

Program Studi Sarjana Kebidanan

Universitas Imelda Medan 2024

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**Pengalaman Ibu Usia Remaja Dalam Merawat Kehamilan Di Wilayah Kerja
Puskesmas Bandar Khalipah**

ABSTRAK

Latar Belakang : Ibu remaja dalam merawat kehamilan biasanya mencakup dengan menjaga nutrisi dengan baik selama kehamilan, rutin memeriksakan kehamilan, istirahat yang cukup, konsumsi tablet Fe. Ibu Usia Remaja Dalam Merawat Kehamilan memiliki pengetahuan yang baik tentang kesehatan akan mempraktikkan perilaku sehat dalam dirinya. **Tujuan :** Penelitian ini bertujuan untuk mengetahui tingkat pengetahuan dalam merawat kehamilan, perawatan selama kehamilan, kesulitan selama kehamilan di wilayah tersebut. **Metode :** Penelitian ini menggunakan metode kualitatif dengan pendekatan fenomenologi dengan teknik wawancara *in-depth-interview*. Pengumpulan data dilakukan dengan wawancara mendalam. Informan penelitian yaitu, 5 orang ibu usia remaja *dalam merawat kehamilan*. **Hasil :** Hasil penelitian menunjukkan bahwa menemukan 3 tema utama yakni tentang tingkat pengetahuan dalam merawat kehamilan, perawatan selama kehamilan, kesulitan selama kehamilan. **Kesimpulan:** Tingkat pengetahuan dalam merawat kehamilan : Pengetahuan perawatan kehamilan adalah bentuk pemahaman ibu hamil dalam melakukan perawatan kehamilan. ibu hamil yang memiliki pengetahuan yang baik cenderung patuh melaksanakan perawatan kehamilan. Perawatan selama kehamilan: yang perlu diperhatikan adalah perawatan diri, mengkonsumsi tablet fe, mengikuti kegiatan senam hamil, istirahat yang cukup, pemeriksaan kehamilan secara teratur, dan asupan gizi yang dibutuhkan oleh ibu hamil. Kesulitan selama kehamilan: ibu akan mengalami perubahan baik fisiologi maupun psikologi. Perubahan tersebut dipengaruhi oleh perubahan hormon yang terjadi selama kehamilan.

Kata Kunci : Tingkat pengetahuan dalam merawat kehamilan, Perawatan Selama Kehamilan.

Bachelor of Midwifery Study Program

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***Experiences of Teenage Mothers in Caring for Pregnancy in the Bandar Khalipah
Community Health Center Work Area***

ABSTRACT

Background: Caring for teenage mothers usually includes maintaining good nutrition during pregnancy, regular pregnancy check-ups, adequate rest, and consumption of Fe tablets. Teenage mothers in caring for pregnancy have good knowledge about health and will practice healthy behavior within themselves. ***Objective:*** This study aims to determine the level of knowledge in caring for pregnancy, care during pregnancy, difficulties during pregnancy in the area. ***Method:*** This research uses a qualitative method with a phenomenological approach with in-depth interview techniques. Data collection was carried out by in-depth interviews. The research informants were 5 teenage mothers caring for their pregnancy. ***Results:*** The results of the study showed that there were 3 main themes, namely the level of knowledge in caring for pregnancy, care during pregnancy, difficulties during pregnancy. ***Conclusion:*** Level of knowledge in caring for pregnancy: Knowledge of pregnancy care is a form of understanding of pregnant women in carrying out pregnancy care. Pregnant women who have good knowledge tend to be obedient in carrying out prenatal care. Care during pregnancy: what you need to pay attention to is self-care, consuming Fe tablets, participating in pregnancy exercise activities, getting enough rest, regular pregnancy checks, and nutritional intake needed by pregnant women. Difficulties during pregnancy: the mother will experience changes in both physiology and psychology. These changes are influenced by hormonal changes that occur during pregnancy.

Keywords: Level of knowledge in caring for pregnancy, care during pregnancy.