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HUBUNGAN DUKUNGAN SUAMI DENGAN KEJADIAN POSTPARTUM BLUES PADA IBU NIFAS DI WILAYAH KERJA PUSKESMAS WAPUNTO TAHUN 2023/2024

ABSTRAK

Pendahuluan: Dukungan merupakan dorongan dalam bentuk kenyamanan, kepedulian, penghargaan, maupun bantuan yang tersedia untuk individu dari seseorang atau kelompok lain. Dukungan dapat diperoleh dari sejumlah orang penting seperti suami, anak, orang tua, saudara atau kerabat dan teman akrab. Dukungan suami memiliki dimensi yaitu dukungan instrumental, dukungan emosional, dukungan penghargaan, dan dukungan informasi. Ibu postpartum memiliki resiko untuk perubahan gangguan mood atau suasana hati, yaitu postpartum blues. Diantara faktor-faktor penyebab postpartum blues yaitu dukungan suami yang kurang, penelitian ini bertujuan untuk mengetahui hubungan dukungan suami dengan terjadinya postpartum pada ibu.

Metode: Penelitian ini menggunakan deskriptif kuantitatif dengan pendekatan cross sectional. Besar sampel yang digunakan sebesar 52 ibu postpartum di Puskesmas Wapunto dengan menggunakan sampel *sampling jenuh*. Penelitian ini menggunakan lembar kuesioner dukungan suami dan EPDS. Analisis data menggunakan analisis univariat dan bivariate uji statistik *chi-square*.

Hasil: Hasil penelitian ditemukan angka yang mengalami postpartum blues sebanyak 31 responden 59.6%, distribusi frekuensi yang mendapat dukungan suami 32 responden 61.5%, dengan $p = 0,008$ ($p < 0,05$) dan ada hubungan dukungan suami terhadap kejadian postpartum blues di wilayah kerja Puskesmas Wapunto.

Kesimpulan: disimpulkan terdapat hubungan antara dukungan suami dengan terjadinya postpartum blues. Maka diperlukan dukungan suami yang lebih kepada istri melahirkan untuk mencegah gejala Postpartum Blues

Keyword : Dukungan Suami, Postpartum, Postpartum Blues

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THE RELATIONSHIP BETWEEN HUSBAND SUPPORT AND POSTPARTUM BLUES INCIDENCE IN POSTPARTUM WOMEN IN THE WAPUNTO PUSKESMAS WORK AREA, 2023/2024

ABSTRACT

Introduction: Support is encouragement in the form of comfort, care, appreciation, or assistance available to individuals from another person or group. Support can be obtained from a number of important people such as husbands, children, parents, relatives or close friends and relatives. Husband support has dimensions of instrumental support, emotional support, appreciation support, and information support. Postpartum mothers are at risk for changes in mood or mood disorders, namely postpartum blues. Among the factors that cause postpartum blues, namely lack of husband's support, this study aims to determine the relationship between husband's support and the occurrence of postpartum in the mother.

Method: This study uses a quantitative descriptive with a cross sectional approach. The sample size used was 52 postpartum mothers at the Wapunto Health Center using a saturated sampling sample. This study used a spousal support questionnaire sheet and EPDS. Data analysis used univariate and bivariate analysis of the chi-square statistical test.

Results: The results of the study found that the number of women who experienced postpartum blues was 31 respondents 59.6%, the frequency distribution that received husband support was 32 respondents 61.5%, with $p = 0.008$ ($p < 0.05$) and there was a relationship between husband's support and the incidence of postpartum blues in the working area of the Wapunto Health Center .

Conclusion: it can be concluded that there is a relationship between husband's support and the occurrence of postpartum blues. So more husband support is needed for wives giving birth to prevent symptoms of Postpartum Blues

Keyword : Husband Support, Postpartum, Postpartum Blues