

TINGKAT PENGETAHUAN IBU HAMIL TENTANG KETIDAKNYAMANAN KEHAMILAN TRIMESTER III DI PUSKESMAS PLERET BANTUL YOGYAKARTA

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INTISARI

Latar Belakang: (*Sustainable Development Goals*) SDGs mempunyai target yaitu mengurangi AKI hingga dibawah 70 per 100.000 kelahiran hidup. Pada masa kehamilan biasanya ibu akan mengalami ketidaknyamanan dimana hal itu merupakan perubahan yang terjadi akibat adanya ketidakseimbangan hormon.

Tujuan: Diketuinya tingkat pengetahuan ibu hamil tentang ketidaknyamanan kehamilan trimester III di Puskesmas Pleret, Bantul, Yogyakarta.

Metode: Jenis penelitian ini adalah *deskriptif kuantitatif*. Populasi penelitian ini adalah seluruh ibu hamil trimester III di wilayah Puskesmas Pleret. Sampel diambil dengan menggunakan teknik *random sampling*, didapatkan jumlah sampel sebanyak 46 responden. Alat pengumpulan data yang digunakan adalah kuesioner. Analisis data yang digunakan adalah univariabel dengan program SPSS

Hasil Penelitian: Tingkat pengetahuan ibutentang ketidaknyamanan kehamillan trimester III dalam kategori cukup yaitu sebanyak 30 responden (65,2%), jenis ketidaknyamanan cukup 18 responden (39,1%), penyebab ketidaknyamanan cukup 24 responden (52,2%) dan cara mengatasi ketidaknyamanan baik 19 (41,3%)

Kesimpulan: Tingkat pengetahuan ibu hamiltentang ketidaknyamanan kehamillan trimester III di Puskesmas Pleret Bantul Yogyakarta tergolong dalam kategori cukup yaitu 30 responden (65,2%).

Kata Kunci: Pengetahuan, Kehamilan, Ketidaknyamanan.

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THE KNOWLEDGE LEVEL OF PREGNANT MOTHERS ABOUT DISCOMFORT IN THIRD TRIMESTER PREGNANCY IN PLERET COMMUNITY HEALTH CENTER OF BANTUL, YOGYAKARTA

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ABSTRACT

Background : (Sustainable Development Goals) SDGs had target to reduce MMR until 70 cases per 100.000 livebirths. During pregnancy, a mother usually experiences discomfort which is actually a transformation due to hormonal imbalance..

Objective : To identify The Knowledge Level of Pregnant Mothers about Discomfort in Third Trimester Pregnancy in Pleret Community Health Center of Bantul, Yogyakarta.

Method : The type of this study was descriptive and quantitative. Population in this study was all third trimester pregnant mothers in Pleret community health center operational area. Samples were selected through random sampling technique as many as 46 respondents. Data compilation instrument was questionnaires. Data analysis applied univariable analysis with SPSS program.

Conclusion : The knowledge level of mothers about discomfort in third trimester pregnancy was in sufficient category as many as 30 respondents (65,2%), types of discomfort was in sufficient category as many as 18 respondents (39,1%), the causes of discomfort was in sufficient category as many as 24 respondents (52,2%), discomfort management technique was in good category as many as 19 respondents (41,3%).

Keywords : Knowledge, Pregnancy, Discomfort.

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