

ABSTRAK

Laporan Kasus pada Kehamilan Remaja dengan *Married By Accident* (MBA) dan Obesitas di Puskesmas Ujungpangkah Gresik

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Pendahuluan : Kehamilan remaja merupakan kondisi yang semakin kompleks ketika terjadi bersamaan dengan *Married by Accident* (MBA) dan obesitas, membentuk siklus kausalitas multidimensi yang berdampak pada aspek fisik, psikologis, dan sosial-ekonomi. Laporan kasus ini bertujuan mendeskripsikan asuhan kebidanan komprehensif pada Ny. M, remaja usia 17 tahun G1P0A0 dengan usia kehamilan 29 minggu, MBA, dan obesitas di Puskesmas Ujungpangkah Gresik. **Metode :** penelitian ini menggunakan pendekatan metode *Case Report* dengan dokumentasi SOAP pada tiga kali kunjungan (April–Mei 2026), termasuk dua kali *home visit*. Data dikumpulkan dengan wawancara, pemeriksaan fisik, observasi, studi dokumentasi kemudian dianalisis secara deskriptif. **Analisa :** Ny. M mengalami kehamilan di remaja dengan kondisi *married by accident* (MBA) karena kesehatan reproduksi dan psikologis yang belum matang sehingga ibu ditemukan obesitas dan depresi ringan. **Hasil:** Bidan dan mahasiswa memberikan penatalaksanaan 14T dengan ANC terpadu yang berkolaborasi dengan lintas profesi seperti gizi, psikolog, dr. umum, dr. gigi, petugas laboratorium, dan kader. Pemberian suplemen, edukasi dan konseling kesehatan reproduksi, edukasi hak anak dan ibu. Kemudian, diberikan dukungan sosial serta melakukan temu wicara pada keluarga. **Diskusi :** Asuhan kebidanan dengan pendekatan holistik dan komprehensif terbukti efektif mengelola kehamilan remaja dengan kondisi MBA obesitas dan depresi ringan, melalui strategi *home visit*, *journalling*, relaksasi dan dukungan sosial serta pemantauan oleh ahli psikolog sehingga mendukung pencegahan depresi mayor dan masalah pertumbuhan janin.

Kata kunci: kehamilan remaja; *married by accident*; obesitas,; asuhan kebidanan; depresi

ABSTRACT

CASE REPORT OF TEENAGE PREGNANCY WITH MARRIED BY ACCIDENT (MBA) AND OBESITY AT UJUNGPANGKAH GRESIK COMMUNITY HEALTH CENTER

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Introduction: Adolescent pregnancy is an increasingly complex condition when it co-occurs with married by accident (MBA) and obesity, forming a multidimensional cycle of causality that affects physical, psychological, and socioeconomic aspects. This case report aims to describe comprehensive midwifery care for Mrs. M, a 17-year-old adolescent, G1P0A0, at 29 weeks of gestation, with MBA and obesity, at Ujungpangkah Public Health Center, Gresik. **Methods:** This study used a case report approach with SOAP documentation across three visits (April–May 2026), including two home visits. Data were collected through interviews, physical examination, observation, and document review, then analyzed descriptively. **Analysis:** Mrs. M experienced an adolescent pregnancy under married by accident (MBA) conditions, associated with immature reproductive and psychological health, and was subsequently found to have obesity and mild depression. **Results:** Midwives and midwifery students provided care through the 14T protocol within integrated antenatal care (ANC), in collaboration with multiple professions including nutritionists, psychologists, general practitioners, dentists, laboratory staff, and community health volunteers (kader). Care included supplementation, education and counseling on reproductive health, and education on maternal and child rights. Social support was also provided, along with family counseling sessions. **Discussion:** Midwifery care using a holistic and comprehensive approach proved effective in managing adolescent pregnancy complicated by MBA, obesity, and mild depression, through strategies such as home visits, journaling, relaxation, and social support, as well as monitoring by a psychologist—thereby supporting the prevention of major depression and fetal growth problems.

Keywords: adolescent pregnancy; married by accident; obesity; midwifery care; depression