

# Pengembangan dan Evaluasi Skala Maternal Blues Model Suryani Melalui Bonding Attachment Masa Antepartum Postpartum Dalam Memprediksi Postpartum Blues = Development And Evaluation Of Maternal Blues Scale Suryani Models Through Bonding Attachment Of Antepartum Postpartum Period In Predicting Postpartum Blues

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## Abstrak

Latar Belakang, Tingginya kejadian depresi yang dialami ibu dilaporkan oleh WHO (2018) 15,6% pada masa hamil, 19,8% pada <i>postpartum</i>. </i>Hal ini akan mempengaruhi emosional dan <i>mood</i> </i>ibu dalam berinteraksi dengan bayi dan resiko mencederai dirinya.

Tujuan penelitian, mengembangkan dan mengevaluasi skala <i>maternal blues</i> </i>model Suryani (MBS) periode <i>antepartum</i>, <i>postpartum</i> </i>melalui <i>bonding attachment</i> </i>dalam memprediksi <i>postpartum blues</i> </i>.

Metode penelitian, desain penelitian adalah <i>research and development</i> </i>dengan proses tiga tahap. Tahap pertama mengidentifikasi item pernyataan dengan studi kualitatif terhadap 18 partisipan ibu <i>antepartum</i> </i>dan <i>postpartum</i> </i>. Tahap dua validasi skala MBS terhadap ibu <i>antepartum</i> </i>sebanyak 450 responden, <i>postpartum</i> </i>501 responden. Tahap tiga penerapan skala MBS pada 60 ibu <i>antepartum</i> </i>dan <i>postpartum</i> </i>. <i>Draft</i> </i>skala MBS diuji validasinya terhadap skala <i>maternity blues</i> </i>Kennerley. Pengumpulan data menggunakan Puskesmas Jakarta Selatan. Analisis data kualitatif dengan konten analisis, analisis faktor, uji korelasi, uji diagnostik dan uji <i>general linear model</i> </i>(GLM).

Hasil penelitian, <b>skala MBS</b> <i>antepartum</i> </i>dihasilkan 24 item pernyataan terdiri dari delapan faktor internal (menggambarkan resiko <i>postpartum blues</i> </i>), 16 faktor eksternal (menggambarkan sumber pendukung). Skala MBS periode <i>postpartum</i> </i>ada 32 item yang terdiri dari 24 faktor internal dan delapan faktor eksternal. Tahap uji coba terhadap ibu <i>antepartum</i> </i>sejak 35 minggu sampai <i>postpartum</i> </i>diperoleh bahwa skala MBS dapat memprediksi resiko <i>postpartum blues</i> </i>(RR faktor internal .85, RR faktor eksternal .25).

Kesimpulan, skala MBS periode <i>antepartum</i> </i>dan <i>postpartum</i> </i>dapat memprediksi kejadian <i>postpartum blues</i> </i>. </i>Skala direkomendasikan untuk digunakan oleh perawat/bidan dalam pengkajian <i>antepartum</i> </i>dan <i>postpartum</i> </i>sehingga resiko <i>postpartum blues</i> </i>dapat dicegah sejak dini.

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Background, Increasing the evident of mentally deprivation among women were reported by WHO (2018) that 15.6% happened since pregnancy and 19.8% happened after delivered their baby. This will in turn affect the emotional and mood of women when interacting with baby and danger the life of the baby and themselves.

The purpose of research, development and evaluation of maternal blues scale model of the Suryani (MBS) in the period antepartum, postpartum through bonding attachment in predicting postpartum blues<b>.</b>

Methods, The research design is research and development with a three-stage process. The first stage

identified statement items with qualitative studies of 18 antepartum and postpartum maternal participants. The second stage is MBS scale validation that participant by 450 pregnant women and 501 postpartum women. The draft of MBS scale has been tested of its validation toward the excity scale by Kennerley's. Phase three applies the MBS scale for 60 antepartum and postpartum mothers that observed pregnant women from 35 weeks until they delivered their babies. This study conducted at in the South Jakarta community Health Center in 2017Year. Data analysis used thematic content analysis, factor analysis, correlation tests, diagnostic tests and GLM

Results of the study, antepartum MBS scale, produced 24 items statement consists of eight internal factors (describing the risk of postpartum blues) and 16 external factors (describing sources of support). Postpartum MBS scale, produced 32 items statement consists of 24 internal factors and eight external factors.. Both scales produced NFI > .80 and goodness of fit > .5. That showed good validity and reliability. The third phase showed that the scale of MBS can predict the risk of postpartum blues.

Conclusions, MBS antepartum and postpartum scale period can predict the incidence of postpartum blues. Scale is recommended to be use by nurses / midwives in antepartum and postpartum assessment.