

Abstrak

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Hubungan Kesiapan Menjadi Orang Tua Dengan Deteksi *Postpartum Blues* Pada Ibu *Postpartum* Di Wilayah Kerja Puskesmas Silo Kabupaten Jember

xv + 107 hal + 4 bagan + 23 tabel + 22 lampiran

Abstrak

Kesiapan menjadi orang tua yang kurang optimal dapat berdampak pada gangguan psikologis ibu sehingga menyebabkan ibu mudah terdeteksi *postpartum blues*. Studi ini bertujuan untuk menganalisis hubungan kesiapan menjadi orang tua dengan deteksi *postpartum blues* pada ibu *postpartum*. **Metode:** Desain penelitian ini menggunakan korelasional dengan pendekatan *cross sectional*. Populasinya adalah ibu *postpartum* di wilayah kerja puskesmas Silo Jember sebanyak 72 responden. Penentuan sampel menggunakan kriteria inklusi dan eksklusi yaitu ibu *postpartum* hari ke 10 sampai hari ke 14 dan didapatkan sejumlah 61 responden. Teknik sampling menggunakan *purposive sampling*. Pengumpulan data menggunakan kuesioner *Edinburgh Postnatal Depression Scale* (EPDS). Analisis data menggunakan *spearman rho* dengan ketentuan ($\alpha \leq 0,05$). **Hasil:** Penelitian ini menunjukkan ada hubungan yang signifikan antara kesiapan menjadi orang tua dengan deteksi *postpartum blues* ($p= 0,000$; $r= 0,464$). Arah hubungan positif dengan kekuatan cukup artinya semakin kurang optimal kesiapan menjadi orang tua maka semakin ibu berisiko terdeteksi *postpartum blues*. **Kesimpulan:** Ibu *postpartum* yang tidak bisa beradaptasi dengan peran barunya berisiko mudah terdeteksi *postpartum blues*. **Rekomendasi:** Oleh karena itu perlu diadakannya *prenatal class* untuk meningkatkan kesiapan menjadi orang tua dan mengurangi deteksi *postpartum blues*.

Kata Kunci: Deteksi, *Postpartum Blues*, Peran Orang Tua

Abstract

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The Relationship between Readiness to Become Parents and Detection of Postpartum Blues in Postpartum Mothers in the Working Area of the Silo Public Health Center Jember Regency

xv + 107 pages + 4 charts + 23 tables + 21 attachments

Abstract

*Readiness to become parents which is suboptimal can have an impact on psychological disorders of the mother so that she will be easily detected postpartum blues. The aim of this study is that to analyze the relationship between readiness to become parents and the detection of postpartum blues in postpartum mothers. **Method:** The design which was used in this study was a correlational cross-sectional approach. The population was postpartum mothers in the working area of the Silo Jember Public Health Center as many as 72 respondents. Determination of the sample used inclusion and exclusion criteria postpartum mothers from day 10 to day 14 and it was obtained a number of 61 respondents. Moreover, the sampling technique used purposive sampling. Data collection used the Edinburgh Postnatal Depression Scale (EPDS) questionnaire. In addition, data analysis used spearman rho with conditions ($\alpha \leq 0.05$). **Results:** This study shows that there is a significant relationship between readiness to become parents and the detection of postpartum blues ($p= 0.000$; $r= 0.464$). Furthermore, the direction of a positive relationship with sufficient strength means that the suboptimal readiness to become parents so that more mothers are at risk of detecting postpartum blues. **Conclusion:** Postpartum mothers who cannot adapt to their new roles are at risk of detecting postpartum blues easily. **Recommendation:** Thus, it is expected to hold prenatal classes in order to increase readiness to become parents and reduce the detection of postpartum blues.*

Keywords: *Detection, Postpartum Blues, Role of Parents*