

HUBUNGAN PARITAS DENGAN KEJADIAN *POST PARTUM BLUES* DI RSUD PANEMBAHAN SENOPATI BANTUL

INTISARI

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Latar Belakang: Periode *post partum* merupakan situasi krisis akibat berbagai perubahan secara fisik, psikologis, maupun struktur keluarga yang memerlukan proses penyesuaian. Kehamilan dan persalinan merupakan peristiwa yang normal terjadi dalam hidup, namun banyak ibu yang mengalami stress. Salah satu stress yang dialami ibu yaitu *post partum blues* atau perasaan sedih yang berkaitan dengan bayinya, apabila tidak dapat ditangani dengan baik dapat menjadi masalah yang menyulitkan bagi ibu dan bayi. Masalah tersebut dapat menimbulkan perasaan tidak menyenangkan bagi ibu bahkan gangguan ini dapat berkembang menjadi keadaan yang lebih berat yaitu depresi. Berdasarkan hasil studi pendahuluan di RSUD Panembahan Senopati Bantul, diperoleh data bahwa 7 ibu, sebanyak 3 ibu *post partum* hari ke 4 dengan paritas primipara terlihat murung dan cemas ketika dilakukan observasi dan saat dilakukan wawancara ibu menolak dan tidak kooperatif.

Tujuan Penelitian: Mengetahui hubungan antara paritas dengan kejadian *post partum blues* di RSUD Panembahan Senopati Bantul

Metode Penelitian: Penelitian ini menggunakan metode *deskriptif korelatif* dengan pendekatan *cross sectional*. Populasi dalam penelitian ini adalah seluruh ibu yang melahirkan di Rumah Sakit Panembahan Senopati Bantul dalam 1 tahun 2015 terakhir berjumlah 1.219 ibu. Teknik pengambilan sampel dengan *purposive sampling* didapatkan sampel sebanyak 55 orang. Instrumen menggunakan *Edinburgh Postnatal Depression Scale* (EPDS) untuk mengukur kejadian *postpartum blues*. Teknik analisis data menggunakan uji *Kendall Tau*.

Hasil Penelitian: Paritas ibu yang melahirkan di RSUD Panembahan Senopati Bantul sebagian besar adalah *scundipara* sebanyak 27 (49,1%), dan kejadian *postpartum blues* di RSUD Panembahan Senopati Bantul sebagian besar adalah depresi ringan sebanyak 18 (32,7%). Hasil uji *Kendall Tau* diperoleh nilai *P Value* sebesar 0,018 lebih kecil dari 0,05 dan nilai koefisien (*r*) sebesar 0,264 kekuatan korelasi dalam kategori rendah.

Kesimpulan: Ada hubungan antara paritas ibu dengan kejadian *post partum blues* di RSUD Panembahan Senopati Bantul.

Kata Kunci: Paritas, Kejadian *post partum blues*

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THE RELATIONSHIP BETWEEN PARITY AND OCCURRENCE OF POSTPARTUM BLUES IN GENERAL HOSPITAL OF PANEMBAHAN SENOPATI BANTUL

ABSTRACT

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Background: Postpartum period is a crisis situation from a variety of changes in physical, psychological, or family structure which requires an adjustment process. Pregnancy and childbirth are normal events that happened in life, however many mothers experience stress. One of them is post partum blues or sad feeling related to her baby, and if not handled properly can be a problem that makes it difficult for the mother and baby. The problem can lead to an unpleasant feeling for the mother even this disorder may develop into more severe conditions depression. Based on the results of preliminary study in General Hospital of Panembahan Senopati Bantul, obtain that from 7 mothers, 3 post partum mothers in fourth day with primipara parity looked moody and worried while observation and while the interview, mothers refused and did not cooperative.

Research Objective: To know the relationship between parity and occurrence of Postpartum Blues in General Hospital of Panembahan Senopati Bantul.

Research Method: This research used correlative descriptive method with cross sectional approach. Population in this research is whole mothers who gave birth at the General Hospital of Panembahan Senopati Bantul in the last 1 year as many 1.219 mothers. Sampling technique by purposive sampling obtain as many 55 people. Instrument used Edinburgh Postnatal Depression Scale (EPDS) to measure the occurrence of Postpartum Blues. Data analysis technique used Kendall Tau test.

Research Result: Mothers' parity who gave birth at General Hospital of Panembahan Senopati Bantul most is scundipara as many 27 (49,1%), and the occurrence of postpartum blues in General Hospital of Panembahan Senopati Bantul most is mild depression as many 18 (32,7%). The result of Kendall Tau test obtain the number of P Value as many 0,018 less than 0,05 and coefficient (r) as many 0,264 the strength of correlations in low category.

Conclusion: There is relationship between parity and occurrence of Postpartum Blues in General Hospital of Panembahan Senopati Bantul

Keywords: Parity, Occurrence of post partum blues

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