

**PENGARUH SELF EFFICACY TERHADAP POSTPARTUM DEPRESSION
PADA IBU PASCA MELAHIRKAN DI TEMPUREJO**

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INTISARI

Postpartum depression (PPD) merupakan gangguan psikologis yang dapat dialami ibu setelah melahirkan, ditandai dengan kesedihan mendalam, kecemasan, kelelahan, serta gangguan tidur. Salah satu faktor internal yang diduga berkaitan dengan kondisi tersebut adalah *self-efficacy*, yaitu keyakinan individu terhadap kemampuan dirinya dalam menjalankan peran sebagai ibu. Penelitian ini bertujuan untuk mengetahui dan menganalisis pengaruh *self-efficacy* terhadap *postpartum depression* pada ibu di Kecamatan Tempurejo. Penelitian ini menggunakan pendekatan kuantitatif korelasional dengan melibatkan 95 ibu pasca melahirkan sebagai sampel, yang dipilih menggunakan teknik *incidental sampling*. Pengumpulan data dilakukan menggunakan *Edinburgh Postnatal Depression Scale* (EPDS) (10 item, $\alpha=0,559$) untuk mengukur *postpartum depression*, serta skala *self-efficacy* (23 item, $\alpha=0,890$) yang disusun berdasarkan aspek *generality*, *magnitude*, dan *strength*. Data dianalisis menggunakan teknik regresi linier sederhana. Hasil penelitian menunjukkan bahwa *self-efficacy* tidak berpengaruh signifikan terhadap *postpartum depression* pada ibu di Kecamatan Tempurejo ($F = 2,68$; $p = 0,105 > 0,05$), meskipun arah hubungan antara kedua variabel bersifat negatif (*estimate* = -0,0694; $t = -1,64$). Hasil deskriptif menunjukkan bahwa sebagian besar responden (84,2%) terindikasi mengalami *postpartum depression*, sedangkan tingkat *self-efficacy* responden tergolong relatif seimbang antara kategori tinggi (49,5%) dan rendah (50,5%). Temuan ini mengindikasikan bahwa *postpartum depression* pada ibu di Kecamatan Tempurejo kemungkinan lebih dipengaruhi oleh faktor lain di luar *self-efficacy*.

Kata Kunci: Faktor Psikologi, *Postpartum depression*, *Self efficacy*

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1. **Peneliti**
 2. **Dosen Pembimbing I**
 3. **Dosen Pembimbing II**

**THE EFFECT OF SELF-EFFICACY ON POSTPARTUM DEPRESSION
AMONG MOTHERS IN TEMPUREJO.**

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ABSTRAC

Postpartum depression (PPD) is a psychological disorder that mothers may experience after childbirth, characterized by profound sadness, anxiety, fatigue, and sleep disturbances. One internal factor thought to be associated with this condition is self-efficacy, defined as an individual's belief in her own ability to fulfill the role of a mother. This study aims to determine and analyze the effect of self-efficacy on postpartum depression among mothers in Tempurejo District. This study employed a quantitative correlational approach involving 95 postpartum mothers as the sample, selected using incidental sampling technique. Data were collected using the Edinburgh Postnatal Depression Scale (EPDS) (10 items, $\alpha = 0.559$) to measure postpartum depression, as well as a self-efficacy scale (23 items, $\alpha = 0.890$) developed based on the dimensions of generality, magnitude, and strength. The data were analyzed using simple linear regression. The results showed that self-efficacy did not have a significant effect on postpartum depression among mothers in Tempurejo District ($F = 2.68$; $p = 0.105 > 0.05$), although the direction of the relationship between the two variables was negative (estimate = -0.0694 ; $t = -1.64$). Descriptive results indicated that the majority of respondents (84,2%) were identified as experiencing postpartum depression, while respondents' self-efficacy levels were relatively balanced between the high category (49,5%) and the low category (50,5%). These findings suggest that postpartum depression among mothers in Tempurejo District is likely influenced more by factors other than self-efficacy.

Keyword: Postpartum Depression, Self-efficacy, Psychological factors

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1. **Research**
 2. **Supervisor I**
 3. **Supervisor II**