester, mothers with the children aged less than 6 months, husbands, midwives, obstetricians, and religious leaders in the urban areas in Jakarta, Bekasi, Bogor and Tangerang. In-depth interviews, observations, and studies of document, were analyzed using conceptual perspective from open and selective coding with constant comparison and memo. The results are core concept: health selfcare concepts during pregnancy, and five selfcare activities/strategies are: 1) staying healthy; 2) avoiding or addressing health problems; 3) fulfilling the intimacy needs with the husbands: sexual intercourse; 4) performing daily cultural and religious practices; and 5) seeking health information. Those are influenced by the internal factors i.e. the health condition of the pregnant women, which consists of physical and emotional changes, complaints and health issues during pregnancy. External factors including family and health care providers support, and macro environmental factor including the policy of the pregnant women health care service in Indonesia and the COVID-19 pandemic. Concepts of the health selfcare during pregnancy imply the urgency of the policy for antenatal health care service, the role of the health care providers and the family to improve the health selfcare during pregnancy.