

ABSTRAK

Laporan Kasus Pada Primigravida Remaja Dengan *Unwanted Pregnancy* Dengan Anemia

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Pendahuluan: Kehamilan pada remaja dengan *unwanted pregnancy* merupakan kondisi berisiko tinggi yang dapat memicu beragam masalah fisik, psikologis, dan sosial. Kondisi tersebut dapat menyebabkan rendahnya kepatuhan pemeriksaan antenatal, kurangnya pemenuhan kebutuhan nutrisi, serta meningkatkan risiko terjadinya anemia selama kehamilan. **Tujuan:** Menyajikan asuhan kebidanan pada primigravida remaja dengan *unwanted pregnancy* dengan anemia sedang melalui pendekatan manajemen kebidanan. **Metode:** Laporan tugas akhir ini menggunakan metode *case report* pada An. S usia 14 tahun, G1P0A0, usia kehamilan 33 minggu dengan *unwanted pregnancy* dengan anemia sedang. Pengumpulan data menggunakan pendekatan wawancara, observasi, pemeriksaan fisik, pemeriksaan penunjang, dan studi dokumentasi. Teknik SOAP mencakup analisis, pengelolaan, evaluasi, dan penilaian data baik yang bersifat subjektif maupun objektif, digunakan dalam pemberian asuhan kebidanan. **Hasil:** Hasil pengkajian menunjukkan ibu mengalami keluhan lemas, mudah lelah, pusing, berdebar, nafsu makan menurun, serta gangguan psikologis berupa kecemasan, ketakutan, kesedihan, dan kesulitan menerima kehamilan. Ibu tidak melakukan pemeriksaan antenatal care pada trimester I dan II sehingga deteksi anemia terlambat dilakukan. Asuhan yang diberikan meliputi edukasi kesehatan, konseling psikologis, edukasi nutrisi, pemberian tablet tambah darah, dukungan keluarga, serta pemantauan kondisi ibu dan janin secara berkala. Hasil evaluasi menunjukkan adanya perbaikan kondisi ibu yang ditandai dengan berkurangnya keluhan fisik, meningkatnya nafsu makan, meningkatnya pengetahuan tentang kehamilan dan anemia, kepatuhan mengonsumsi tablet tambah darah, serta meningkatnya penerimaan terhadap kehamilan yang sedang dijalani. **Simpulan dan Saran:** Asuhan kebidanan yang komprehensif, berkelanjutan, dan berpusat pada kebutuhan fisik serta psikologis ibu efektif dalam meningkatkan kondisi kesehatan primigravida remaja dengan *unwanted pregnancy* dengan anemia sedang serta membantu mencegah terjadinya komplikasi pada ibu dan janin.

Kata Kunci: Remaja, Kehamilan tidak diinginkan, Anemia.

ABSTRACT

Case Report of an Adolescent Primigravida with Unwanted Pregnancy Accompanied by Anemia

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Introduction: Adolescent pregnancy with unwanted pregnancy is a high-risk condition that may lead to various physical, psychological, and social problems. This condition can result in poor compliance with antenatal care visits, inadequate nutritional intake, and an increased risk of anemia during pregnancy. **Objective:** To provide midwifery care for an adolescent primigravida with unwanted pregnancy accompanied by moderate anemia using a midwifery management approach. **Methods:** This final project employed a case report method involving Ms. S, a 14-year-old primigravida (G1P0A0) at 33 weeks of gestation with an unwanted pregnancy accompanied by moderate anemia. Data were collected through interviews, observation, physical examinations, supporting examinations, and documentation review. Midwifery care was provided using the SOAP approach, which included subjective and objective assessments, data analysis, management, and evaluation. **Results:** The assessment revealed that the patient experienced weakness, fatigue, dizziness, palpitations, decreased appetite, and psychological problems, including anxiety, fear, sadness, and difficulty accepting the pregnancy. The patient did not attend antenatal care visits during the first and second trimesters, resulting in delayed detection of anemia. The interventions provided included health education, psychological counseling, nutritional education, iron supplementation, family support, and regular monitoring of maternal and fetal conditions. Evaluation showed improvements in the patient's condition, indicated by reduced physical complaints, improved appetite, increased knowledge regarding pregnancy and anemia, better adherence to iron tablet consumption, and greater acceptance of the ongoing pregnancy. **Conclusion:** Comprehensive, continuous, and woman-centered midwifery care focusing on both physical and psychological needs was effective in improving the health condition of an adolescent primigravida with unwanted pregnancy accompanied by moderate anemia and in preventing complications for both the mother and fetus.

Keywords: Adolescent, Unwanted Pregnancy, Anemia