

# GAMBARAN SIKAP IBU HAMIL TRIMESTER 1 DALAM MENGHADAPI *EMESIS GRAVIDARUM* DI WILAYAH KERJA PUSKESMAS KALASAN YOGYAKARTA

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## INTISARI

**Latar Belakang:** 70-85% wanita mengalami mual muntah dan terkadang menyebabkan penurunan berat badan yang berdampak pada kurangnya nutrisi bagi ibu maupun janin (Husin, 2014: 56). Gizi dan nutrisi merupakan bahan utama yang berperan penting dalam proses pembentukan janin (Sujiono, 2004: 56). Studi pendahuluan menunjukkan 7 dari 10 responden tidak tahu bagaimana menyikapi keluhan mual muntah.

**Tujuan:** Untuk mengetahui gambaran sikap ibu hamil trimester 1 dalam menghadapi *emesis gravidarum* di wilayah kerja Puskesmas Kalasan Yogyakarta.

**Metode:** Jenis penelitian ini adalah *deskriptif kuantitatif*. Populasi dalam penelitian ini yaitu semua ibu hamil trimester 1 yang berada di wilayah kerja Puskesmas Kalasan Yogyakarta. Sampel diambil dengan menggunakan teknik *aksidental sampling*, didapatkan jumlah sampel 39 ibu hamil. Analisis penelitian ini menggunakan *analisis univariat*.

**Hasil:** Mayoritas responden berusia 20-35 tahun dengan latar belakang pendidikan lulusan SMA dan sebagian besar responden adalah ibu dengan kehamilan multigravida yang bekerja sebagai ibu rumah tangga. Gambaran sikap ibu tentang *emesis gravidarum* tergolong dalam kategori sikap negatif yaitu sebanyak 51,3% responden.

**Kesimpulan:** Gambaran sikap ibu hamil trimester 1 dalam menghadapi *emesis gravidarum* di wilayah kerja Puskesmas Kalasan Yogyakarta tergolong dalam kategori sikap negatif yaitu sebanyak 51,3%.

**Kata Kunci:** Sikap, Kehamilan, *Emesis Gravidarum*

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**DESCRIPTION OF ATTITUDE OF THE FIRST TRIMESTER PREGNANT  
WOMEN IN DEALING WITH *EMESIS GRAVIDARUM* IN PUBLIC  
HEALTH CENTRE KALASAN YOGYAKARTA**

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***ABSTRACT***

**Background:** 70-85% of women experience nausea, vomiting and sometimes lead to weight loss that have an impact on the lack of nutrients for both mother and fetus (Husin, 2014: 56). Nutrients and nutrition are the main ingredient that play an important role in the formation of the fetus (Sujiono, 2004: 56). Preliminary studies showed that 7 out of 10 respondents did not know how to respond to nausea and vomiting.

**Objective:** To determine the description of attitude of the first trimester pregnant women in dealing with *emesis gravidarum* in public health centre kalasan yogyakarta.

**Methods:** The study is quantitative descriptive. The population in this study are all first trimester pregnant women who are in Puskesmas Kalasan Yogyakarta. Samples were taken by using accidental sampling technique, obtained amount of 39 samples of pregnant women. This research analyzes using univariate analysis.

**Results:** The majority of respondents aged 20-35 years with an educational background of high school graduates and the majority of the respondents were women with pregnancy multigravida who works as a housewife. Description of mother's attitude about *emesis gravidarum* classified in the category of negative attitude namely as much as 51.3% of respondents.

**Conclusion:** Description of attitude of the first trimester pregnant women in dealing with *emesis gravidarum* in public health centre kalasan yogyakarta classified in category of negative attitude namely as much as 51.3%.

**Keyword:** Attitude, Pregnant, *Emesis Gravidarum*

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