

ABSTRAK

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Laporan Kasus Pada Ibu Hamil dengan Hipertensi Kronik dan Masalah Kurangnya Dukungan Suami dan keluarga

Lxviii + 68 Halaman + 2 Tabel + 7 Lampiran

Pendahuluan : Hipertensi kronik terhadap kehamilan merupakan salah satu penyebab meningkatnya risiko komplikasi maternal dan perinatal. Selain faktor biologis, kurangnya dukungan suami dan keluarga dapat memengaruhi kondisi fisik maupun psikologis ibu hamil serta kepatuhan dalam menjalani perawatan kehamilan. Tujuan : untuk mendeskripsikan asuhan kebidanan pada ibu hamil dengan hipertensi kronik dan masalah kurangnya dukungan suami serta keluarga. Metode : metode yang digunakan adalah studi kasus (*case report*) dengan pendekatan manajemen kebidanan SOAP. Pengambilan kasus dilakukan di Puskesmas Manukan Kulon Surabaya pada bulan April–Mei 2026. Subjek kasus adalah Ny. L usia 19 tahun, G3P1A1 usia kehamilan 11 minggu dengan hipertensi kronik dan kurangnya dukungan suami serta keluarga. Penghimpunan data dikerjakan via *interview*, penelaahan, penyelidikan tubuh, serta pemeriksaan penunjang. Hasil pengkajian : menampilkan ibu komplain pusing dan mual sejak dua hari, memiliki riwayat hipertensi sejak kehamilan sebelumnya, tekanan darah 140/80 mmHg, IMT 30,1 kg/m² (obesitas derajat I), serta kurangnya dukungan suami dan keluarga yang dipengaruhi kondisi ekonomi keluarga. Asuhan kebidanan yang diberikan meliputi pemantauan tekanan darah, edukasi pola makan sehat rendah garam, anjuran istirahat cukup dan aktivitas fisik ringan, edukasi tanda bahaya kehamilan, pemberian dukungan emosional melalui keterlibatan suami dan keluarga, serta kolaborasi pemberian terapi antihipertensi sesuai anjuran dokter. Kesimpulan : dari laporan kasus ini menunjukkan bahwa asuhan kebidanan komprehensif disertai peningkatan dukungan suami dan keluarga dapat membantu pengendalian hipertensi selama kehamilan serta mendukung kesehatan ibu dan janin.

Kata kunci: hipertensi kronik, kehamilan, dukungan suami, dukungan keluarga, asuhan kebidanan.

Daftar bacaan: 5 buku (2022-2025)

ABSTRACT

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Case Report of a Pregnant Woman with Chronic Hypertension and Lack of Husband and Family Support

Lxviii + 68 Pages + 2 Tabela + 7 Appendices

Introduction: Chronic hypertension during gestation is one of the factors that elevates the likelihood of maternal and neonatal problems. In addition to biological factors, inadequate support from husbands and families may affect the physical and psychological well-being of pregnant women and their adherence to antenatal care. Objective: To describe midwifery care provided to a pregnant woman with chronic hypertension and inadequate husband and family support. Methods: This study used a case report approach with the SOAP midwifery management method. The case was carried out in the Manukan Kulon Public Health Center, Surabaya, during April and May 2026. The subject was Mrs. L, a 19-year-old G3P1A1 woman at 11 weeks of gestation, diagnosed with chronic hypertension and inadequate husband and family support. Conversations, empirical assessments, physical tests, and supporting examinations used to gather data. Results: The evaluation revealed found person undergoing treatment reported experiencing vertigo and nausea for two days, had a history of hypertension since her previous pregnancy, blood pressure of 140/80 mmHg, BMI of 30.1 kg/m² (Class I obesity), and inadequate husband and family support influenced by the family's economic condition. Midwifery care incorporated arterial tension evaluations, instruction regarding a healthy low-sodium regimen, recommendations for sufficient repose and light physical activity, education regarding danger signs during pregnancy, emotional support through husband and family involvement, and collaboration in administering antihypertensive therapy according to the physician's recommendations. Conclusion: This case report shows that comprehensive midwifery care accompanied by increased husband and family support can help control hypertension during pregnancy and promote maternal and fetal health.

Keywords: chronic hypertension, pregnancy, husband support, family support, midwifery care.

Reference: 5 books (2022-2025)