

ABSTRAK

Laporan Kasus pada Ibu Hamil Usia 15 Tahun dengan Masalah *Anxiety* dan KEK

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Pendahuluan: Kehamilan remaja rentan memicu kecemasan akibat ketidaksiapan mental, fisik, dan sosial, serta berisiko Kekurangan Energi Kronis (KEK) karena kebutuhan gizi ganda. Karya ilmiah ini berfokus menguraikan pendampingan kebidanan berkelanjutan bagi ibu hamil adolesens dengan kecemasan dan KEK.

Metode: Naskah proyek akhir ini menerapkan metodologi case report (single case) dengan pendekatan manajemen kebidanan melalui pelaporan SOAP. Unit analisis merupakan Ny. A, usia 15 tahun, G1P0A0, usia kehamilan 32 minggu, belum menikah, diambil di Puskesmas Jetis Mojokerto pada April–Mei 2026. Diagnosis ditegakkan berdasarkan LILA 22 cm (KEK) dan keluhan kecemasan terhadap kondisi kehamilan. Penatalaksanaan meliputi KIE gizi, konseling psikologis, teknik relaksasi napas dalam, pemberian PMT dan TTD, serta pelibatan keluarga sebagai sistem dukungan.

Hasil Penelitian dan Pembahasan: Berdasarkan pemeriksaan didapatkan temuan berupa wanita mengandung berumur 15 tahun dengan kehamilan pranikah menghadapi *Anxiety* dan KEK. Setelah tiga kali kunjungan, berat badan ibu meningkat dari 58 kg menjadi 59 kg, LILA meningkat dari 22 cm menjadi 23 cm, tingkat kecemasan berkurang, nafsu makan membaik, dan kondisi janin tetap baik. Keluarga berhasil menjadi sistem dukungan pengganti pasangan.

Simpulan: Asuhan kebidanan holistik yang mencakup aspek fisik dan psikologis mampu memperbaiki kondisi KEK dan mengurangi *anxiety* pada ibu hamil usia 15 tahun. Direkomendasikan agar tenaga kesehatan menerapkan pendekatan komprehensif dan melibatkan keluarga secara aktif dalam setiap asuhan ibu hamil remaja risiko tinggi.

Kata kunci: kehamilan remaja; *anxiety*; kekurangan energi kronis; asuhan kebidanan; KEK

ABSTRACT

Case Report of a 15-Year-Old Pregnant Woman with Anxiety and Chronic Energy Deficiency

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Introduction: Teenage pregnancy is prone to triggering anxiety due to mental, physical, and social unpreparedness, as well as posing a risk of Chronic Energy Deficiency (CED) owing to dual nutritional requirements. This scientific paper focuses on outlining continuous midwifery care for adolescent pregnant women with anxiety and CED. **Methods:** This final project manuscript applies the methodology of single case report with a midwifery management approach documented through SOAP reporting. The unit of analysis was Mrs. A, aged 15 years, G1P0A0, gestational age 32 weeks, unmarried, at Jetis Community Health Center, Mojokerto from April to May 2026. Diagnosis was established based on a MUAC of 22 cm (CED) and reported anxiety about the pregnancy. Management included nutrition education, psychological counseling, deep breathing relaxation techniques, supplementary food and iron tablet provision, and family involvement as a support system. **Results and Discussion:** After three home visits, maternal weight increased from 58 kg to 59 kg, MUAC improved from 22 cm to 23 cm, anxiety levels decreased, appetite improved, and fetal condition remained good. Family members successfully served as a substitute social support system in the absence of a partner. **Conclusion :** Holistic midwifery care addressing both physical and psychological aspects effectively improved CED status and reduced anxiety in a 15-year-old pregnant woman. Healthcare providers are recommended to apply a comprehensive, family-inclusive approach in caring for high-risk adolescent pregnancies.

Keywords: *adolescent pregnancy; anxiety; chronic energy deficiency; midwifery care; CED*