

Efektifitas intervensi psikoedukasi terhadap pencegahan depresi postpartum di kabupaten Nias = Effectiveness of psycho-education intervention to prevention of postpartum depression in sub-province of Nias

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Abstrak

Latar belakang. Ibu-ibu postpartum sering mengalami depresi, sebagai akibat gangguan adaptasi psikologis pada periode postpartum, sehingga sangat diperlukan tindakan keperawatan dalam mencegah terjadinya depresi ini. Penelitian ini bertujuan untuk menilai efektifitas intervensi psikoedukasi yang diberikan kepada ibu-ibu postpartum terhadap pencegahan terjadinya depresi postpartum dan adanya pengaruh usia, paritas, pekerjaan, pendidikan dan dukungan keluarga terhadap efek intervensi dalam mencegah depresi postpartum. Desain penelitian ini adalah kuasi eksperimental dengan post test only design. Penelitian dilaksanakan di Rumah Sakit Umum Gunung Sitoli dan di lima Puskesmas di Kabupaten Nias. Sampel adalah ibu yang melahirkan normal, didampingi suami, ibu dan bayi dalam kondisi sehat tanpa komplikasi sebanyak 85 orang. Instrumen yang digunakan adalah kuesioner Edinburg Postpartum Depression Scale (EPDS) dan intervensi yang diberikan adalah psikoedukasi dengan media booklet.

Hasil kejadian depresi postpartum berhubungan dengan faktor pendidikan dan dukungan keluarga. Intervensi psikoedukasi efektif secara signifikan ($p=0,001$), Odds Ratio (OR) : 5,924 (95 % CI : 2,081-16,868) mencegah terjadinya depresi postpartum. Faktor dominan yang berpengaruh pada efektifitas intervensi psikoedukasi adalah dukungan keluarga dengan nilai $p < 0,001$, OR : 80 (95 % CI : 6,069 - 1054,570).

Simpulan. Intervensi psikoedukasi efektif secara bermakna mencegah terjadinya depresi postpartum setelah dikontrol oleh faktor dukungan keluarga.

Rekomendasi : Psikoedukasi perlu diimplementasikan disemua tatanan pelayanan keperawatan matemitas dengan memberikan booklet sebagai media. Perlu juga dikembangkan program suami siaga dan keluarga siaga dalam memberi dukungan bagi ibu selama periode postpartum.

Background : Postpartum mothers have experienced many postpartum depression frequently, as a result of psychological adaptation disturbances at postpartum period, therefore nursing care for postpartum mothers in preventing depression is needed. This research purposes to prove the effectiveness of psycho-education intervention effect which is given to postpartum mothers in preventing the existence of postpartum depression and effect of age, parity, occupation, education and family support to affect an intervention in preventing a postpartum depression. This research used a quasi experimental with post test only design. Research was implemented at public hospital of Gunung Sitoli and five community health centers in Sub-Province of Nias and used 85 mothers with normal childbirth as samples, they were accompanied by their husband, condition of mothers and their babies were healthy without complication. This research used an Edinburgh Postpartum Depression Scale questionnaire as instrument and psycho-

education intervention was given with a booklet as media.

Result: The incident postpartum depression related to education and family support. This research showed that psycho-education intervention was effective significantly ($p= 0,001$), Odds Ratio (OR): 5,924 (95 % CI : 2,081-16,868) to preventing a postpartum depression occurrence. The most dominant variable on effectiveness of psycho-education intervention is family support variable with p-value is $p = 0,001$, OR : 80 (95 % CI : 6,069 - 1054,570).

Conclusion: Psycho-education intervention is very effective for preventing a postpartum depression occurrence after controlled by family support factor.

Recommendation: Psycho-education is important to implement in maternity services and use a booklet as media. It is also important to develop an alert husband and family program in supporting mother during postpartum period.