

ABSTRACT

THE EFFECT OF HUSBAND SUPPORT ON POST PARTUM BLUES IN PRIMIPAROUS MOTHER WITH NORMAL CONFINEMENT IN BPM NORIS HADI NGEMLAK

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Background: Postpartum blues is a mild disorder occurs after confinement. If the postpartum blues does not letup, it will develop into postpartum depression. Postpartum blues can occur in all postpartum mothers of various ethnicities and races. Even, it can occur in primiparous and multiparous. Primiparous mothers are the most vulnerable group to experience postpartum depression compared to multiparous women or grand multipara.

Objective: To analyze the effect of husband support on postpartum blues in primiparous mothers with normal confinement in BPM Noris Hadi Ngeemplak.

Method: This research is descriptive correlation with cross sectional approach. The population is primiparous mothers with normal confinement in BPM Noris Hadi period of 15 April - 15 June 2019. Samples is taken based on inclusion and exclusion criteria with 22 mothers. The sampling technique used purposive sampling. Whereas, the instruments were family support and EPDS postpartum blues questionnaire. Data analysis techniques used univariate with percentage and bivariate with Spearman.

Results: (1) Almost of husband support for primiparous blues postpartum mothers with normal confinement is categorized as good category (13 or 59.1%). (2) Almost of blue postpartum primiparous mothers with normal confinement are poor (16 or 72.7%). (3) There is a correlation of husband support to postpartum blues primiparous mothers with normal confinement.

Conclusion: There is a significant correlation of husband support to postpartum blues primiparous mothers with normal confinement in BPM Noris Hadi Ngeemplak.

Keywords: Husband Support, Post-Partum Blues, Primiparous, Normal Confinement

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INTISARI

PENGARUH DUKUNGAN SUAMI TERHADAP KEJADIAN *POST PARTUM BLUES* PADA IBU PRIMIPARA DENGAN PERSALINAN NORMAL DI BPM NORIS HADI NGEMPLAK

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Latar Belakang: *Postpartum blues* merupakan gangguan efek ringan yang sering terjadi setelah persalinan. Apabila *postpartum blues* tidak kunjung reda akan berkembang menjadi *depresi postpartum*. *Postpartum blues* dapat terjadi pada semua ibu *postpartum* dari etnik, ras manapun, dapat terjadi pada primipara maupun multipara. Ibu primipara merupakan kelompok paling rentan mengalami *depresi postpartum* dibandingkan ibu multipara atau grandemultipara.

Tujuan: Menganalisis pengaruh dukungan suami terhadap kejadian *postpartum blues* pada ibu primipara dengan persalinan normal di BPM Noris Hadi Ngemplak.

Metode: Jenis penelitian deskriptif korelasi dengan pendekatan *cross sectional*. Populasi ibu primipara dengan persalinan normal di BPM Noris Hadi per 15 April – 15 Juni 2019, sampel diambil berdasarkan kriteria inklusi dan eksklusi berjumlah 22 ibu, teknik pengambilan sampel menggunakan purposive sampling. Instrumen berupa kuesioner dukungan keluarga dan kuesioner *postpartum blues* EPDS. Teknik analisis data menggunakan univariat dengan persentase dan bivariat dengan *Spearman's*.

Hasil: (1) Sebagian besar dukungan suami terhadap ibu *postpartum blues* primipara dengan persalinan normal termasuk kategori baik (13 atau 59,1%). (2) Sebagian besar *postpartum blue* ibu primipara dengan persalinan normal termasuk rendah (16 atau 72,7%). (3) Terdapat hubungan antara dukungan suami dengan *postpartum blues* ibu primipara dengan persalinan normal.

Simpulan: Terdapat hubungan yang signifikan dukungan suami dengan *postpartum blues* ibu primipara dengan persalinan normal di BPM Noris Hadi Ngemplak.

Kata Kunci: Dukungan suami, kejadian *post partum blues*, ibu primipara, persalinan normal

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