

ABSTRAK

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KARAKTERISTIK KESIAPAN PRAKONSEPSI PADA IBU MENIKAH 1-2 TAHUN DENGAN STATUS OBESITAS DI PUSKESMAS PANEKAN KABUPATEN MAGETAN

xv + 86 Halaman + 10 Tabel + 10 Lampiran

Obesitas pada wanita usia subur merupakan faktor risiko kesiapan prakonsepsi melalui gangguan hormonal, metabolik, dan psikososial. Prevalensi obesitas pada Pasangan Usia Subur (PUS) di wilayah kerja Puskesmas Panekan Kabupaten Magetan mencapai 9,19% pada tahun 2025, salah satu yang tertinggi di kabupaten tersebut. Kondisi ini berpotensi menunda konsepsi dan meningkatkan risiko komplikasi kehamilan. Penelitian ini bertujuan mendeskripsikan kesiapan prakonsepsi meliputi aspek fisik, psikologis, dan sikap pada ibu menikah 1-2 tahun dengan status obesitas.

Penelitian kuantitatif deskriptif dengan pendekatan cross-sectional dilakukan pada 44 responden yang dipilih melalui total populasi terjangkau. Variabel yang diteliti meliputi karakteristik ibu (usia, pendidikan, pekerjaan), kesiapan fisik, kesiapan psikologis, kesiapan sikap, dan kesiapan prakonsepsi. Data dikumpulkan dari Bulan Januari sampai Mei 2026 menggunakan kuesioner *Health Promoting Lifestyle Profile II* (HPLP II) sebanyak 52 item skala Likert dan *Preconception Care Improvement Scale* (PCIS) sebanyak 17 item skala nominal. Analisis data dilakukan secara univariat disajikan dalam bentuk distribusi frekuensi dan persentase, sedangkan bivariat disajikan dalam bentuk tabel silang (cross-tabulation) yang menampilkan frekuensi dan persentase pada setiap kategori.

Seluruh responden berusia 21-35 tahun (rerata 27,1 tahun), mayoritas berpendidikan SMA (79,55%) dan tidak bekerja (61,36%). Kesiapan fisik, psikologis, dan sikap sebagian besar berada pada kategori cukup (75%; 77,27%; 70,45%). Berdasarkan PCIS, seluruh responden dinyatakan siap untuk hamil. Tabulasi silang menunjukkan kesiapan prakonsepsi didominasi oleh ibu berpendidikan SMA dan tidak bekerja, kecuali kesiapan psikologis yang didominasi oleh ibu berpendidikan perguruan tinggi.

Kesiapan prakonsepsi ibu yang sudah menikah 1-2 tahun dengan obesitas sebagian besar berada pada kategori cukup, namun status obesitas tetap menjadi faktor risiko yang memerlukan intervensi intensif terutama pada aspek fisik. Puskesmas disarankan mengintegrasikan konseling gizi, pengelolaan berat badan, dan dukungan psikologis dalam program prakonsepsi untuk mencegah komplikasi kehamilan.

Kata kunci: Obesitas, Kesiapan prakonsepsi, Menikah, Wanita

Daftar bacaan : 36 buku (2010-2025)

ABSTRACT

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**CHARACTERISTICS OF PRECONCEPTION READINESS IN WOMEN
MARRIED FOR 1-2 YEARS WITH OBESITY STATUS AT PANEKAN HEALTH
CENTER, MAGETAN REGENCY**

xv + 86 Pages + 10 Tables + 10 Appendices

Obesity among women of reproductive age is a risk factor for preconception readiness through hormonal, metabolic, and psychosocial disturbances. The prevalence of obesity among couples of reproductive age (CRA) in the Panekan Community Health Center, Magetan Regency, reached 9.19% in 2025, one of the highest in the district. This condition may delay conception and increase pregnancy complications. This study aimed to describe preconception readiness in terms of physical, psychological, and attitudinal aspects among women married for 1-2 years with obesity.

A descriptive quantitative study with a cross-sectional approach was conducted on 44 respondents selected through total sampling. The variables studied included maternal characteristics (age, education, occupation), physical readiness, psychological readiness, attitudinal readiness, and preconception readiness. Data were collected from January to May 2026 using the Health Promoting Lifestyle Profile II (HPLP II) questionnaire (52 Likert-scale items) and the Preconception Care Improvement Scale (PCIS) questionnaire (17 nominal-scale items). Data analysis was carried out univariately and presented in the form of frequency distribution and percentage, while bivariate analysis was presented in the form of a cross-tabulation which displays the frequency and percentage in each category.

All respondents were aged 21-35 years (mean 27.1 years), the majority had a high school education (79.55%) and were unemployed (61.36%). Physical, psychological, and attitudinal readiness were mostly in the sufficient category (75%; 77.27%; 70.45%). Based on the PCIS, all respondents were declared ready for pregnancy. Cross-tabulation showed that preconception readiness was dominated by mothers with a high school education and unemployed, except for psychological readiness, which was dominated by mothers with a college education.

Preconception readiness among women married for 1-2 years with obesity was largely in the moderate category; however, obesity remains a risk factor requiring intensive intervention, particularly in the physical aspect. Community health centers are recommended to integrate nutrition counseling, weight management, and psychological support into preconception services to prevent pregnancy complications.

Keywords: Obesity, Preconception readiness, Marriage, Women

References: 36 books (2010-2025)