

ABSTRAK

TINGKAT PENGETAHUAN IBU Hamil TENTANG RESIKO TINGGI KEHAMILAN 4T (TERLALU MUDA, TERLALU TUA, TERLALU DEKAT, TERLALU BANYAK) DI WILAYAH KERJA PUSKESMAS TUBAN

Oleh:

ARISKA RISTIANI
NIM. P27820522009

Kehamilan berisiko besar yang dapat memicu masalah medis serius pada ibu maupun bayi, serta berkontribusi pada tingginya angka kematian ibu di Indonesia. Faktor 4T (terlalu muda, terlalu tua, terlalu dekat, dan terlalu banyak) secara signifikan berkontribusi terhadap peningkatan risiko komplikasi dan kematian ibu. Pemahaman ibu hamil mengenai bahaya kehamilan berisiko sangat penting untuk mencegah komplikasi dan menurunkan AKI. Studi ini dilakukan untuk mengukur derajat pemahaman ibu hamil tentang risiko tinggi kehamilan 4T di wilayah kerja Puskesmas Tuban.

Penelitian menggunakan desain Analisis kuantitatif deskriptif menggunakan metode *cross-sectional*. Subjek penelitian ini mencakup semua ibu hamil trimester 1 sampai trimester 3 tahun 2025 di wilayah kerja Puskesmas Tuban, Kelurahan Perbon dan Sugiharjo. Sampel berjumlah 49 responden yang diambil menggunakan teknik *total sampling*. Instrumen penelitian berupa kuesioner terstruktur yang telah diuji validitas serta konsistensinya. Data diproses secara deskriptif guna memetakan karakteristik dan pemahaman responden.

Temuan riset mengindikasikan mayoritas ibu hamil di area layanan Puskesmas Tuban memiliki derajat pemahaman mengenai kehamilan berisiko kehamilan 4T dalam kategori baik (55%), kategori sedang (35%), dan kategori kurang (10%).

Pentingnya pelaksanaan edukasi kesehatan yang berkelanjutan dan terarah menjadi salah satu strategi utama untuk memperluas wawasan ibu hamil, sehingga risiko komplikasi kehamilan 4T dapat diminimalkan di masa mendatang.

Kata kunci: Pengetahuan, Ibu hamil, Risiko tinggi kehamilan, 4T

ABSTRACT

THE LEVEL OF PREGNANT WOMEN'S KNOWLEDGE ABOUT HIGH-RISK PREGNANCY 4T (TOO YOUNG, TOO OLD, TOO CLOSE, TOO MANY) IN THE WORKING AREA OF TUBAN COMMUNITY HEALTH CENTER

By:

ARISKA RISTIANI
NIM. P27820522009

High-risk pregnancy refers to a condition prone to complications throughout pregnancy, delivery, and postpartum, significantly raising maternal mortality. The 4T elements (very young, advanced age, short spacing, excessive births) significantly contribute to the increased risk of complications and maternal death. Knowledge of pregnant women regarding high-risk pregnancies is essential to prevent complications and reduce MMR. This research intends to assess pregnant women's awareness of 4T high-risk pregnancies in the working area of Tuban Public Health Center.

A descriptive quantitative method employing a cross-sectional strategy was applied. The population included all expectant mothers from trimester one to three in 2025 under Tuban PHC coverage, specifically in Perbon and Sugiharjo sub-districts. The sample comprised 49 participants chosen through complete enumeration. The study used a standardized questionnaire validated and proven reliable. Data were analyzed descriptively to determine the distribution of respondents' characteristics and their knowledge levels.

Most pregnant women in the working area of Tuban Public Health Center demonstrated a good level of knowledge about 4T high-risk pregnancies (55%), while 35% had a moderate level, and 10% demonstrated limited understanding.

The implementation of continuous and targeted health learning interventions serve as key strategies to raise maternal knowledge thereby minimizing the risk of 4T pregnancy complications in the future.

Keywords: *Knowledge, Pregnant women, High-risk pregnancy, 4T*