

## Faktor-faktor risiko yang berhubungan dengan depresi antenatal di Puskesmas Kecamatan Matraman = Risk factors of antenatal depression in Puskesmas Kecamatan Matraman

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### Abstrak

**Pendahuluan:** Depresi antenatal dialami oleh satu dari lima ibu hamil dan hal ini memengaruhi kesehatan ibu serta bayinya. Gejala depresi antenatal sulit dikenali karena tumpang tindih dengan perubahan fisik dan psikologis saat hamil. Depresi antenatal juga dihubungkan dengan beragam faktor risiko. Penelitian ini bertujuan untuk mengetahui permasalahan depresi antenatal dan faktor risikonya di layanan kesehatan primer daerah urban.

**Metode:** Studi potong lintang dengan metode pengambilan sampel secara konsekutif yang melibatkan ibu hamil di Poli Kesehatan Ibu Anak Puskesmas Kecamatan Matraman selama April-Agustus 2016. Responden mengisi kuesioner self-report berupa Kuesioner Data Umum untuk mendapat profil demografi, Lembar Pengenalan Gejala Depresi titik potong ge;5 untuk melihat gejala depresi pada ibu hamil, Kuesioner Dukungan Sosial titik potong ge;13 untuk melihat adanya dukungan sosial bagi ibu hamil, Kuesioner Kesesuaian Hubungan Suami Istri titik potong ge;16 untuk kesesuaian dalam pernikahan, serta derajat stres menggunakan Kuesioner Holmes-Rahe 300 stres berat. Data yang didapat diolah menggunakan analisis bivariat Chi-square dan analisis multivariat menggunakan regresi logistik.

**Hasil:** 107 ibu hamil berpartisipasi dalam penelitian ini. 15 ibu hamil n=16 menunjukkan gejala depresi antenatal. Model faktor risiko untuk depresi antenatal adalah aktivitas yang menghasilkan uang, jumlah kehamilan, riwayat lahir hidup, usia kehamilan, dukungan sosial, serta stres yang dialami ibu hamil  $Prob > chi^2 = 0.0021$ .

**Pembahasan:** Depresi antenatal relatif banyak ditemukan di layanan primer area urban sehingga perlu menjadi perhatian khusus. Depresi antenatal berhubungan dengan faktor biologis dan psikososial terutama dukungan sosial dan stres saat hamil.

.....**Introduction:** One of five pregnant mothers experienced antenatal depression and this could affect both mother's and baby's health outcome. Identification of antenatal depression is uneasy due to its similarities with physiological and psychological changes during pregnancy period. Also, antenatal depression is related with various risk factors. This study will describe antenatal depression and its associated risk factors among urban primary health care practice.

**Method:** A cross sectional study with consecutive sampling method of pregnant mothers who utilized maternal health services in Matraman Primary Health Care during April August 2016. They were asked to fill in self report questionnaires. Demographical characteristics were collected using patient's identity form, antenatal depression was determined using self report questionnaire Lembar Pengenalan Gejala Depresi LPGD with cut off ge 5 for presence of depression, social support using Kuesioner Dukungan Sosial KDS with cut off ge 13, relationship situation with husband using Kuesioner Kesesuaian Hubungan Suami Istri KHSI with cut off score ge 16, and level of stress experienced in the past years using Holmes Rahe questionnaire 300 severe stress. Data collected was analyzed using chi square and further with logistic regression.

Result: 107 pregnant mothers joined this study. Fifteen percent n 16 of them were found to have depressive symptoms. Risk factors model for antenatal depression is generating income activities, number of pregnancies, history of livebirth, gestational age, social support, and stress during pregnancy Prob chi2 0.0021.

Discussion: Antenatal depression found to be common in urban primary health care practice. Antenatal depression is related with biological and psychosocial factors, mainly social support and stress during pregnancy.