

Pengaruh terapi thought stopping dan terapi suportif terhadap postpartum blues dan ansietas ibu postpartum dengan bayi prematur diruang Perina-NICU = The influence of thought stopping therapy and supportive therapy against postpartum blues and anxiety postpartum mothers with premature infants at perinatology NICU / Sri Laela

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Abstrak

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Ibu postpartum dengan bayi prematur beresiko mengalami postpartum blues dan ansietas, hal ini disebabkan karena banyaknya permasalahan yang dihadapi oleh ibu postpartum dengan bayi prematur. Tujuan penelitian ini mengidentifikasi pengaruh terapi thought stopping dan terapi suportif terhadap postpartum blues dan ansietas ibu postpartum dengan bayi prematur. Metode penelitian yang digunakan quasi-experiment with control group pretest-post test design dengan metode consecutive sampling. Sampel dalam penelitian ini adalah ibu postpartum dengan bayi prematur yang dirawat diruang Perina ? Nicu sebanyak 62 responden. Hasil penelitian menunjukkan ada penurunan postpartum blues dan ansietas secara bermakna (p-value= 0,000) pada kelompok yang mendapat tindakan keperawatan Ners, terapi thought stopping dan terapi suportif, dan lebih besar penurunan secara bermakna dibandingkan dengan kelompok yang hanya mendapat tindakan keperawatan Ners.. Terapi thought stopping dan terapi suportif mampu menurunkan postpartum blues dan ansietas ibu postpartum dengan bayi prematur

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**ABSTRACT**

Postpartum mothers with premature infants at risk for postpartum blues and anxiety, it is due to the many problems faced by postpartum mothers with premature infants. The purpose of this study identified the influence of thought stopping therapy and supportive therapy against postpartum blues and anxiety postpartum mothers with premature infants. The method used a quasiexperimental control group pretest-posttest design with consecutive sampling method. The sample in this study is postpartum mothers with premature infants who were treated in the Perinatology - Nicu were 62 respondents. The results showed differences in postpartum blues and anxiety levels postpartum mothers with premature infants significant (p-value = 0.000) between the groups thought stopping therapy and supportive therapy with groups that receive Ners nursing actions. Thought stopping therapy and supportive therapy can lower postpartum blues and anxiety levels for postpartum mothers with premature infants