

## Gambaran Stres Pada Ibu Primipara Postpartum di RSUD Cibinong, Bogor = Descriptive Study Stress of Postpartum Primiparous Mothers in Cibinong Public Hospital, Bogor

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### Abstrak

Stres postpartum sering terjadi pada ibu primipara, dimana ibu mulai berusaha untuk memenuhi kebutuhan anaknya sendiri tanpa bantuan orang lain. Penelitian ini merupakan penelitian deskriptif yang bertujuan untuk mengetahui respon stres ibu primipara postpartum. Sampel penelitian ini menggunakan teknik total sampling yang memenuhi kriteria inklusi sebanyak 64 responden dalam satu bulan. Hasil penelitian dianalisis menggunakan analisis univariat. Hasil penelitian didapatkan bahwa ibu primipara postpartum mengalami stres positif. Peran serta perawat untuk membantu ibu primipara dalam beradaptasi terhadap peran baru menjadi ibu perlu dilakukan untuk mengurangi stres ibu primipara postpartum.

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Postpartum stress happens largely among primiparous mothers. Mothers begin to provide their own children needs without help from others. The aim of this study is to determine the stress response of postpartum primiparous mothers. This study design is descriptive. Total sampling that met the inclusion criteria is used to collect data. There are 64 respondents of study sample in a month. The results were analyzed by using univariate analysis. The results showed that postpartum primiparous mothers were having positive stress. The role of the nurse is to assist primiparous mothers in adapting to the new role of being a mother. It needs to be done for decreasing the stress of postpartum primiparous mothers.