

# HUBUNGAN ANTARA TEKANAN DARAH DENGAN PROTEIN URINE PADA IBU HAMIL DI RSUD CIAWI TAHUN 2018 DAN TINJAUANNYA MENURUT PANDANGAN ISLAM

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## ABSTRAK

**Latar Belakang :** Hipertensi pada kehamilan menurut penelitian Sirait, 2012 dari 8341 responden didapatkan 12,7% (1062 orang) yang mengalami hipertensi pada kehamilan. Menurut pandangan Islam, hipertensi pada ibu hamil diakibatkan oleh stress yang dialami ibu terutama pada awal dan akhir kehamilan. Pada keadaan hamil terjadi perubahan khas pada sel endotel kapilar glomerulus (*glomerular endotheliosis*) yaitu peningkatan permeabilitas kapiler yang akan mempengaruhi proses filtrasi sehingga terjadi kebocoran dan mengakibatkan proteinuria. Menurut penelitian Dr. Ralph Snyderman (1996) menyatakan bahwa, perlu disadari bahwa doa dan Dzikir mengandung unsur psikoterapi yang efektif.

**Metode :** Penelitian ini merupakan penelitian *retrospektif* dengan melihat kadar tekanan darah dan kadar protein urine pada 100 ibu hamil di RSUD Ciawi pada bulan Januari sampai dengan Agustus tahun 2018 kriteria ibu hamil yang menjadi sampel ialah ibu hamil yang melakukan pemeriksaan tekanan darah dan kadar protein urine tanpa adanya riwayat penyakit hipertensi, ginjal sebelumnya.

**Hasil :** Berdasarkan hasil penelitian, hasil yang didapatkan adalah kadar tekanan darah normal pada ibu hamil sebanyak 10 orang (10%) dengan hasil pemeriksaan kadar urin 3 orang (3%) ibu hamil negatif proteinuria, 5 orang (5%) ibu hamil mengalami proteinuria ringan atau proteinuria fisiologis dan 2 orang (2%) ibu hamil dengan proteinuria sedang. Sedangkan pada tekanan darah tinggi dibagi menjadi menjadi 2 kelompok yaitu hipertensi ringan (<140/90mmHg) sebanyak 26 orang (26%) dan hipertensi berat (>140/90mmHg) sebanyak 48 orang (48%). Dari hasil uji statistik menggunakan uji *Spearman-Rho* didapatkan nilai  $P < 0,05$  yaitu 0,01 dan nilai R yaitu 0,33.

**Kesimpulan :** tekanan darah mempengaruhi kadar protein urine pada ibu hamil. Semakin tinggi tekanan darah, semakin tinggi kadar protein urine pada ibu hamil. Berdasarkan hasil uji statistik menggunakan uji *Spearman-Rho* didapatkan nilai  $P < 0,05$  yaitu 0,01 dan nilai R yaitu 0,33. Hal ini dapat memastikan bahwa ada hubungan cukup kuat antara tekanan darah dan kadar protein urine pada ibu hamil.

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**Kata Kunci :** Hipertensi, Protein Urine, Proteinuria, Preeklampsia

**RELATION BETWEEN BLOOD PRESSURE WITH PROTEIN URINE IN  
PREGNANT WOMEN IN RSUD CIAWI IN 2018 AND ITS REVIEW ACCORDING  
TO ISLAMIC VIEWS**

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**ABSTRACT**

**Background :** Hypertension in pregnancy according to Sirait's study, 2012 from 8341 respondents found 12.7% (1062 people) who had hypertension in pregnancy. According to the Islamic view, hypertension in pregnant women is caused by stress experienced by the mother, especially at the beginning and end of pregnancy. In the case of pregnancy, there is a specific change in glomerular capillary endothelial cells (glomerular endotheliosis), which is an increase in capillary permeability which will affect the filtration process resulting in leakage and resulting proteinuria. According to Dr. Ralph Snyderman's study (1996) states that, it should be realized that prayer and Dhikr contain elements of effective psychotherapy.

**Methods :** This research is a retrospective study by looking at blood pressure levels and urine protein levels in 100 pregnant women in Ciawi Hospital from January to August 2018 criteria for this research are pregnant, checking blood pressure and urine protein levels without history hypertension, kidney disease before.

**Result :** Based on the results of the study, the results obtained were normal blood pressure levels in pregnant women as many as 10 people (10%) with the results of urine examination 3 people (3%) pregnant women with negative proteinuria, 5 people (5%) pregnant women experienced mild proteinuria or physiological proteinuria and 2 people (2%) pregnant women with moderate proteinuria. Whereas in high blood pressure divided into 2 groups, namely mild hypertension (<140 / 90mmHg) as many as 26 people (26%) and severe hypertension (> 140 / 90mmHg) as many as 48 people (48%). From the results of statistical tests using the Spearman-Rho test, the P value <0.05 is 0.01 and R value 0,33.

**Conclusion :** Blood pressure affects urine protein levels in pregnant women. The higher the blood pressure, the higher the level of urine protein in pregnant women. Based on the results of statistical tests using the Spearman-Rho test, the P value <0.05 is 0.01 and R value 0,33. This can ensure that there is a relationship between blood pressure and urine protein levels in pregnant women.

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**Keywords :** Hypertension, Urine Protein, Proteinuria, Preeclampsia