

**DESKRIPSI RESPON PSIKOLOGIS IBU NIFAS NORMAL TENTANG
PERUBAHAN PSIKOLOGI MASA NIFAS
DI BP RB BINA SEHAT BANTUL
TAHUN 2011**

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INTISARI

Latar Belakang : Penelitian ini dilatarbelakangi reaksi wanita yang berbeda-beda terhadap perubahan peran setelah melahirkan yang memerlukan adaptasi karena tanggungjawab ibu mulai bertambah. Beberapa orang mengalami kesulitan memikul peran ini dan akan ada konsekuensinya untuk anak-anak mereka. Bidan dapat memberikan kesehatan emosi bagi ibu yang dapat membantu melaksanakan tugas dalam adaptasi peran dan juga berkontribusi dalam penyelesaian *stress antepartum*.

Tujuan : Mengetahui deskripsi respon psikologis ibu nifas normal tentang adaptasi psikologis pada masa nifas di Balai Pengobatan dan Rumah Bersalin Bina Sehat Bantul tahun 2011.

Metode : Penelitian ini adalah penelitian *deskriptif*, menggunakan metode *kuantitatif* dengan pendekatan *cross sectional*. Penelitian ini dilaksanakan di BP RB Bina Sehat Bantul pada bulan Juli 2011, jumlah responden pada penelitian ini sebanyak 34 orang dengan menggunakan teknik *accidental sampling*.

Hasil dan Pembahasan : Respon psikologis ibu nifas normal tentang perubahan psikologi masa nifas di BP RB Bina Sehat Bantul Tahun 2011 adalah sebanyak 22 orang (64,71%) adalah respon positif, sedangkan sebanyak 12 orang (35,29%) adalah respon negatif.

Kesimpulan : Ibu nifas di BP RB Bina Sehat Bantul tahun 2011 sebagian besar merespon perubahan psikologi masa nifas secara positif yaitu sebanyak 22 orang (64,71%).

Kata kunci : respon psikologi, masa nifas

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**PSYCHOLOGICAL RESPONSE DESCRIPTION OF CHANGES IN
NORMAL MATERNAL PSYCHOLOGICAL PUERPERIUM
IN BP RB BINA SEHAT BANTUL
YEAR 2011**

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ABSTRACT

Background: The study is motivated women react different to the role changes after childbirth that require adaptation as the responsibilities of the mother began to grow. Some people have trouble taking this role and there will be consequences for their children. Midwives can provide emotional health for the mother who can help carry out the task in the adaptation of the role and also contribute to the completion of antepartum stress.

Objective: Knowing the description of the psychological response to normal post-partum mothers about the psychological adaptation during childbirth in the Medical Clinic and maternity hospital in Bantul Healthy Development in 2011.

Methods: This study is a descriptive study, using quantitative methods with cross sectional approach. The research was conducted at BP RB Bina Sehat Bantul in July 2011. number of respondents in this study as many as 34 people using accidental sampling technique.

Results and Discussion: the psychological response of the normal post-partum mothers during childbirth psychology changes in BP RB Bina Sehat Bantul Year 2011 is as many as 22 people (64.71%) is a positive response, while as many as 12 people (35.29%) is the response of negative responses .

Conclusion: Post partum mothers in BP RB Bina Sehat Bantul in 2011 largely respond to changes in the puerperium in a positive psychology as many as 22 people (64.71%).

Key words: psychological response, puerperium

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