

Karakteristik dan Luaran Remaja Yang Bersalin di Rumah Sakit = Characteristic and outcomes of adolescent who deliver at dr. Cipto Mangunkusumo hospital

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Abstrak

Latar belakang: Kehamilan remaja saat ini merupakan masalah di negara berkembang. Data WHO tahun 2014 menunjukkan kehamilan dan persalinan pada remaja usia 10-19 tahun berisiko lebih tinggi untuk terjadinya eklampsia, infeksi, persalinan preterm, bayi berat badan lahir rendah dan luaran neonatal yang buruk. Tujuan: Diketuinya karakteristik, luaran maternal dan neonatal serta latar belakang kehamilan berencana pada remaja yang bersalin di Rumah Sakit dr. Cipto Mangunkusumo (RSCM). Metode: Penelitian dilakukan pada bulan Oktober - Desember 2018. Dilakukan telaah rekam medis pada kasus remaja yang bersalin di RSCM antara tahun 2013- 2017 dan dilakukan juga telaah kualitatif pada remaja yang bersalin di RSCM tahun 2018. Hasil: Dari total 9791 ibu yang bersalin di RSCM pada tahun 2013-2017, sebanyak 957 (9.7%) merupakan remaja. Terdapat 811 (84.7%) rekam medik yang masuk kedalam kriteria inklusi. Didapatkan rentang usia remaja 13-19 tahun dengan median 18 tahun dan rentang usia pasangannya 16-42 tahun dengan median 23 tahun. Sebanyak 15,8% berpendidikan SD, 47,5% SMP, 32,9% SMA dan 2% perguruan tinggi. Dari data anamnesis didapatkan 246 (30,3%) remaja hamil tidak menikah; 235 (29 %) menikah setelah hamil dan 330 (40.7%) hamil setelah menikah. Sebagian besar remaja (66.5%) melakukan pemeriksaan antenatal pada bidan dan 67,9% melakukan pemeriksaan antenatal kurang dari 4 kali. Anemia didapatkan pada 48,6% remaja. Dari luaran maternal didapatkan 65,9% persalinan preterm, 19,6% ketuban pecah dini, 12,6% preeklampsia/eklampsia, 9% persalinan per vaginam dengan alat bantu, 42,8% persalinan perabdominam. Pada luaran janin dan neonatal: 1,7% kematianjanin; 4,4% lahir mati; 18,3% skor APGAR 5 memt <7 dan 52,1% bayi BBLR. Pada telaah kualitatif didapatkan status pekerjaan, keinginan menikah muda, pacaran lama, ingin menghindari hal yang tidak baik seperti hubungan seks dan kebamilan di luar pernikahan, agama serta dukungan orang tua sebagai faktor yang melatarbelakangi pernikahan remaja. Kesimpulan : Kehamilan pada remaja yang bersalin di RSCM sebagian besar merupakan kehamilan yang tidak direncanakan dengan pemeriksaan antenatal yang tidak adekuat dengan luaran persalinan yang buruk. Studi kualitatif menunjukkan status pekerjaan, keinginan menikah muda, pacaran lama, agama dan dukungan orang tua merupakan faktor yang melatarbelakangi terjadinya pernikahan remaja.

.....Background: Adolescent pregnancy currently is a problem in developing countries. WHO 2014 report that pregnancy and childbirth in adolescents aged 10- 19 years had a higher risk for eclampsia, infection, preterm labor, low birth weight babies and poor neonatal outcomes. Objective: To determine the characteristics and outcomes of adolescents who deliver at dr. Cipto Mangunkusumo Hospital and factors that had influence of intended pregnancy in adolescents. Method: The study was conducted in October-December 2018. Data were collected from medical records of adolescents (10-19 yo) who deliver at dr. Cipto Mangunkusumo Hospital over period of five years 2013-2017. Qualitative studies were also conducted on adolescents who deliver at dr. Cipto Mangunkusumo Hospital in 2018. Results: There were a total of 9791 deliveries during 2013-2017, which 957 (9.7%) were adolescents. We found 811 (84.7%) medical records that match inclusion criteria. The age of adolescents ranged from 13-19 years with median

was 18, and their partners age ranged 16-42 years with median age 23 years. In terms of education, 15.8% had elementary school, 47.5% junior high school, 32.9% senior high school and 2% in academy/university. There were 246 (30.3%) not married; 235 (29%) got married after pregnancy and 330 (40.7%) got pregnant after marriage. Most adolescents (66.5%) conduct antenatal care in midwives and 67.9% of adolescents did antenatal care less than 4 times. As many as 48.6% of adolescents had anemia. The outcomes were preterm labor (65.9%), premature rupture of membranes (19.6%), and preeclampsia / eclampsia (12.6%) with 9% had vaginal delivery with aids and 42.8% had cesarean section. The fetal and neonatal outcome : 1.7% were Intrauterine Fetal Deaths; 4.4% stillbirth; 18.3% APGAR score 5 minutes <7 and 52.1 % were Low Birth Weight babies. From qualitative study, we found that job status, the desire to marry at young age, long dating, to avoid sex and pregnancy outside marriage, religiosity and parental support as factors that led to adolescents marriage which had an impact on adolescents pregnancy. Conclusion: Most pregnancies in adolescents who deliver at RSCM are unintended pregnancies with inadequate antenatal care. They have risk for poor pregnancy outcomes. Qualitative studies show the factors influence of adolescent marriage were job status, desire to marry at young age, long dating, to avoid sex and pregnancy outside marriage, religiosity and parental support.