

## **GAMBARAN KADAR PROTEIN URIN PADA IBU HAMIL DI PUSKESMAS MARGOYOSO I KABUPATEN PATI**

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### **ABSTRAK**

Latar Belakang : Salah satu faktor penyebab kematian ibu dan bayi yaitu preeklamsia dan eklamsia yang tidak ditangani dengan baik dapat mengakibatkan komplikasi terhadap janin maupun ibu. Preeklamsia dan eklamsia terdiri atas tiga macam gejala yaitu hipertensi, proteinuria dan edema. Pemeriksaan proteinuria pada ibu hamil merupakan hal yang penting dalam mendiagnosis dan menentukan berat ringan preeklamsia. Tujuan penelitian ini adalah mendeskripsikan gambaran kadar protein urin pada ibu hamil di Puskesmas Margoyoso I Kabupaten Pati Tahun 2018.

Metode Penelitian adalah studi deskriptif dengan pendekatan cross sectional. Populasi adalah semua ibu hamil di Puskesmas Margoyoso I Bulan Juni dan Juli, dengan sampel sebanyak 45 ibu hamil. Analisis dilakukan dengan analisis univariat menyajikan secara deskriptif protein urin ibu hamil.

Hasil penelitian yaitu kadar protein urin pada ibu hamil di Puskesmas Margoyoso I sebagian besar negatif yaitu kondisi normal ( $<150$  mg/hari) sebanyak 42 ibu hamil (93,3%), positif satu sebanyak 2 ibu hamil (4,4%) dan positif dua sebanyak 1 ibu hamil (2,2%). Kadar protein urin pada ibu hamil di Puskesmas Margoyoso I sebagian besar adalah pada usia kehamilan trimester I sebanyak 17 ibu hamil semuanya dalam kondisi protein urin negatif. Ibu hamil usia kehamilan trimester II sebanyak 13 orang dengan kadar protein urin semuanya negative. Ibu hamil usia kehamilan trimester III sebanyak 15 ibu hamil dengan kadar protein urin negatif sebanyak 12 orang (80%), positif satu sebanyak 2 ibu hamil (13,3%) dan positif dua sebanyak 1 ibu hamil (6,7%).

Saran kepada ibu hamil diharapkan menjaga kondisi kesehatannya dengan makan makanan bergizi dan olah raga rutin secara teratur, mengontrol tekanan darah secara rutin agar kadar protein urin tidak melebihi batas normal

Kata kunci : Protein urin dan ibu hamil

## DESCRIPTION OF URIN PROTEIN LEVELS IN PREGNANT WOMEN IN MARGOYOSO HEALTH CENTER HEALTH, PATI REGENCY

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### ABSTRACT

Background : One of the causes of maternal and infant mortality, namely preeclampsia and eclampsia that are not handled properly can lead to complications for the fetus and mother. Preeclampsia and eclampsia consist of three types of symptoms, namely hypertension, proteinuria and edema. Three types of symptoms consist of preeclampsia and eclampsia, namely hypertension, proteinuria and edema. Examination of proteinuria in pregnant women is important in diagnosing and determining the mild weight of preeclampsia. The purpose of this study was to describe the description of urine protein levels in pregnant women at Margoyoso I Public Health Center in Pati Regency in 2018.

The research method is a descriptive study with a cross sectional approach. The population was all pregnant women at Margoyoso I Public Health Center in June and July, with a sample of 45 pregnant women. Analysis carried out with univariate analysis presents descriptively urine protein of pregnant women.

The results of the study were urine protein levels in pregnant women at Margoyoso I Public Health Center were mostly negative, namely normal conditions (<150 mg / day) as many as 42 pregnant women (93.3%), positive one as many as 2 pregnant women (4.4%) and positive two as many as 1 pregnant woman (2.2%). Urine protein levels in pregnant women at Margoyoso I Public Health Center were mostly in the first trimester of pregnancy as many as 17 pregnant women were all in a negative urine protein condition. Pregnant women in the second trimester of pregnancy as many as 13 people with urine protein levels are all negative. Pregnant women in the third trimester of pregnancy were 15 pregnant women with negative urine protein levels of 12 people (80%), positive one as many as 2 pregnant women (13.3%) and positive two as many as 1 pregnant woman (6.7%). Suggestions for pregnant women are expected to maintain their health condition by eating nutritious food and regular exercise regularly, controlling blood pressure regularly so that urine protein levels do not exceed normal limits

Keywords: urine protein and pregnant women