

**HUBUNGAN ANTARA STATUS OBESITAS PADA IBU  
HAMIL DENGAN PROSES PERSALINAN DI RSIA BUDI  
KEMULIAAN JAKARTA PUSAT PERIODE OKTOBER 2014 -  
OKTOBER 2015**

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**Abstrak**

Obesitas merupakan masalah yang mendunia selama satu dekade terakhir dan menjadi risiko terbesar kelima yang dapat menyebabkan kematian secara global. Setiap tahun, sekitar 2,8 juta orang dewasa meninggal karena obesitas dan *overweight*. Obesitas mendapat perhatian yang serius karena penderitanya yang semakin meningkat termasuk pada wanita usia reproduktif dan pada wanita hamil meningkat sekitar 18,5% sampai dengan 38,3%. Peningkatan berat badan yang berlebihan akan timbul penyulit yang berhubungan dengan kehamilan dan keseluruhan proses persalinan pada bayi dan / atau ibu. Penelitian ini bertujuan untuk mengetahui hubungan antara status obesitas dengan proses persalinan pada ibu hamil di rumah sakit. Desain penelitian ini menggunakan metode cross sectional pada ibu hamil di RSIA Budi Kemuliaan Jakarta dengan teknik penentuan sampel yang digunakan adalah consecutive sampling. Data dikumpulkan dengan metode rekam medik. Responden sejumlah 169 ibu hamil. Hasil penelitian menunjukkan 59 dari 169 ibu hamil mengalami obesitas (34.9%). Serta, dalam proses persalinan, 69 ibu hamil mengalami proses persalinan tidak normal (40.8%) pada bulan Oktober 2014 - Oktober 2015 di RSIA Budi Kemuliaan Jakarta. Hasil analisis bivariat dengan uji Chi-Square didapatkan bahwa terdapat hubungan antara status obesitas ( $p = 0.09$ ) dengan proses persalinan. Mengatur berat badan sebelum atau saat kehamilan serta ANC berkala membantu penurunan kebutuhan persalinan caesar.

Kata Kunci : Obesitas, Kehamilan, Proses persalinan.

**THE RELATIONSHIP BETWEEN THE STATES OF OBESITY  
OF PREGNANT WOMEN WITH LABOR PROCESS AT BUDI  
KEMULIAAN HOSPITAL CENTRAL OF JAKARTA  
PERIOD OF OCTOBER 2014 - OCTOBER 2015**

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**Abstract**

Obesity is considered one of the global issues for the past decade and is the fifth most significant risk that can cause death globally. Every year, approximately 2.8 million adult deaths recorded due to obesity and overweight. Moreover, obesity receives serious attention because of the detrimental effect it caused has increased significantly, including women of reproductive age and pregnant women increased by 18.5% to 38.3%. The excessive gain in body weight can cause complication associated with pregnancy and labor process for both the infant and / or the maternal. The purpose of this analysis is to determine the relationship between obesity and labor process in hospitals. The design of this study is by using the cross-sectional method for pregnant women at RSIA Budi Kemuliaan Jakarta with sampling technique use known as consecutive sampling. Additionally, the data collected from medical record method. The respondents were 169 pregnant women, and the results showed that 59 of the overall recorded were obese (34.9%). Moreover, in October 2014 - October 2015 at RSIA Budi Kemuliaan Jakarta, 69 of pregnant filed (40.8%) experienced abnormal labor process. The results are bivariate using the Chi-Square, showing that there was a relationship between obesity ( $p = 0.09$ ) with labor process. Regulating body weight before or during pregnancy and periodic ANC will help to reduce the probability of needing caesarean delivery.

Keywords : Obesity, Pregnancy, Labor Process