

# Hubungan Metode Persalinan secara Caesar dengan Depresi Pasca Persalinan di RSUP Nasional Dr. Cipto Mangunkusumo menggunakan Edinburgh Postnatal Depression Scale (EPDS) = Relationship between Caesarean Section and Postpartum Depression in Cipto Mangunkusumo General Hospital using Edinburgh Postnatal Depression Scale (EPDS)

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## Abstrak

Latar belakang: Depresi pasca persalinan merupakan komplikasi neuropsikiatrik yang paling sering terjadi pada ibu pasca bersalin. Depresi pasca persalinan memiliki insidensi 10-15% di dunia dan prevalensi 2,32% sampai 22,35% di Indonesia. Depresi pasca persalinan seringkali luput didiagnosis sehingga ibu dengan depresi beserta bayinya tidak mendapatkan tata laksana yang sesuai. Depresi pasca persalinan dipengaruhi oleh banyak faktor dimana salah satunya adalah operasi Caesar.

Tujuan: Penelitian ini bertujuan untuk mengidentifikasi hubungan depresi pasca persalinan dengan operasi Caesar.

Metode: Penelitian ini menggunakan desain studi potong lintang (cross-sectional). Pengambilan sampel dilakukan secara consecutive sampling melalui kuesioner Edinburgh Postnatal Depression Scale (EPDS) dan pengolahan data dilakukan menggunakan SPSS versi 20. Uji analisis menggunakan uji Chi Square dan Fisher's exact test.

Hasil dan simpulan: Secara statistik, hubungan depresi pasca persalinan dengan metode persalinan secara Caesar tidak signifikan (OR=1,575; IK 95%=0,484- 5,123; p=0,448). Faktor lain yang diteliti (usia, status pekerjaan, status pendidikan) juga secara statistik tidak signifikan (p>0,05).

.....Background: Postpartum depression is the most prominent neuropsychiatric complication in postpartum mothers. The incidence of postpartum depression is 10-15% around the world, meanwhile the prevalence in Indonesia is 2,32% to 22,35%. Postpartum depression diagnosis is usually missed which causes inadequate treatment for mothers and their baby. Postpartum depression is influenced by many factors, one of which is Caesarian section.

Goal: This study aims to identify the relationship between postpartum depression and Caesarian section.

Method: This study uses cross-sectional study design. Sample is obtained by consecutive sampling using Edinburgh Postnatal Depression Scale (EPDS) questionnaire and the data is processes through SPSS version 20. Statistical analysis test used in this study are Chi Square test and Fisher's exact test.

Result and conclusion: Statistically, the relationship between postpartum depression and Caesarian section is not significant (OR=1,575; IK 95%=0,484- 5,123; p=0,448). Other factors that were included in this study (age, employment status, and education) are also statistically not significant (p>0,05).