

Hubungan Dukungan Sosial yang Dipersepsikan Ibu dengan Risiko Depresi Pasca Persalinan pada Ibu Primipara di Provinsi DKI Jakarta = The Relationship between Social Support Perceived by Mothers with Risk of Postpartum Depression on Primiparous Mothers in DKI Jakarta Province

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Abstrak

Dukungan sosial yang dipersepsikan ibu dan paritas merupakan salah satu faktor yang dapat menyebabkan depresi pasca persalinan pada perempuan pasca melahirkan. Oleh karena itu penelitian ini bertujuan mengidentifikasi hubungan antara dukungan sosial yang dipersepsikan oleh ibu dengan risiko depresi pasca persalinan khususnya pada ibu primipara di provinsi DKI Jakarta. Penelitian ini menggunakan desain cross-sectional dengan metode consecutive sampling untuk mengambil 111 sampel ibu primipara. Kuesioner yang digunakan terdiri dari karakteristik responden dan versi bahasa Indonesia dari Edinburgh Postpartum Depression Scale (EPDS) serta Multidimensional Scale of Perceived Social Support (MSPSS). Berdasarkan data hasil penelitian diketahui sebanyak 67.6% ibu primipara di DKI Jakarta mempersepsikan dukungan sosial yang tinggi (dari keluarga 90,1%; suami 88,2%; dan peer/teman 46,8%) dan sebanyak 34.2% ibu primipara cenderung mengalami depresi pasca persalinan di DKI Jakarta. Hasil uji bivariat menggunakan uji Chi Square ditemukan adanya hubungan yang signifikan antara dukungan sosial yang dipersepsikan ibu dengan risiko depresi pasca persalinan pada ibu primipara (nilai $p = 0,001$; $< 0,05$). Berdasarkan hasil penelitian, direkomendasikan kepada perawat, suami, dan/atau keluarga untuk selalu memberikan dukungan sosial kepada ibu pasca kelahiran bayi.

.....Social support perceived by the mother and parity is one of the factors that can cause postpartum depression in postpartum women. Therefore this study aims to identify the relationship between social support perceived by the mother and the risk of postpartum depression, especially among primiparous mothers in the province of DKI Jakarta. This study used a cross-sectional design with consecutive sampling methods to take 111 samples of primiparous women. The questionnaire used consisted of the characteristics of the respondents and the Indonesian version of the Edinburgh Postpartum Depression Scale (EPDS) and the Multidimensional Scale of Perceived Social Support (MSPSS). Based on research data, it is known that 67.6% of primiparous mothers in DKI Jakarta perceive high social support (90.1% from family; 88.2% of husbands; and 46.8% of peers/friends) and as many as 34.2% of primiparous mothers tend to experience depression postpartum in DKI Jakarta. The results of the bivariate test using the Chi Square test found a significant relationship between social support perceived by the mother and the risk of postpartum depression in primiparous women (p value = 0.001; < 0.05). Based on the research results, it is recommended that nurses, husbands, and/or families always provide social support to mothers after the birth of a baby.