

**PENGETAHUAN IBU HAMIL TRIMESTER III TENTANG TEKNIK
MENGEJAN YANG BENAR DI WILAYAH KERJA
PUSKESMAS JETIS II BANTUL**

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INTISARI

Latar Belakang: Berdasarkan SDKI Tahun 2007 menunjukkan angka kematian ibu sebesar 228/ 100.000 kelahiran hidup. Penyebab AKI adalah perdarahan, hipertensi dalam kehamilan, partus lama, infeksi dan abortus. Teknik mengejan yang salah dapat menyebabkan salah satunya partus lama. Berdasarkan survei pendahuluan yang dilakukan peneliti di wilayah kerja Puskesmas Jetis II Bantul yang dilakukan terhadap 10 ibu hamil trimester III, didapatkan bahwa pengetahuan ibu hamil tentang teknik mengejan yang benar yaitu dalam pengetahuan cukup sebanyak 50%.

Tujuan: Mengetahui gambaran distribusi frekuensi pengetahuan ibu hamil trimester III tentang teknik mengejan yang benar.

Metode: Jenis penelitian ini merupakan jenis penelitian deskriptif. Penelitian ini dilakukan pada bulan Juli 2015. Populasi sebanyak 60 ibu hamil trimester III dan sampel 52 ibu hamil trimester III. Pengambilan sampel dengan teknik *purposive sampling*. Instrumen penelitian dengan *kuesioner*. Analisa data dengan menggunakan analisa *univariat*.

Hasil: Hasil penelitian menunjukkan bahwa dari 52 responden tingkat pengetahuan teknik mengejan yang benar di wilayah kerja Puskesmas Jetis II Bantul kategori kurang sebanyak (19,2%), kategori cukup sebanyak (59,6%), dan kategori baik sebanyak (21,2%). Dengan demikian disarankan kepada tenaga kesehatan untuk memberikan penyuluhan dan informasi tentang teknik mengejan yang benar sehingga ibu hamil dapat mengetahui dan mendapatkan gambaran tentang teknik mengejan yang benar.

Kesimpulan: Pengetahuan ibu hamil trimester III tentang teknik mengejan yang benar di wilayah kerja Puskesmas Jetis II Bantul, terbanyak pada kategori cukup sebanyak 31 responden (59,6%).

Kata Kunci: Pengetahuan, ibu hamil, teknik mengejan.

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THE KNOWLEDGE OF THIRD TRIMESTER PREGNANT MOTHERS
ABOUT CONTRACTION TECHNIQUE IN COMMUNITY HEALTH CENTER
JETIS II AUTHORITY AREA BANTUL

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ABSTRACT

Background : Based on SDKI year 2007, it is figured out that maternal mortality rate is as many as 228 / 100.000 live births. The causal factors of maternal mortality rate are hemorrhage, hypertension during pregnancy, prolonged delivery, infection, and abortion. Improper contracting technique can result in prolonged delivery. Preliminary survey conducted in community health center Jetis II authority area Bantul to 10 third trimester pregnant mothers suggested that the knowledge of the pregnant mothers about proper contracting technique was sufficient as many as 50%.

Objective : To find out the knowledge of third trimester pregnant mothers about contraction technique in community health center Jetis II authority area Bantul.

Method : This was a descriptive study implemented in July 2005. Population was 60 third trimester pregnant mothers and samples were 52 third trimester pregnant mothers. Samples were selected through purposive sampling. Study instrument were questionnaires. Data analysis applied single variable analysis.

Result : This study indicated that among 52 respondents, the knowledge level of proper contracting technique in community health center Jetis II Bantul authority area was in ; poor category as many as (19,2%), sufficient category as many as (59,6%), good category as many as (21,2%). Therefore, it is recommended to health care providers to give dissemination and information about proper contracting technique so that pregnant mothers can understand and have description about proper contracting technique.

Conclusion : The knowledge of third trimester pregnant mothers about proper contracting technique in community health center Jetis II Bantul authority area was mostly in sufficient category as many as 31 respondents (59,6%).

Keywords : Knowledge, Pregnant mothers, Contracting technique.

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