

Literatur Review Analisis Faktor-Faktor Yang Mempengaruhi Kejadian Pre-Eklampsia Pada Ibu Hamil

Ade Pupu Samrotul Puadah¹, Tita Rohita², Gita Cahyani³

Fakultas Ilmu Kesehatan Universitas galuh

ABSTRAK

Latar Belakang: Preeklampsia merupakan salah satu komplikasi hipertensi dalam kehamilan yang masih menjadi masalah kesehatan maternal dan neonatal karena dapat meningkatkan risiko morbiditas ibu, gangguan pertumbuhan janin, kelahiran prematur, hingga kematian. Kondisi ini dipengaruhi oleh berbagai faktor, seperti faktor maternal, obstetri, riwayat penyakit, status gizi, nutrisi, pelayanan antenatal, serta kondisi sosial-lingkungan selama kehamilan. **Tujuan:** Mengidentifikasi faktor-faktor yang memengaruhi kejadian preeklampsia pada ibu hamil berdasarkan hasil kajian literatur. **Metode:** Metode penelitian yang digunakan adalah *literature review*. Strategi pencarian artikel dilakukan menggunakan pendekatan PICOS melalui database PubMed, ScienceDirect, ProQuest, dan Google Scholar/Cendekia pada rentang tahun 2016 sampai 2026 dengan mengikuti pedoman PRISMA. Berdasarkan hasil pencarian awal diperoleh 46.776 artikel, kemudian dilakukan proses seleksi berdasarkan kriteria inklusi dan eksklusi hingga diperoleh 15 jurnal yang memenuhi syarat untuk dianalisis lebih lanjut. **Hasil:** Hasil kajian menunjukkan bahwa faktor maternal dan obstetri menjadi aspek yang paling banyak ditemukan, terutama paritas, gravida, primigravida, atau nulliparitas sebesar 80%, diikuti obesitas, BMI, MUAC, atau berat badan sebesar 66,7%. Faktor usia ibu, riwayat hipertensi atau hipertensi kronis, serta faktor nutrisi masing-masing ditemukan sebesar 46,7%, riwayat preeklampsia atau riwayat keluarga preeklampsia/hipertensi sebesar 40%, penyakit penyerta sebesar 33,3%, sedangkan ANC atau pelayanan antenatal, faktor sosial-lingkungan atau tempat tinggal, serta luaran maternal dan neonatal masing-masing sebesar 26,7%. **Kesimpulan:** Kejadian preeklampsia merupakan kondisi multifaktorial yang berkaitan dengan kombinasi faktor maternal, obstetri, riwayat penyakit, status gizi, nutrisi, pelayanan antenatal, dan kondisi sosial-lingkungan selama kehamilan.

Kata kunci: ibu hamil, obesitas, preeklampsia, riwayat hipertensi, status gizi

Literature Review Analysis of Factors Affecting the Incidence of Preeclampsia among Pregnant Women

Ade Pupu Samrotul Puadah¹, Tita Rohita², Gita Cahyani³

Faculty of Health Sciences, Galuh University

ABSTRACT

Background: Preeclampsia is one of the hypertensive disorders in pregnancy and remains a significant maternal and neonatal health problem because it may increase the risk of maternal morbidity, fetal growth restriction, preterm birth, and mortality. This condition is associated with several factors, including maternal factors, obstetric factors, medical history, nutritional status, nutrition, antenatal care, and socio-environmental conditions during pregnancy. **Objective:** To identify factors affecting the incidence of preeclampsia among pregnant women based on reviewed studies. **Methods:** The research method used in this study was a literature review. The article search strategy was conducted using the PICOS approach through PubMed, ScienceDirect, ProQuest, and Google Scholar databases within the 2016 to 2026 publication period, following the PRISMA guidelines. Based on the initial search, 46,776 articles were identified, and after the screening process using inclusion and exclusion criteria, 15 journals were selected for further analysis. **Results:** The findings showed that maternal and obstetric factors were the most frequently identified aspects, particularly parity, gravidity, primigravida, or nulliparity at 80%, followed by obesity, BMI, MUAC, or body weight at 66.7%. Maternal age, history of hypertension or chronic hypertension, and nutritional factors were found in 46.7% of the studies, history of preeclampsia or family history of preeclampsia/hypertension in 40%, comorbidities in 33.3%, while antenatal care, socio-environmental factors or residence, and maternal and neonatal outcomes were each found in 26.7%. **Conclusion:** Preeclampsia is a multifactorial condition associated with a combination of maternal factors, obstetric factors, medical history, nutritional status, nutrition, antenatal care, and socio-environmental conditions during pregnancy.

Keywords: maternal nutrition, obesity, preeclampsia, pregnant women, prior hypertension