

PENGETAHUAN IBU TERHADAP RISIKO STROKE AKIBAT PREEKLAMPSIA DI PUSKESMAS BANDAR LAMPUNG

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Article Info	ABSTRAK
Article History: Received 21/08/2026 Revised - Accepted 02/09/2026 Keywords: Knowledge Stroke Preeclampsia	Stroke merupakan salah satu komplikasi serius yang dialami oleh ibu hamil. Prevalensi stroke pada ibu hamil mencapai 30 per 100.000 kehamilan. Jumlah penderita stroke pada ibu hamil tiga kali lebih tinggi dibanding dewasa muda. Dampak stroke tidak hanya pada ibu namun pada janin di kandungannya. Berdasarkan tingkat kejadian, 15% ibu hamil meninggal dunia akibat stroke. Salah satu faktor risiko stroke pada ibu hamil yaitu preeklampsia yang berhubungan dengan gangguan kardiovaskular. Preeklampsia terjadi 2%-8% pada kehamilan di seluruh dunia. Pengetahuan yang baik akan meningkatkan perilaku ibu dalam mengenali tanda bahaya kehamilan serta mampu melakukan upaya pencegahan stroke akibat preeklampsia. Namun, informasi mengenai pengetahuan ibu tentang dampak preeklampsia masih terbatas. Penelitian ini dirancang untuk melihat gambaran pengetahuan ibu hamil terhadap risiko stroke akibat preeklampsia di Puskesmas Bandar Lampung. Penelitian survey ini dilakukan pada 106 ibu hamil dengan teknik pemilihan sampel menggunakan purposive sampling. Kuesioner yang digunakan untuk mengetahui tingkat pengetahuan ibu terdiri atas 14 pertanyaan yang telah diuji validitas (r hitung > 0,361) dan diuji reliabilitas menggunakan Cronbach alpha (α = 0,86). Pengambilan data dilakukan pada bulan Juli 2026 di 10 Puskesmas Bandar Lampung. Hasil yang didapat menunjukkan usia ibu tidak berisiko sebanyak 85 (80,2%), pendidikan terakhir Sekolah Menengah Atas (SMA) sebanyak 45 (42,5%), ibu rumah tangga (IRT) sebanyak 65 (61,3%), penghasilan berada pada level sedang sebanyak 37 (34,9%), dan tidak memiliki riwayat preeklampsia/hipertensi sebanyak 98 (92,5%). Tingkat pengetahuan ibu berada pada kategori baik sebanyak 69 (65,1%), cukup sebanyak 31 (29,2%) dan kurang sebanyak 6 (5,7%). Kesimpulan penelitian ini menunjukkan gambaran pengetahuan ibu hamil terhadap risiko stroke akibat preeklampsia berada pada kategori baik. Diharapkan hasil penelitian ini dapat menjadi data dasar bagi penentu kebijakan kesehatan, bagi penelitian selanjutnya dan bagi pihak puskesmas dapat mempertahankan upaya edukasi serta deteksi dini bagi ibu hamil. ABSTRACT <i>Stroke is a serious complication experienced by pregnant women. Prevalence of stroke in pregnant women is 30 per 100.000 pregnancies. The incidence of stroke in pregnant women is three times higher than in young adults. A stroke affects not only the mother but also the fetus. Based on incidence rates, 15% of pregnant women who suffer a stroke die. One risk factor for stroke in pregnant women is preeclampsia, which is associated with cardiovascular disorders. Preeclampsia occurs in 2%–8% of</i>

pregnancies worldwide. Adequate knowledge improves a mother's ability to recognize danger signs during pregnancy and take preventive measures against stroke caused by preeclampsia. However, information regarding mothers' knowledge of the impact of preeclampsia remains limited. This study was designed to assess the knowledge of pregnant women regarding the risk of stroke associated with preeclampsia at Community Health Center in Bandar Lampung. This survey study involved 106 pregnant women selected using purposive sampling. The questionnaire used to assess the mothers' level of knowledge consisted of 14 questions that had undergone validity test ($r_{table} > 0.361$) and reliability test using Cronbach's alpha ($\alpha = 0.86$). Data collection was conducted in July 2026 at 10 Community Health Centers in Bandar Lampung. The results showed that 85 mothers (80.2%) were in the non-risk age group, 45 (42.5%) had a high school education, 65 (61.3%) were housewives, 37 (34.9%) had a moderate income level, and 98 (92.5%) had no history of preeclampsia or hypertension. Mothers' level of knowledge, 69 (65.1%) fell into the "good" category, 31 (29.2%) into "sufficient," and 6 (5.7%) into "poor." The study concludes that the knowledge of pregnant women regarding the risk of stroke associated with preeclampsia falls into the "good" category. It is hoped that these findings will serve as baseline data for health policymakers and future research, and encourage community health centers to maintain their efforts in providing education and early detection services for pregnant women.

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