

HUBUNGAN USIA DAN PARITAS IBU HAMIL DENGAN KEJADIAN PREEKLAMSI BERAT DI PUSKESMAS WANAREJA 1 KABUPATEN CILACAP

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ABSTRAK

Latar Belakang: Preeklamsia berat (PEB) merupakan komplikasi kehamilan yang dapat meningkatkan risiko kesakitan dan kematian ibu maupun janin. Usia dan paritas merupakan faktor yang diduga berhubungan dengan kejadian PEB. **Tujuan:** Mengetahui hubungan usia dan paritas ibu hamil dengan kejadian preeklamsia berat di Puskesmas Wanareja I Kabupaten Cilacap. **Metode:** Penelitian ini menggunakan desain analitik dengan pendekatan *case control*. Populasi penelitian adalah seluruh ibu hamil di Puskesmas Wanareja I Kabupaten Cilacap tahun 2025 sebanyak 190 orang. Sampel sebanyak 76 ibu hamil yang terdiri dari 38 ibu hamil dengan PEB dan 38 ibu hamil tidak PEB, dipilih menggunakan *consecutive sampling*. Analisis data menggunakan uji Chi-Square. **Hasil:** Sebagian besar responden berusia 20–35 tahun sebanyak 43 orang (56,6%) dan memiliki paritas multipara sebanyak 41 orang (53,9%). Sebanyak 38 responden (50,0%) mengalami PEB. Terdapat hubungan signifikan antara usia dengan kejadian PEB ($p\text{-value}=0,002$), dengan kejadian PEB lebih banyak pada usia <20 tahun dan >35 tahun. Terdapat hubungan signifikan antara paritas dengan kejadian PEB ($p\text{-value}=0,028$), dengan proporsi PEB tertinggi pada primipara. **Kesimpulan:** Terdapat hubungan antara usia dan paritas ibu hamil dengan kejadian PEB di Puskesmas Wanareja I Kabupaten Cilacap.

Kata kunci: usia, paritas, preeklamsia berat, ibu hamil.

**RELATIONSHIP BETWEEN MATERNAL AGE AND PARITY AND THE
OCCURRENCE OF SEVERE PREECLAMPSIA AT WANAREJA I PUBLIC
HEALTH CENTER, CILACAP REGENCY**

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ABSTRACT

Background: Severe preeclampsia (PEB) is a pregnancy complication that may increase the risk of maternal and fetal morbidity and mortality. Maternal age and parity are factors that may be associated with the occurrence of PEB. **Objective:** To determine the relationship between maternal age and parity and the occurrence of severe preeclampsia at Wanareja I Public Health Center, Cilacap Regency. **Methods:** This study used an analytical design with a case-control approach. The study population consisted of 190 pregnant women at Wanareja I Public Health Center in 2025. A total of 76 pregnant women were selected using consecutive sampling, consisting of 38 women with severe preeclampsia and 38 women without severe preeclampsia. Data were analyzed using the Chi-Square test. **Results:** Most respondents were aged 20–35 years, totaling 43 respondents (56.6%), and were multiparous, totaling 41 respondents (53.9%). A total of 38 respondents (50.0%) experienced severe preeclampsia. There was a significant relationship between maternal age and severe preeclampsia (p -value=0.002), with a higher proportion occurring among women aged <20 years and >35 years. There was also a significant relationship between parity and severe preeclampsia (p -value=0.028), with the highest proportion occurring among primiparous women. **Conclusion:** Maternal age and parity were significantly associated with the occurrence of severe preeclampsia at Wanareja I Public Health Center, Cilacap Regency.

Keywords: age, parity, severe preeclampsia, pregnant women