

Abstrak

**UNIVERSITAS MUHAMMADIYAH JEMBER
FAKULTAS ILMU KESEHATAN
PROGRAM STUDI S1 KEPERAWATAN**

Skripsi, Juli 2021
Yudhita Hardianti

Hubungan Kejadian *Post partum blues* Dengan Interaksi Ibu Bayi Pada Ibu *Post Partum Primipara* Di Wilayah Kerja Puskesmas Nangkaan Bondowoso

xvii + 74 hal + 1 bagan + 10 tabel + 10 lampiran

Abstrak

Pendahuluan: Periode masa nifas menjadikan krisis maturasi yang dapat menyebabkan ketidakseimbangan psikologis yang mungkin disebabkan oleh situasi atau tahap perkembangan karena terjadi perubahan status dan peran. *Post partum blues* adalah salah satu bentuk gangguan perasaan akibat peyesuaian terhadap kelahiran bayi, yang muncul pada hari pertama sampai hari ke empat belas setelah proses persalinan, dengan gejala memuncak pada hari ke lima. **Metode:** Desain korelasi yang digunakan adalah pendekatan *Cross Sectional* dengan Variabel penelitian adalah ibu *post partum primipara* di wilayah kerja puskesmas nangkaan sebanyak 60 responden yang di ambil menggunakan teknik *non probability* sampling yaitu consecutive sampling. Penelitian ini di laksanakan pada Mei 2021, Intrumen penelitian yang di gunakan adalah kuesioner, teknik pengolahan data pada penelitian ini menggunakan uji *chi square* P value $0.000 < 0.05$ dengan tabel 2×2 . Hasil penelitian di analisis dengan analisis bivariat dan univariat. **Hasil:** Berdasarkan analisis data, sebanyak 34 (56,7%) mengalami kejadian post partum blues, 26 (43,3%) tidak mengalami kejadian post partum blues, 41 (68%) mengalami interaksi ibu bayi kurang optimal, 19 (31,7%) memiliki inteaksi ibu bayi yang optimal. Hasil uji statistik hubungan kejadian *post partum blues* dengan interaksi ibu bayi pada ibu *post partum primipara* menggunakan *chi square* dengan $\alpha = 0,05$ didapatkan p value = 0,000 yang artinya H1 dan H2 diterima. **Kesimpulan:** penelitian ini menjelaskan bahwa ada hubungan kejadian *post partum blues* dengan interaksi ibu bayi pada ibu *post partum primipara* di Wilayah Kerja Puskesmas Nangkaan Bondowoso.

Kata Kunci : *post partum primipara*, *post partum blues*, interaksi ibu bayi
Daftar pustaka 50 (2010-2020)

ABSTRACT

Abstract

UNIVERSITY OF MUHAMMADIYAH JEMBER
STUDY PROGRAM S1 NURSING
FACULTY OF HEALTH SCIENCES

Thesis, July 2021
Yudhita Hardianti

The Relationship Between The Incidence Of Postpartum Blues And The Interaction Of The Baby's Mother On The Mother Postpartum Primipara In The Working Area Of The Public Health Center Nangkaan Bondowoso.
xvii + 74 pages + 1 chart + 10 table + 10 attachments

abstract

background: The postpartum phase is a period of maturation that can result in psychological imbalances as a result of events or stages of development as a result of changes in status and roles. Postpartum blues is a type of emotional disorder caused by the adjustment to the birth of a baby that can emerge anywhere from the first to the fourteenth day after the delivery, with symptoms peaking on the fifth day. **Methods:** The correlation design used was a cross sectional approach with the research variable being primiparous post partum mothers in the working area of the Nangkaan Health Center as many as 60 respondents who were taken using non-probability sampling consecutif sampling techniques. This research was carried out in May 2021, the research instrument used was a questionnaire, the data processing technique in this study used the chi square test P value $0.000 < 0.05$ with a 2x2 table. The results of the study were analyzed using bivariate and univariate analysis. **Results:** According to the statistics, 34 (56,7 percent) of women had postpartum blues, 26 (43,3 percent) did not have postpartum blues, 41 (68,3 percent) had less than ideal mother-baby relations, and 19 (31,7 percent) had maternal interactions. the ideal child the findings of a statistical test of the association between postpartum blues and the baby's mother's interaction on primiparous women. Using chi square with $\alpha = 0.05$ on primiparous postpartum mothers, a p value of $= 0.000$ was found, indicating that H_1 and H_2 are accepted. **Conclusion:** In the Nangkaan Bondowoso Public Health Center Work Area, there is a link between the occurrence of postpartum blues and the interaction of mother and baby on primiparous postpartum mothers.

Keywords: primipara post partum, post partum blues, mother-infant interaction
Bibliography 50 (2010-2020)