

ABSTRAK

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HUBUNGAN PARITAS DENGAN TERJADINYA DEPRESI PADA IBU HAMIL DI PUSKESMAS KRAPYAK KIDUL KOTA PEKALONGAN

Kehamilan adalah suatu proses dalam kehidupan seorang wanita yang dapat menimbulkan perubahan fisik dan psikologis yang beresiko menyebabkan gangguan kesehatan mental salah satunya depresi antenatal. Depresi antenatal selain kurang mendapat perhatian, juga datanya sulit ditemukan. Ibu hamil nullipara cenderung mengalami masalah kesehatan mental lebih tinggi karena menghadapi kehamilan dan persalinan pertama kali. Tujuan penelitian ini untuk mengetahui hubungan antara paritas dengan terjadinya depresi pada ibu hamil.

Penelitian ini merupakan penelitian kuantitatif menggunakan desain penelitian analitik observasional dengan pendekatan *cross sectional*. Populasi penelitian adalah seluruh ibu hamil Trimester I dan Trimester III di wilayah Puskesmas Krapyak Kidul Kota Pekalongan. Sample diambil dari total populasi yang berjumlah 67 responden. Pengumpulan data menggunakan kuesioner *EPDS*, serta dianalisis dengan uji *Chi – Square*.

Hasil dari penelitian ini didapatkan uji *Chi – Square* menunjukkan hasil $p\text{ value} = 0,000$ yang artinya terdapat hubungan yang signifikan antara paritas dengan kejadian depresi pada ibu hamil, dimana nullipara lebih beresiko mengalami depresi dibandingkan primipara / multipara.

Kata Kunci: Paritas, Depresi ibu hamil, Puskesmas Krapyak Kidul.

ABSTRACT

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THE RELATIONSHIP BETWEEN PARITY AND DEPRESSION IN PREGNANT WOMEN AT THE KRAPYAK KIDUL COMMUNITY HEALTH CENTER, PEKALONGAN CITY

Pregnancy is a process in a woman's life that can cause physical and psychological changes that can increase the risk of mental health disorders, one of which is antenatal depression. Antenatal depression is not only underrepresented but also difficult to find data on. Nulliparous pregnant women tend to experience higher levels of mental health problems due to their first pregnancy and childbirth. The purpose of this study was to determine the relationship between parity and depression in pregnant women.

This quantitative study used an observational analytical design with a cross-sectional approach. The study population was all pregnant women in their first and third trimesters at the Krapyak Kidul Community Health Center in Pekalongan City. The sample was drawn from a total population of 67 respondents. Data were collected using the EPDS questionnaire and analyzed using the Chi-Square test.

The Chi-Square test showed a p-value of 0.000, indicating a significant association between parity and depression in pregnant women, with nulliparous women being at higher risk of depression than primiparous/multiparous women.

Keywords: Parity, Depression in Pregnant Women, Krapyak Kidul Community Health Center.