

The Effect of Physical Activity History, Anemia, and Hypertension on the Occurrence of Preeclampsia Among Pregnant Women at Sumberjambe Primary Health Center, Jember

Muhammad Faridun Nazon
Clinical Nutrition Study
Program Department of Health

ABSTRACT

One of the main causes of maternal mortality in Indonesia is preeclampsia. Risk factors such as a history of physical activity, anemia, and hypertension are suspected to play a role in the occurrence of preeclampsia. The Sumberjambe Primary Health Center in Jember recorded the highest prevalence of preeclampsia cases in Jember Regency in 2023. This study aimed to determine the influence of physical activity history, anemia, and hypertension on the incidence of preeclampsia among pregnant women at the Sumberjambe Primary Health Center, Jember. This research employed an analytical observational study with a retrospective cohort design. The sample consisted of 196 pregnant women selected using simple random sampling. Data were obtained from the Pregnancy Physical Activity Questionnaire (PPAQ), medical records of hemoglobin levels, blood pressure measurements, and preeclampsia screening results. Data analysis was performed using Ordinal Logistic Regression with SPSS version 26. The results showed no significant association between physical activity history and anemia with the incidence of preeclampsia ($p = 0.836$; $p = 0.241$). However, a significant association was found between a history of hypertension and the incidence of preeclampsia ($p = 0.000$). Routine blood pressure monitoring from early pregnancy is important for the prevention of preeclampsia, especially in pregnant women with a history of hypertension.

Keywords: *Physical Activity, Anemia, Hypertension, Pregnant Women, Pre-eclampsia*