

Hubungan Efikasi Diri Menyusui dengan Kecenderungan Depresi Postpartum = The Relationship Between Breastfeeding Self-Efficacy and Postpartum Depression Tendency

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Abstrak

Pasca melahirkan, ibu berisiko mengalami stres dan kecemasan, yang dapat berkembang menjadi depresi postpartum. Depresi postpartum, yang mengganggu kesejahteraan ibu dan bayi, dipengaruhi oleh berbagai faktor, termasuk efikasi diri menyusui. Penelitian ini bertujuan untuk mengidentifikasi hubungan antara efikasi diri menyusui dan kecenderungan depresi postpartum. Penelitian menggunakan desain cross-sectional dengan melibatkan 112 responden di Kota Depok. Data diperoleh melalui kuesioner Breastfeeding Self-Efficacy – Short Form dan Edinburgh Postpartum Depression Scale. Hasil menunjukkan 41% responden memiliki efikasi diri menyusui rendah, dan 45,5% mengalami kecenderungan depresi. Uji Chi-Square menunjukkan hubungan signifikan ($p = 0.007$, $p < 0.05$), dengan odds ratio 2,908. Temuan ini menunjukkan ibu dengan efikasi diri rendah berisiko 2,9 kali lebih besar mengalami kecenderungan depresi postpartum. Penelitian ini merekomendasikan intervensi untuk meningkatkan efikasi diri menyusui guna mengurangi risiko depresi postpartum.

.....Postpartum mothers are at risk of experiencing stress and anxiety, which may develop into postpartum depression. Postpartum depression, which negatively affects the well-being of both mother and baby, is influenced by various factors, including breastfeeding self-efficacy. This study aimed to identify the relationship between breastfeeding self-efficacy and the tendency toward postpartum depression. A cross-sectional design was employed, involving 112 respondents in Depok City. Data were collected using the Breastfeeding Self-Efficacy – Short Form and the Edinburgh Postpartum Depression Scale questionnaires. The results indicated that 41% of respondents had low breastfeeding self-efficacy, and 45.5% were prone to postpartum depression. The Chi-Square test showed a significant association between breastfeeding self-efficacy and postpartum depression ($p = 0.007$, $p < 0.05$), with an odds ratio of 2.908. These findings suggest that mothers with low breastfeeding self-efficacy are 2.9 times more likely to develop a tendency toward postpartum depression. This study recommends interventions to enhance breastfeeding self-efficacy to reduce the risk of postpartum depression.