

Universitas Ngudi Waluyo  
Program Studi Keperawatan  
Fakultas Keperawatan  
Skripsi, Agustus 2025  
Elis  
017241060

**GAMBARAN TINGKAT PENGETAHUAN IBU HAMIL TENTANG  
POSTPARTUM BLUES DI RSUD H JUSUF SK TARAKAN**

**ABSTRAK**

**Latar belakang:** *Postpartum blues* merupakan gangguan psikologis ringan yang sering terjadi pada ibu pascamelahirkan, ditandai dengan perasaan sedih, mudah menangis, cemas, dan mudah tersinggung. Meskipun bersifat sementara, kondisi ini dapat berkembang menjadi gangguan mental yang lebih berat jika tidak dikenali dan ditangani secara dini. Penelitian ini bertujuan untuk mengetahui gambaran tingkat pengetahuan ibu hamil mengenai *postpartum blues* di RSUD H. Jusuf SK Tarakan.

**Metode:** Penelitian ini menggunakan metode kuantitatif dengan desain deskriptif. Populasi dalam penelitian ini adalah 73 ibu hamil, yang semuanya dijadikan sampel menggunakan teknik total sampling. Pengumpulan data dilakukan menggunakan kuesioner pengetahuan tentang *postpartum blues*. Analisis data dilakukan secara univariat untuk mendeskripsikan karakteristik responden dan distribusi tingkat pengetahuan ibu hamil mengenai *postpartum blues*.

**Hasil:** Karakteristik responden menunjukkan bahwa sebagian besar berada pada usia >35 tahun sebanyak 33 responden (45,2%), diikuti usia 20–35 tahun sebanyak 32 responden (43,8%), dan usia <20 tahun sebanyak 8 responden (11,0%). Berdasarkan usia kehamilan, mayoritas berada pada trimester pertama sebanyak 28 responden (38,4%), diikuti trimester kedua sebanyak 27 responden (37,0%), dan trimester ketiga sebanyak 18 responden (24,7%). Berdasarkan paritas, responden terbanyak berada pada kehamilan kedua sebanyak 28 responden (38,4%), diikuti kehamilan pertama 26 responden (35,6%), dan kehamilan  $\geq 3$  sebanyak 19 responden (26,0%). Tingkat pengetahuan ibu hamil tentang *postpartum blues* tergolong sedang hingga rendah, dengan nilai median 10,0 dan nilai min-max 5-13. Hasil ini menunjukkan bahwa sebagian besar ibu hamil belum memiliki pemahaman yang cukup mengenai kondisi emosional pascamelahirkan.

**Kesimpulan:** Sebagian besar ibu hamil di RSUD H. Jusuf SK Tarakan memiliki tingkat pengetahuan rendah dengan skor median 10,0 mengenai *postpartum blues*.

**Kepustakaan:**

**Kata kunci:** *Pengetahuan, Ibu Hamil, Postpartum Blues, Kesehatan Mental*

**Ngudi Waluyo University**  
**Nursing Study Program**  
**Faculty of Nursing**  
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**Elis**  
**017241060**

**AN OVERVIEW OF PREGNANT WOMEN'S LEVEL OF KNOWLEDGE  
ABOUT POSTPARTUM BLUES AT RSUD H. JUSUF SK TARAKAN**

**ABSTRACT**

**Background:** Postpartum blues is a mild psychological disorder that frequently occurs in mothers after childbirth, characterized by feelings of sadness, tearfulness, anxiety, and irritability. Although temporary, this condition can develop into more severe mental disorders if not recognized and treated early. This study aims to determine the level of knowledge of pregnant women regarding postpartum blues at RSUD H. Jusuf SK Tarakan.

**Method:** This study used a quantitative method with a descriptive design. The population consisted of 73 pregnant women, all of whom were included as samples using total sampling technique. Data were collected using a knowledge questionnaire about postpartum blues. Data analysis was conducted univariately to describe the respondents' characteristics and the distribution of pregnant women's knowledge levels regarding postpartum blues.

**Results:** The characteristics of the respondents showed that the majority were over 35 years old, totaling 33 respondents (45.2%), followed by those aged 20–35 years with 32 respondents (43.8%), and under 20 years old with 8 respondents (11.0%). Based on gestational age, most were in the first trimester with 28 respondents (38.4%), followed by the second trimester with 27 respondents (37.0%), and the third trimester with 18 respondents (24.7%). In terms of parity, most respondents were in their second pregnancy with 28 respondents (38.4%), followed by first-time pregnancies with 26 respondents (35.6%), and third or more pregnancies with 19 respondents (26.0%). The knowledge level of pregnant women about postpartum blues was generally in the moderate to low category, with an average knowledge score of 10,0 and min-max 3-13. This indicates that most pregnant women do not have adequate understanding of postpartum emotional conditions.

**Conclusion:** Most pregnant women at RSUD H. Jusuf SK Tarakan have a low level of knowledge regarding postpartum blues, with an average knowledge score of 10,0.

**References:**

**Keywords:** *Knowledge, Pregnant Women, Postpartum Blues, Mental Health*