

## **HUBUNGAN KONSUMSI NATRIUM DAN KALSIUM PADA IBU NIFAS DENGAN RIWAYAT PREEKLAMSIA SAAT HAMIL DI RSUD PANEMBAHAN SENOPATI BANTUL**

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### **Abstrak**

**Latar belakang :** Di dunia angka kematian ibu sebanyak 830 wanita meninggal diakibatkan komplikasi dalam melahirkan. Tahun 2015 sebanyak 303.000 wanita meninggal selama kehamilan dan sesudah kehamilan. Target Sustainable Development Goals (SDGs) tahun 2030 menurunkan AKI dibawah 70 per 100.000 kelahiran hidup. Komplikasi kehamilan dapat menyebabkan perdarahan sebelum maupun sesudah persalinan, preeklamsia, ekklamsia, infeksi dan lain-lain. Kasus kematian ibu di Kab. Bantul tahun 2015 ialah terdapat 9 kasus. Data penelitian di RSUD Panembahan Senopati Bantul pada tahun 2017 kejadian persalinan dengan komplikasi sebanyak 1068 orang. Prevalensi preeklamsia pada ibu hamil sebanyak 176 orang dengan 16,47%.

**Tujuan :** Penelitian ini bertujuan untuk mengetahui Hubungan konsumsi natrium dan kalsium pada ibu nifas dengan kejadian preeklamsia saat kehamilan di RSUD Panembahan Senopati Bantul.

**Metode penelitian :** Jenis penelitian ini adalah *observasional analitik*, dengan rancangan penelitian menggunakan *Cross sectional*. Jumlah sampel 54 ibu nifas di RSUD Panembahan Senopati Bantul. Pengolahan dan analisis data menggunakan uji Chi-square.

**Hasil :** Karakteristik Responden paling banyak dalam kategori umur 20-35 tahun sebanyak 38 orang (70,4%), pendidikan tamat SMA 28 orang (51,9%), riwayat tidak hipertensi sebanyak 51 orang (94,4%) dan tidak memiliki riwayat preeklamsia sebanyak 50 orang (92,6%). Hasil uji statistik Chi-square p-value Natrium 0,564 (> 0,05) dan p-value Kalsium 1,000 (> 0,05).

**Kesimpulan :** Tidak terdapat hubungan antara konsumsi natrium dan kalsium ibu nifas dengan riwayat preeklamsia saat hamil di RSUD Panembahan Senopati Bantul.

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**Kata kunci :** Natrium, Kalsium, Preeklamsia dan Ibu Nifas.

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## **RELATIONSHIP OF CONSUMING SODIUM AND CALSIUM BY POSTPARTUM MOTHER WITH PREECLAMPSIA DURING PREGNANCY IN THE RSUD PANEMBAHAN SENOPATI BANTUL**

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### **Abstract**

**Background:** The number of maternal mortality still up, as many as 830 women die due to complications in childbirth. In 2015, 303,000 women died during pregnancy and after pregnancy. The target of Sustainable Development Goals (SDGs) in 2030 is decreases MMR below 70 per 100,000 live births. Pregnancy complications can cause bleeding before or after childbirth, preeclampsia, eclampsia, infection and others. In the year 2015, there are 9 cases of maternal death in Bantul Regency. Research data at RSUD Panembahan Senopati Bantul in the year 2017, there are 1068 pregnant womens with complication problem. There are 176 people with preeclampsia problem of it (16,47%).

**Purpose:** This study aims to determine the relationship between consumption of sodium and calcium in the postpartum mother with the incidence of preeclampsia during pregnancy at RSUD Panembahan Senopati Bantul.

**Research method:** This research type is observational analytics, with research design using Cross sectional. The samples were 54 in The Post partum mother in The RSUD Panembahan Senopati Bantul.

**Result:** The most respondent characteristic is people in the range 20-35 years as many as 38 people (70.4%), people graduated from high school are 28 people (51.9%), people with no hypertension problem are 51 people (94.4%) and people with no preeclampsia problem are 50 people (92.6%). Chi-square test result p-value of Sodium 0,564 (> 0,05) and p-value Calcium 1,000 (> 0,05).

**Conclusion:** There is no relationship between sodium and calcium consumption of postpartum mother with preeclampsia problem during pregnancy at Panembahan Senopati Bantul General Hospital.

**Keywords:** Sodium, Calcium, Preeclampsia and Nifas.

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