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Knowledge Representation of First-Trimester Primigravida Regarding Hyperemesis Gravidarum

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Abstrak

Kehamilan merupakan proses fisiologis yang berlangsung dari konsepsi hingga persalinan, namun dapat disertai komplikasi seperti hiperemesis gravidarum yang ditandai mual dan muntah berlebihan. Penelitian ini bertujuan untuk menggambarkan tingkat pengetahuan ibu hamil primigravida trimester I mengenai hiperemesis gravidarum di Puskesmas Gondang, Kabupaten Nganjuk. Penelitian ini menggunakan desain deskriptif kuantitatif dengan sampel 20 responden yang dipilih secara accidental sampling. Data dikumpulkan melalui kuesioner terstruktur yang menilai karakteristik demografis dan tingkat pengetahuan, yang dikategorikan menjadi baik, cukup, dan kurang. Analisis data menggunakan statistik deskriptif berupa distribusi frekuensi dan persentase. Hasil penelitian menunjukkan sebagian besar responden berusia 20–30 tahun (85%), berpendidikan SMA (70%), dan berstatus ibu rumah tangga (70%). Tingkat pengetahuan mengenai hiperemesis gravidarum sebagian besar berada pada kategori cukup (45%), diikuti baik (35%), dan kurang (20%). Temuan ini menunjukkan bahwa meskipun sebagian besar responden memiliki pengetahuan memadai, masih terdapat kelompok dengan pengetahuan terbatas yang membutuhkan edukasi lebih lanjut. Faktor yang memengaruhi pengetahuan meliputi paparan terhadap edukasi kesehatan dari tenaga kesehatan, media massa, dan motivasi pribadi untuk mencari informasi. Kesimpulannya, pendidikan dan konseling mengenai hiperemesis gravidarum sangat penting untuk meningkatkan kesadaran dan kemampuan ibu hamil dalam mengenali serta mengelola kondisi ini.

Kata Kunci: *Ibu Hamil, Primigravida, Hiperemesis Gravidarum, Pengetahuan, Trimester I*

Abstract

Pregnancy is a physiological process from conception to childbirth, which can be accompanied by complications such as hyperemesis gravidarum, characterized by excessive nausea and vomiting. This study aimed to describe first-trimester primigravida knowledge of hyperemesis gravidarum at Gondang Health Center, Nganjuk Regency. A quantitative descriptive design was used with a sample of 20 respondents selected through accidental sampling. Data were collected using a structured questionnaire assessing demographic characteristics and knowledge, categorized as good, adequate, or poor. Descriptive statistics, including frequency distributions and percentages, were used for analysis. Results showed that most respondents were aged 20–30 years (85%), had completed senior high school (70%), and were housewives (70%). Knowledge levels regarding hyperemesis gravidarum were mostly adequate (45%), followed by good (35%) and poor (20%). These findings indicate that although most respondents have sufficient knowledge, some still lack adequate understanding and require targeted education. Factors influencing knowledge include exposure to health education from healthcare providers and the mass media, as well as personal motivation to seek information. In conclusion, education and counseling about hyperemesis gravidarum are essential to enhance awareness and enable pregnant women to recognize and manage this condition effectively.

Keywords: Pregnant Women, Primigravida, Hyperemesis Gravidarum, Knowledge, First Trimester

INTRODUCTION

Pregnancy is a physiological process that begins at conception and continues until the birth of the fetus, with a normal duration of 280 days (40 weeks) calculated from the first day of the last menstrual period (Widatiningsih & Dewi, 2017). It is defined as the fertilization of an ovum by a spermatozoon, followed by implantation (nidation). Normal pregnancy lasts approximately 40 weeks from fertilization to childbirth (Walyani, 2015). Excessive nausea and vomiting during pregnancy is known as hyperemesis gravidarum, which can be so severe that food and fluids are expelled, leading to weight loss, dehydration, and the presence of ketones in urine. In some cases, symptoms may mimic other conditions such as appendicitis or pyelitis, interfering with daily activities (Alulu, 2019; Yuni Kurniati, 2019). The exact cause of hyperemesis gravidarum is not fully understood. However, it is often associated with elevated levels of human chorionic gonadotropin (HCG), a hormone produced by the placenta during the first trimester and that continues to rise throughout pregnancy (Alodokter, 2019). Risk factors include primigravida status, multiple pregnancies, a family history of hyperemesis gravidarum, previous occurrence in past pregnancies, obesity, and molar pregnancy (Alodokter, 2019).

In Indonesia, antenatal care data show that hyperemesis gravidarum occurs in approximately 35% of all pregnancies, with nausea and vomiting reported in 60-80% of

primigravida and 40-60% of multigravida. Severe cases occur in about one per thousand pregnancies (Kemenkes RI, 2018). This condition affects not only the mother but also the fetus, potentially leading to miscarriage, low birth weight, preterm birth, congenital malformations, and intrauterine growth restriction (IUGR) (Umboh, Mamuaya & Lumy, 2014; Juliana Widyastuti Wahyuningsih, 2020). In East Java Province, the prevalence of hyperemesis gravidarum among pregnant women was 10-15%, totaling 183,645 cases in 2016, while in Nganjuk Regency, it was 4% according to medical records (Dinkes, 2016).

A preliminary study conducted on December 2, 2021, at Gondang Public Health Center involving 10 pregnant women revealed that seven respondents (70%) had insufficient knowledge, while 3 respondents (30%) had good knowledge of hyperemesis gravidarum. Given its significant impact on maternal and fetal health, midwives' competence in providing guidance and assistance is crucial in healthcare facilities and community settings. Previous descriptive studies in Indonesia also show varying levels of knowledge among first-trimester pregnant women, emphasizing the importance of education and counseling in managing hyperemesis gravidarum (Yayah Jaenah, 2019; Nurul Isnaini & Reza Refiani, 2018).

RESEARCH METHOD

This study used a quantitative, descriptive design to assess first-trimester primigravida knowledge of hyperemesis gravidarum at Gondang Health Center, Nganjuk Regency, in 2022. The population comprised all first-trimester primigravida attending the health center during the study period, and 20 respondents were selected by convenience sampling based on their availability. Data were collected using a structured questionnaire that covered demographic characteristics (age, education, occupation) and knowledge of hyperemesis gravidarum, which was categorized as good, adequate, or poor. Descriptive statistics, including frequency distributions and percentages, were used to analyze respondents' characteristics and knowledge levels. Ethical approval was obtained from the health center administration, and informed consent was obtained from all respondents, ensuring confidentiality throughout the study.

RESULTS AND DISCUSSION

Table 1. Frequency Distribution of First-Trimester Pregnant Women Respondents by Age, Education, and Occupation at Gondang Health Center, Nganjuk Regency, 2022

| Respondent Characteristics | Frequency (n) | Percentage (%) |
|----------------------------|---------------|----------------|
| Age | | |
| <20 years | 3 | 15% |
| 20–30 years | 17 | 85% |
| Education | | |
| Elementary School (SD) | 1 | 5% |
| Junior High School (SMP) | 5 | 25% |
| Senior High School (SMA) | 14 | 70% |
| Occupation | | |
| Housewife | 14 | 70% |
| Private Sector | 6 | 30% |

Table 2. Frequency Distribution of First-Trimester Pregnant Women Respondents by Knowledge Level at Gondang Health Center, Nganjuk Regency, 2022

| Knowledge Level | Frequency (n) | Percentage (%) |
|-----------------|---------------|----------------|
| Good | 7 | 35% |
| Adequate | 9 | 45% |
| Poor | 4 | 20% |

The data in Table 1 show that the majority of first-trimester pregnant women at Gondang Health Center, Nganjuk Regency, were aged 20–30 years (85%), while a smaller proportion were under 20 years (15%). This indicates that most respondents were young adults, which may influence health-seeking behaviors and receptivity to health education. Regarding education, the majority of respondents had completed senior high school (SMA) at 70%, followed by junior high school (SMP) at 25%, and elementary school (SD) at 5%. This variation in educational background suggests differing levels of literacy and capacity to understand health information. Regarding occupation, most respondents were housewives (70%), while 30% were employed in the private sector. This distribution implies that a large portion of respondents may have more time to access health services and receive

counseling from health workers.

Table 2 shows the distribution of knowledge levels regarding hyperemesis gravidarum among first-trimester pregnant women. Most respondents had adequate knowledge (45%), followed by good knowledge (35%), and poor knowledge (20%). This indicates that while a majority of respondents have some understanding of hyperemesis gravidarum, a significant proportion still has limited knowledge. The findings suggest the need for targeted health education to improve awareness, particularly for those with poor knowledge. Factors contributing to higher knowledge levels may include exposure to health education from healthcare providers, mass media, and personal curiosity or active information-seeking behaviors.

DISCUSSION

A preliminary study conducted at Air Putih Health Center, Samarinda, in 2018 found that 670 pregnant women visited the health center, averaging 87 visits per month. Of these, four women came specifically to check their history of hyperemesis gravidarum. This indicates that awareness of hyperemesis gravidarum among pregnant women is still limited. Therefore, it is important to assess pregnant women's knowledge about this condition, particularly during the first trimester, as early recognition and management can prevent complications (Kementerian Kesehatan RI, 2018).

The respondents in this study were mostly aged 20-30 years (85%), with a minority under 20 years (15%). Most were housewives (70%) and had completed senior high school (SMA) (70%), while a smaller portion had completed middle school (SMP) (25%) or elementary school (5%). These characteristics indicate that first-trimester primigravida pregnant women in Gondang Health Center, Nganjuk Regency, have varying educational backgrounds, which may influence their understanding of hyperemesis gravidarum (Gondang Health Center, 2022).

The results showed that most respondents had adequate knowledge about hyperemesis gravidarum (45%), while 35% had good knowledge and 20% had poor knowledge. Women with good knowledge often obtained information from health education provided by health workers or mass media, such as radio and television. According to Notoatmodjo (2010), knowledge is acquired after an individual perceives and processes information about a particular object, which explains why some respondents had a better understanding than others.

Respondents with limited knowledge (20%) may lack exposure to accurate information or have difficulty absorbing and retaining material, possibly due to age or individual learning capacity. The researcher believes that curiosity and active information seeking, including via social media or discussions with health workers, contribute to adequate or good knowledge. This aligns with Abdulla (2008), who explains that knowledge manifests in a person's mind and behavior through interaction with the environment, encompassing emotions, skills, traditions, and beliefs, emphasizing the importance of promoting health education for first-trimester primigravida pregnant women.

CONCLUSION

The study concludes that most first-trimester primigravida at Gondang Health Center, Nganjuk Regency, have adequate knowledge of hyperemesis gravidarum, yet a notable proportion still has limited understanding. Age, education level, occupation, exposure to health education, and personal information-seeking behaviors influence knowledge levels. These findings underscore the critical need for targeted health education and counseling to improve awareness, facilitate early recognition, and enable effective management of hyperemesis gravidarum among first-trimester pregnant women.

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