

**GAMBARAN PENGETAHUAN IBU PRIMIGRAVIDA TENTANG PERUBAHAN
FISIOLOGIS KEHAMILAN DI PUSKESMAS PADASUKA KECAMATAN
CIBEUNYING KIDUL KOTA BANDUNG**

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ABSTRAK

Kehamilan menyebabkan berbagai perubahan fisiologis yang dipengaruhi oleh hormon. Jumlah kehamilan di Indonesia setiap tahunnya semakin meningkat. Pengetahuan adalah apa yang diketahui oleh manusia atau hasil pekerjaan manusia menjadi tahu. Ibu primigravida perlu mengetahui tentang perubahan fisiologis kehamilan, karena ini merupakan pengalaman baru dalam hidupnya dan pengetahuan tentang kehamilan masih kurang. Penelitian ini bertujuan untuk mengetahui pengetahuan ibu primigravida tentang perubahan fisiologis kehamilan di Puskesmas Padasuka Kecamatan Cibeunying Kidul Kota Bandung. Desain penelitian ini adalah *deskriptif kuantitatif* dengan analisa data distribusi frekuensi. Instrumen yang digunakan berupa kuesioner yang berisi tanya jawab sebanyak 20 soal. Jumlah sampel dalam penelitian ini sebanyak 30 orang responden dengan menggunakan teknik *accidental sampling*. Hasil penelitian menunjukkan pengetahuan ibu primigravida tentang perubahan fisiologis kehamilan memiliki pengetahuan baik 3 responden (10,0%), cukup 16 responden (53,4%), dan kurang 11 responden (36,6%). Simpulan dari penelitian ini ibu primigravida yang berkunjung ke Puskesmas Padasuka sebagian besar memiliki pengetahuan cukup yaitu sebanyak 16 responden (53,4%). Adapun rekomendasi dari penelitian ini diharapkan dapat dilakukan upaya-upaya penyuluhan oleh pihak-pihak terkait untuk meningkatkan pengetahuan ibu primigravida tentang perubahan fisiologis kehamilan.

Kata Kunci : Pengetahuan, Primigravida, Fisiologis Kehamilan

**THE ILLUSTRATION OF PRIMIGRAVIDAS' KNOWLEDGE TOWARDS
PHYSIOLOGICAL CHANGES IN PREGNANCY AT PADASUKA COMMUNITY
HEALTH CENTER, CIBEUNYING KIDUL SUBDISTRICT, BANDUNG CITY**

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ABSTRACT

Pregnancy induces various physiological changes that are affected by hormones. The number of pregnancy in Indonesia is getting increasing year to year. Knowledge can be defined as what people know or do so that they eventually know something. A primigravida requires any information related to physiological changes in pregnancy since it is their first experience in their lives and they are still lack of information about pregnancy. This research aims to discover primigravidas' knowledge on physiological changes in pregnancy at Padasuka Community Health Center, Cibeunying Kidul Subdistrict, Bandung City. The employed research design is descriptive quantitative, which applies frequency distribution to analyze research data. Questionnaire, which consists of 20 question items, was utilized as the research instrument. There were total 30 respondents who involved in this research, which were selected by employing accidental sampling technique. The research result on primigravidas' knowledge toward physiological changes in pregnancy show that there were 3 respondents (10%) who had good knowledge, while 16 respondents (53.4%) had adequate knowledge, and those who had poor knowledge were around 11 respondents (36.6%). It can be concluded that, from this research, primigravidas, who visited Padasuka Community Health Center, mostly have adequate knowledge accounted for 16 respondents (53.4%). This research also recommends that related institutions should conduct socialization efforts in order to improve primigravidas' knowledge toward physiological changes in pregnancy.

Keywords: Knowledge, Primigravida, Physiological Changes in Pregnancy