

ABSTRAK

Gambaran Perubahan Fisiologis Pada Ibu Hamil Trimester I Di Wilayah Kerja Puskesmas Puri Kabupaten Mojokerto

**Oleh:
MARDIYANTI GARPENASSY**

Kehamilan pada umumnya berkembang dengan normal, namun kadang tidak sesuai dengan yang diharapkan, sulit diprediksi apakah Ibu hamil akan berperubahan selama kehamilan ataupun baik-baik saja. Tujuan dari penelitian ini adalah untuk mengetahui gambaran perubahan fisiologis pada ibu hamil trimester I di wilayah kerja Puskesmas Puri Kabupaten Mojokerto. Desain penelitian ini adalah deskriptif. Populasi penelitian ini adalah semua ibu hamil trimester I di Wilayah Kerja Puskesmas Puri Kabupaten Mojokerto sebanyak 56 orang. Teknik sampling menggunakan *accidental sampling* sehingga didapatkan sampel sebanyak 31 orang. Instrument penelitian menggunakan kuesioner. Analisis data menggunakan analisis deskriptif berupa distribusi frekuensi dan persentase. Hasil penelitian menunjukkan perubahan fisiologis ibu pada hamil trimester I di Wilayah Kerja Puskesmas Puri Kabupaten Mojokerto adalah sebagian besar responden mengalami keluhan di payudara yaitu 23 orang (74,2%), sebagian besar responden mengalami keputihan yaitu 19 orang (61,3%), mual muntah 28 orang (90,3%), ptialisme 19 orang (61,3%), epulis 6 orang (19,4%), *heartburn* 9 orang (29%), konstipasi 13 orang (41,9%), sering kencing 16 orang (51,6%), pusing 21 orang (67,7%), mudah lelah 17 orang (54,8%), nyeri punggung bawah 13 orang (41,9%). Perubahan fisiologis yang paling sering terjadi adalah mual muntah. Perubahan fisiologis ini disebabkan karena perubahan hormonal terutama hormon-hormon kehamilan seperti HCG, estrogen, dan progesterone.

Kata Kunci: perubahan, fisiologis, ibu hamil, trimester I

ABSTRACT

Description of Physiological Problems in First Trimester Pregnant Women in the Working Area of Puri Health Center, Mojokerto Regency

By:
MARDIYANTI GARPENASSY

Pregnancy generally develops normally, but sometimes it doesn't go as expected, it is difficult to predict whether the pregnant woman will have problems during pregnancy or be fine. The aim of this research is to determine the description of physiological problems in first trimester pregnant women in the working area of Puri Health Center, Mojokerto Regency. The design of this research is descriptive. The population of this study was all 56 first trimester pregnant women in the Puri Public Health Center Working Area, Mojokerto Regency. The sampling technique used accidental sampling so that a sample of 31 people was obtained. The research instrument uses a questionnaire. Data analysis uses descriptive analysis in the form of frequency distribution and percentages. The results of the study showed that the physiological problems of mothers in the first trimester of pregnancy in the Puri Health Center Working Area, Mojokerto Regency, were that the majority of respondents experienced complaints in the breast, namely 23 people (74.2%), the majority of respondents experienced vaginal discharge, namely 19 people (61.3%), nausea, vomiting 28 people (90.3%), ptialism 19 people (61.3 %), epulis 6 people (19.4%), heartburn 9 people (29%), constipation 13 people (41.9%), frequent urination 16 people (51.6%), dizziness 21 people (67.7%), easily tired 17 people (54.8%), lower back pain 13 people (41.9%). The most common physiological problem is nausea and vomiting. This physiological problem is caused by hormonal changes, especially pregnancy hormones such as HCG, estrogen and progesterone.

Keywords: problems, physiology, pregnant women, first trimester