

**ABSTRAK**

**HUBUNGAN DUKUNGAN KELUARGA DAN GAYA HIDUP DENGAN  
KEJADIAN PREEKLAMSI PADA IBU HAMIL**

**Cross- Sectional Study di RSUD Ende NTT**

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**Latar Belakang :** Preeklamsia masih menjadi ancaman kesehatan ibu pada masa kehamilan. Keluarga sebagai lingkungan terdekat, perlu memberikan dukungan social. Gaya hidup memberikan dampak yang lebih mengarah pada konteks perilaku ibu selama hamil. Tujuan penelitian untuk mengetahui hubungan dukungan keluarga dan gaya hidup dengan kejadian preeklamsia

**Metode:**Jenis penelitian ini *korelasional* dengan pendekatan *cross sectional*. Populasi penelitian seluruh ibu hamil yang melakukan antenatal care di RSUD Ende. Sampel diperoleh dengan teknik simple random sampling. Besar sampel yang digunakan 124 orang ibu hamil. Variabel independen meliputi dukungan keluarga dan gaya hidup ibu hamil sedangkan variable dependen kejadian preeklamsia. Data dikumpulkan dengan kuesioner yang menggunakan sklas likert. Analisa data menggunakan Spearmen Rho dengan  $\alpha \leq 0,05$

**Hasil:** Penelitian menunjukkan terdapat hubungan antara dukungan keluarga dengan kejadian preeklamsia ( $p= 0,011$   $r= 0,229$  ) dan tidak ada hubungan antara gaya hidup dengan kejadian preeklamsia ( $p=0,565$ )

**Kesimpulan:** Semakin baik dukungan keluarga, maka risiko kejadian preeklamsi akan dapat diantisipasi. Gaya hidup tidak langsung berhubungan karena kejadian preeklamsi kontribusi multifactor. Perlu dilakukan penelitian lebih lanjut tentang pengalaman hidup ibu dengan preeklamsi.

**Kata Kunci :** Dukungan keluarga, gaya hidup, preeklamsia, ibu hamil.

**ABSTRACT**

**RELATIONSHIP OF FAMILY SUPPORT AND LIFESTYLE WITH THE  
PREEKLAMPSIA EVENTS IN PREGNANT MOTHERS**

**Cross-Sectional Study at Ende NTT Regional Hospital**

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**Background:** Preeclampsia is still a threat that threatens maternal health during pregnancy. The family as the closest environment, needs to provide social support. Lifestyle has more impact on the context of maternal behavior during pregnancy. The purpose of this study was to determine the relationship of family support and lifestyle with the incidence of preeclampsia.

**Method:** This type of research was correlational with a cross sectional approach. The study population was all pregnant women who performed antenatal care at Ende District Hospital. Samples were obtained by simple random sampling technique. The sample size used was 124 pregnant women. Independent variables include family support and lifestyle of pregnant women while the dependent variable is the incidence of preeclampsia. Data were collected using a questionnaire using a Likert chart. Data analysis using Rho Spearman with  $\alpha < 0.05$

**Results:** Research shows there was a relationship between family support and the incidence of preeclampsia ( $p = 0.011$   $r = 0.229$ ) and there is no relationship between lifestyle and the incidence of preeclampsia ( $p = 0.565$ )

**Conclusion:** The better family support, then the risk of preeclampsia will be anticipated. Lifestyle is not directly related to the incidence of preeclampsia. Further research needs to be done about the life experience of mothers with preeclampsia.

**Keywords:** Family support, lifestyle, preeclampsia, pregnant women.