

## Analisis hubungan antara karakteristik ibu, kondisi bayi baru lahir, dukungan sosial dan kepuasan perkawinan dengan depresi postpartum di RSAB Harapan Rita Jakarta, Agustus 2002

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### Abstrak

Fenomena depresi postpartum merupakan masalah kesehatan wanita dan cenderung terus meningkat. Di Amerika Serikat tahun 1960 prevalensi depresi postpartum tercatat hanya 3% - 6% kemudian meningkat menjadi 20% tahun 1980 dan tahun 1990 sekitar 26%. Penelitian Wratsangka (1996) di RS Hasan Sadikin Bandung mencatat 33% ibu postpartum mengalami depresi postpartum. Depresi postpartum dapat menimbulkan akibat negatif baik bagi ibu, pasangan maupun anaknya. Bila tidak segera diatasi depresi postpartum dapat mengakibatkan depresi berat, masalah perkawinan, bahkan bunuh diri. Tujuan penelitian ini adalah teridentifikasinya hubungan antara karakteristik ibu, kondisi bayi baru lahir, dukungan sosial dan kepuasan perkawinan dengan depresi postpartum.

Desain penelitian adalah deskriptif analitik bersifat cross-sectional. Pengumpulan data menggunakan kuesioner, jumlah data sampel dalam penelitian 128. Uji statistik menggunakan Chi-kuadrat dengan  $\alpha$  0,05. Hasil penelitian melaporkan karakteristik ibu yang berhubungan dengan depresi postpartum adalah jenis persalinan ( $p=0,028$ , OR 2,813), sedang variabel umur, pendidikan, pekerjaan, status ekonomi, metoda pemberian susu, komplikasi kehamilan, komplikasi persalinan, dan komplikasi postpartum tidak terbukti berhubungan secara bermakna. Kondisi bayi baru lahir meliputi berat lahir, nilai Apgar menit pertama, nilai Apgar menit ketima, dan gestasi tidak berhubungan secara signifikan dengan depresi postpartum. Dukungan sosial berhubungan secara signifikan dengan depresi postpartum ( $p,0001$ ), kepuasan perkawinan berhubungan secara bermakna dengan depresi postpartum ( $p=0,0001$ , OR=5,85). Faktor yang paling dominan terhadap depresi postpartum adalah kepuasan perkawinan ( $p= 0,001$ , Wald=10,543, OR=5,849).

Disarankan agar pihak rumah sakit menyelenggarakan, konseling perkawinan bagi calon pengantin dan pasangan baru, meningkatkan promosi edukasi antenatal, melakukan penyegaran edukasi antenatal, memberikan bimbingan antisipatif pada klien dan pasangan selama periode antenatal di poliklinik.

Bibliografi 65 (1982-2000)

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The Relationship Analysis Between Mother Characteristics, Newborn, Social Support and Marital Satisfaction with Postpartum Depression in RSAB Harapan Kita Jakarta, August 2002  
Postpartum depression phenomenon was a women health problem and indicate an increased. In United State at 1960's postpartum depression prevalence about 3% to 6%, and then increased to 20% at 1980's, and 26% at 1990. Wratsangka studied in Hasan Sadikia Hospital found 33% mother experience postpartum depression. Postpartum depression was a negative effect upon mother, spouse and her child. Long time effect to postpartum depression is severe depression, marital problem or suicide if not cope immediately. The purpose of this study was to investigate relationship between mother characteristics, newborn, social support

and marital satisfaction with postpartum depression.

Research design used analytic descriptive with cross-sectional. Data were collected through questionnaire, and sample size study was 128. Statistics test with Kai-kuadrat in level  $\alpha$  0,05\_ The result of this study found type of childbirth associated with postpartum depression ( $p=0,028$ , ORr 2,813), and the other variable not associated, include age, education level, economic status, job, breast method, pregnant complication, labor complication. and postpartum complication. No relationship between newborn and postpartum depression, include weigh, first minute Apgar, fifth minute Apgar and gestation, there were relationship between social support and postpartum depression ( $p\},0001$ ), marital satisfaction and postpartum depression ( $p=0,4401$ , OR=5,85). Dominant factor to postpartum depression was marital satisfaction ( $p=0,401$ , OR=5,849).

Recommendation for Hospital to prepared marital counseling, induce antenatal education promoted, nursing staff skills in quality nursing care, mother-spouse anticipated guidance prenatal period. Educational institution than more give information that result studied to students, paper, module or publish postpartum depression nursing care book, and for future study use case control or cohort design.

Bibliography 65 (1982-2000)