

## Gambaran Perencanaan Persalinan pada Ibu Hamil di Jakarta Timur = Overview of Pregnant Women's Birth Planning in East Jakarta

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### Abstrak

Program Perencanaan Persalinan dan Pencegahan Komplikasi (P4K) merupakan program yang fokus pada perencanaan persalinan dan pencegahan komplikasi pada ibu hamil, bersalin, dan nifas. Penelitian ini bertujuan untuk mendeskripsikan terkait perencanaan persalinan pada ibu hamil di Jakarta Timur. Peneliti menggunakan rancangan penelitian kuantitatif deskriptif dengan menggunakan pendekatan cross-sectional kepada 100 ibu hamil yang diambil berdasarkan convenience sampling. Instrumen yang digunakan berupa kuesioner Perencanaan persalinan dan pencegahan komplikasi didistribusikan dengan google form. Analisis hasil didapatkan menggunakan analisis univariat berupa proporsi. Hasil penelitian menggambarkan sebanyak 79% ibu hamil telah mengetahui terkait program perencanaan persalinan dan pencegahan komplikasi; 100% ibu sudah merencanakan tempat persalinan di fasilitas kesehatan, 70% telah merencanakan calon donor darah, dan 96% berencana melakukan Inisiasi Menyusui Dini. Secara umum perencanaan persalinan ibu hamil di Jakarta Timur sudah baik. Hasil penelitian merekomendasikan agar penerapan P4K di masyarakat lebih intensif dan melakukan berbagai studi untuk kesuksesan program ini.

.....The Birth Planning and Complications Prevention(P4K) Program is a program that focused on birth planning and prevention of complications in pregnant, maternity, and postpartum women. The purpose of this study is to describe birth planning for pregnant women in East Jakarta. The researchers used a descriptive-quantitative study design with a cross-sectional approach on 100 pregnant women selected on the basis of convenience sampling. The instrument used in the form of a questionnaire for childbirth planning and complication prevention was distributed with a google form. Analysis of the results was obtained using univariate analysis in the form of proportions. The results described as 79% of pregnant women already know about birth planning programs and prevention of complication; 100% of mothers have planned a birthing site in a health facility, 70% have planned a prospective blood donation, and 96% plan to do Early Initiation of Breastfeeding. In general, expectant pregnant women in East Jakarta had good birth planning. The results recommend that the application of P4K in the community be more intensive and conduct various studies for the success of this program.