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CORRELATION LIFESTYLE OF PREGNANT WOMEN WITH PREECLAMPSIA

HUBUNGAN GAYA HIDUP IBU HAMIL DENGAN KEJADIAN PREEKLAMPSIA

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Abstract

**Background:** Lifestyle is one of the factors that affect a person's health. Unhealthy lifestyle can lead to obesity, hypertension, and diabetes mellitus and diseases of the increase occurrence risk of preeclampsia. Preeclampsia is a disease that occurs in pregnant women after 20 weeks of pregnancy and the second of the five major causes of maternal mortality in the field obstetrics in Indonesia. The purpose of this study was to determine the correlation of lifestyle and preeclampsia. **Methods:** This research uses analytic observational study design with case-control form. Populations used were all pregnant women who went to poly pregnant dr. M. Soewandhie in May-June, its 656 pregnant women. This research use quota sampling, with 100 respondents which consisting of 50 respondents from the control group and 50 respondents from the cases group. The data was collected using a questionnaire with closed questions. Data analysis using Chi Square test of correlation. **Results:** The results showed 50 of cases group 30% have sufficient lifestyle and 70% more with less lifestyle. While the 50 control group with 42% sufficient lifestyle and 58% with less lifestyle. Results of Chi Square test \( p = 0.211 \). So that \( p > \alpha \), then \( H_0 \) is rejected failing which means there is no significant correlation between lifestyle and incidence of preeclampsia. **Conclusion:** More than half of the respondents of the case and control groups had less lifestyle and no association with the incidence of preeclampsia lifestyle. Improved lifestyle is necessary to reduce the risk of preeclampsia.

Keyword : lifestyle, preeclampsia, pregnant, women,

Daftar Pustaka :