

Program Studi Sarjana Kebidanan
Universitas Imelda Medan
2024
RAVIKA DEWI

PENGALAMAN IBU BERSALIN DENGAN RIWAYAT OBESITAS SEBELUM HAMIL DI KLINIK HJ.HANUM KEL. TANJUNG MULIA TAHUN 2024

ABSTRAK

Penelitian ini bertujuan untuk mengeksplorasi pengalaman ibu bersalin dengan riwayat obesitas sebelum kehamilan di Klinik Hj. Hanum Kelurahan Tanjung Mulia pada tahun 2024. Obesitas sebelum hamil diketahui dapat meningkatkan risiko komplikasi selama kehamilan dan persalinan, termasuk diabetes gestasional, hipertensi gestasional, preeklamsia, dan kebutuhan untuk persalinan Caesar. Penelitian ini menggunakan pendekatan kualitatif dengan metode wawancara mendalam terhadap ibu-ibu yang memiliki riwayat obesitas sebelum kehamilan dan telah menjalani persalinan di klinik tersebut. Hasil penelitian menunjukkan bahwa ibu dengan riwayat obesitas menghadapi berbagai tantangan fisik dan psikologis selama proses persalinan. Komplikasi seperti persalinan lama, kebutuhan intervensi medis, dan peningkatan risiko infeksi pasca persalinan sering dialami. Selain itu, persepsi dan pengalaman emosional para ibu mengenai kondisi mereka juga berdampak signifikan pada proses persalinan. Penelitian ini diharapkan dapat memberikan wawasan lebih mendalam bagi tenaga medis untuk meningkatkan kualitas pelayanan dan dukungan bagi ibu bersalin dengan riwayat obesitas, serta meningkatkan kesadaran pentingnya menjaga kesehatan dan berat badan ideal sebelum kehamilan.

Kata Kunci: Obesitas, Kehamilan, Persalinan, Komplikasi

**Midwifery Undergraduate Study Program
Imelda University Medan
2023
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**MOTHER'S EXPERIENCE OF PARTING WITH A HISTORY OF OBESITY
BEFORE PREGNANCY AT THE HJ.HANUM CLINIC
KEL. TANJUNG NOBLE
YEAR 2024**

ABSTRACT

This study aims to explore the experiences of mothers with a history of obesity before pregnancy at the Hj Clinic. Hanum Kelurahan Tanjung Mulia in 2024. Obesity before pregnancy is known to increase the risk of complications during pregnancy and childbirth, including gestational diabetes, gestational hypertension, preeclampsia, and the need for Caesarean delivery. This research used a qualitative approach with in-depth interview methods with mothers who had a history of obesity before pregnancy and had given birth at the clinic. The research results show that mothers with a history of obesity face various physical and psychological challenges during the birthing process. Complications such as prolonged labor, need for medical intervention, and increased risk of postpartum infection are frequently experienced. In addition, mothers' perceptions and emotional experiences regarding their condition also have a significant impact on the birthing process. It is hoped that this research will provide deeper insight for medical personnel to improve the quality of services and support for women giving birth with a history of obesity, as well as increasing awareness of the importance of maintaining health and ideal body weight before pregnancy.

Keywords: Obesity, Pregnancy, Childbirth, Complications.