

HUBUNGAN DUKUNGAN SUAMI DENGAN KEJADIAN DEPRESI POSTPARTUM DI RSUD PANEMBAHAN SENOPATI BANTUL DAERAH ISTIMEWA YOGYAKARTA

Asmayanti¹, Yanita Trisetyaningsih²

INTISARI

Latar Belakang: Masa *Postpartum* (*peurperium*) adalah masa dimana setelah plasenta lahir dan berakhir ketika organ-organ kandungan kembali seperti keadaan sebelum hamil yang berlangsung kurang lebih 6 minggu. Salah satu masalah yang di hadapi pada ibu *postpartum* yaitu ketidakmampuan ibu dalam beradaptasi yang mengakibatkan seorang ibu mengalami depresi *postpartum*. Depresi *postpartum* merupakan gangguan perasaan yang dialami oleh ibu setelah melahirkan dimana ibu merasakan kesedihan, kehilangan energi, susah berkonsentrasi, perasaan bersalah dan tidak berharga. Salah satu yang mempengaruhi seorang ibu mengalami depresi *postpartum* ialah kurangnya dukungan suami pada ibu *postpartum*.

Tujuan Penelitian: Mengetahui adanya hubungan dukungan suami dengan kejadian depresi *postpartum* di RSUD Panembahan Senopati Bantul Daerah Istimewa Yogyakarta.

Metode Penelitian: jenis penelitian *kuantitatif non-eksperimental* melalui pendekatan *Cross-sectional*. Jumlah sampel yang digunakan sebanyak 67 responden dengan menggunakan *Accidental sampling*. Teknik pengambilan data dilakukan dengan menggunakan kuesioner *Edinburgh Postpartum Depression Scale* (EPDS) dan kuesioner dukungan suami. Analisa data yang digunakan adalah analisa univariabel dan analisa bivariabel menggunakan rumus *Somer's*.

Hasil: Sebagian besar dukungan suami pada ibu *postpartum* yaitu kategori cukup sebanyak 40 orang (59,7%) kejadian depresi *postpartum* mayoritas tidak depresi sebanyak 49 orang (73,1%). Hasil uji *Somer's* menunjukkan *p value* 0,001 ($p < 0,05$) dengan *r* hitung 0,042 bahwa dukungan suami dengan kejadian depresi *postpartum* dengan keeratan hubungan sedang *p value* 0,001, *r* 0,428.

Kesimpulan: Ada hubungan antara dukungan suami dengan kejadian depresi *postpartum* di RSUD Panembahan Senopati Bantul, maka perlu adanya peran yang optimal bagi suami dalam memberikan dukungan

Kata Kunci: dukungan suami, depresi *postpartum*

¹Mahasiswa S1 Program Studi Ilmu Keperawatan Sekolah Tinggi Ilmu Kesehatan Jenderal Achmad Yani Yogyakarta

²Dosen S1 Program Studi Ilmu Keperawatan Sekolah Tinggi Ilmu Kesehatan Jenderal Achmad Yani Yogyakarta

**THE ASSOCIATION BETWEEN THE HUSBAND'S SUPPORT WITH
THE OCCURANCE OF *POSTPARTUM* DEPRESSION IN RSUD
PANEMBAHAN SENOPATI BANTUL YOGYAKARTA**

Asmayanti¹, Yanita Trisetiyaningsih²

ABSTRACT

Background: *Postpartum* period (*puerperium*) is a period after the placenta is born and ends when the uterus organs return to a normal condition like before pregnancy which occurs approximately six weeks. One of the problems faces by *postpartum* mother is her inability to adapt in the new situation which makes a mother experiences *postpartum* depression. *Postpartum* depression is a feeling disorder experienced by a mother after she gives birth in which she feels sad, losing energy, difficult to concentrate, guilty and worthless. One of the causes that affects a mother to experience *postpartum* depression is lack of support from the husband on *postpartum* mother.

Research purpose: To discover the association between the husband's support and *postpartum* depression in RSUD Panembahan Senopati Bantul Yogyakarta.

Research Method: This research *non-experimental quantitative study* using *cross sectional* approach. The number of samples was 67 respondents which was obtained using *accidental sampling*. The data gathering technique was conducted using *Edinburgh Postpartum Depression Scale* (EPDS) questionnaire and husband's support questionnaire. The data analysis used univariable analysis and bivariable analysis using Somer's formula.

Result: Most of the husband's support on *postpartum* mother is in sufficient category for 40 respondents (59.7%) and in majority the occurrence of *postpartum* depression shows that they are not depressed for 49 respondents (73.1%). The result of Somer's test shows that p value 0.001 ($p < 0.05$) with r 0.428 it means that the husband's support and the occurrence of *postpartum* depression has a moderate association of p value 0.001, r 0.428.

Conclusion: There is an association between the husband's support and the occurrence of *postpartum* depression in RSUD Panembahan Senopati Bantul; therefore, it needs an optimal role from the husband in giving support.

Keywords: husband's support, *postpartum* depression

¹ Undergraduate Student of Nursing Science Sekolah Tinggi Ilmu Kesehatan Jenderal Achmad Yani Yogyakarta

² Lecturer of S1 Nursing Science Study Program Sekolah Tinggi Ilmu Kesehatan Jenderal Achmad Yani Yogyakarta