Relationship between Lifestyle During Pregnancy and Genesis Pre Eclampsia

Abstrak:

Pre eclampsia is one of the three biggest causation to maternal mortality in Indonesia. Three primary signs of pre eclampsia are hypertension, proteinuria and edema. Therefore, the purpose of the study was to find out association between life style and pre eclampsia. This was an observational and analytical study using case control study design. The sample size were 56 persons, consist of 28 pre eclampsia cases and 28 control group. Independent variables were age, dietary and physical activity. Bivariate analysis by chi square test, calculated OR value with 95% CI value and multivariate analysis by logistic regression. Based on bivariate analysis by chi square test, the variables associated significantly with pre eclampsia were age ($p = 0.000$, $OR = 11.50$, $95\% CI = 3.24 < OR < 40.8 = 0.418$, $OR = 1.80$, $95\% CI = 0.62 < OR < 5.25$). Multivariate analysis by logistic regression, revealed that age ($p = 0.000$, $OR = 11.21$) and dietary ($p = 0.028$, $OR = 4.71$) were significantly affect pre eclampsia. Finally, it is necessary to plan pregnancy at 20–35 years old in order to prevent preeclampsia and make sure pregnant women get adequate dietary intake.

Keyword:

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