

HUBUNGAN FUNGSI KELURGA DENGAN KEJADIAN *POSTPARTUM BLUES* PADA IBU *POSTPARTUM* DI RSUD PKU MUHAMMADIYAH BANTUL

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INTISARI

Latar belakang : *Postpartum blues* adalah kesedihan dan depresi yang dialami ibu setelah melahirkan. Faktor penyebab *postpartum blues* ada dua yaitu faktor internal dan eksternal. Faktot eksternal penyebab *postpartum blues* salah satunya ada fungsi keluarga. Fungsi keluarga penting dalam memastikan kondisi ibu *postpartum* dalam aspek fisik, psikologis, sosial, dan spiritual agar dapat berkembang dengan baik. Dampak *postpartum blues* dapat menyebabkan ibu mengalami penyakit yang berulang serta dampak terhadap peran seorang ibu dalam perkembangan emosi dan perilaku anak, serta peran ibu dalam keluarga.

Tujuan : Untuk mengetahui adanya hubungan fungsi keluarga dengan kejadian *postpartum blues* pada ibu *postpartum* di RSUD PKU Muhammadiyah Bantul.

Metode : Desain penelitian yang digunakan dalam penelitian ini adalah *cross sectional*. Sampel penelitian berjumlah 38 responden ibu *postpartum* dengan teknik sampel *purposive sampling*. Pengambilan data penelitian menggunakan kuesioner APGAR *Family* untuk mengukur fungsi keluarga dan *Edinburhg Postantatal Depression Scale* (EPDS) untuk mengukur kejadian *postpartum blues*. Uji statistik yang digunakan adalah analisis univariat dan bivariate dengan menggunakan uji *fisher exact test*.

Hasil : Hasil penelitian menunjukkan mayoritas fungsi keluarga dalam kategori disfungsi sedang (68,4%) dan mayoritas mengalami *postpartum blues* (71,1%). Hasil pengukuran dengan menggunakan uji *fisher exact test* diperoleh nilai $p\text{ value} = 0,000$.

Kesimpulan : Ada hubungan yang signifikan antara fungsi keluarga dengan kejadian *postpartum blues* pada ibu *postpartum* di RSUD PKU Muhammadiyah Bantul.

Kata kunci : Fungsi Keluarga, *Postpartum Blues*, Ibu Nifas

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THE RELATIONSHIP BETWEEN FAMILY FUNCTION AND THE INCIDENCE OF POSTPARTUM BLUES IN POSTPARTUM MOTHERS AT RSU PKU MUHAMMADIYAH BANTUL

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ABSTRACT

Background: Postpartum blues are sadness and depression experienced by mothers after giving birth. There are two factors that cause postpartum blues, namely internal and external factors. One of the external factors that causes postpartum blues is family function. The function of the family is important in ensuring the condition of the postpartum in the physical, social and spiritual aspects so that she can develop properly. The impact of postpartum blues can cause mothers to experience recurring illnesses as well as the impact on the role of a mother in the emotional development and behaviour of children, as well as the role of the mother in the family.

Objective : To determine the relationship between family function and the incidence of postpartum blues in postpartum mothers at RSU PKU Muhammadiyah Bantul.

Method : The research design used in this study was cross sectional. The study sample amounted to 38 respondents of postpartum mothers with purposive sampling sample techniques. The study data was collected using the APGAR Family questionnaire to measure family functioning and the Edinburgh Postnatal Depression Scale (EPDS) to measure the incidence of postpartum blues. The statistical tests used were univariate and bivariate analysis using the Fisher's exact tests.

Results : The results showed that the majority of family functions were in the moderate dysfunctional category (68.4%) and the majority who experienced postpartum blues events (71.1%). The measurement results were tested using Fisher's exact test and obtained p value = 0.000.

Conclusion : There is a significant relationship between family function and the incidence of postpartum blues in postpartum mothers at RSU PKU Muhammadiyah Bantul.

Keywords : Family Function, Postpartum Blues, Postpartum

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