

## GAMBARAN PENGETAHUAN IBU HAMIL TENTANG *POSTPARTUM BLUES* DI PUSKESMAS PAJANGAN KABUPATEN BANTUL

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### INTISARI

**Latar Belakang:** *Postpartum blues* merupakan gangguan suasana hati atau emosional ringan yang terjadi antara hari pertama dan kesepuluh setelah melahirkan. *Postpartum blues* akan muncul apabila individu tidak mampu beradaptasi dengan perubahan gaya hidup selama hamil, bersalin, maupun setelah bersalin. Pengetahuan mengenai *postpartum blues* penting untuk diketahui oleh ibu hamil sehingga dapat mempersiapkan diri.

**Tujuan:** Diketuainya gambaran pengetahuan ibu hamil mengenai *postpartum blues* di Puskesmas Pajangan Kabupaten Bantul.

**Metode:** Penelitian ini merupakan jenis data kuantitatif menggunakan desain deskriptif. Teknik pengambilan sampel menggunakan teknik *Purposive Sampling* dengan jumlah 38 responden. Pengambilan data menggunakan kuesioner pengetahuan ibu hamil tentang *postpartum blues*.

**Hasil:** Mayoritas karakteristik responden berusia 25-35 tahun (60.5%), tingkat pendidikan SMA/Sederajat (50.0%) dan berpenghasilan  $\geq$  UMK (73.7%). Sebagian besar responden bekerja (52.6%), dan pernah mendapat informasi terkait *postpartum blues* (55.3%). Pengetahuan ibu hamil tentang *postpartum blues* memiliki kategori baik (42.1%), cukup (34.2%) dan kurang (23.7%).

**Kesimpulan:** Gambaran pengetahuan ibu hamil tentang *postpartum blues* di Puskesmas Pajangan Kabupaten Bantul mayoritas memiliki pengetahuan dengan kategori baik sebanyak 15 responden (39.5%).

**Kata kunci:** *Postpartum blues*, ibu hamil, pengetahuan.

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## DESCRIPTION OF PREGNANT WOMEN'S KNOWLEDGE ABOUT POSTPARTUM BLUES AT PAJANGAN COMMUNITY HEALTH CENTER, BANTUL REGENCY

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### *ABSTRACT*

**Background:** Postpartum blues is a mild mood or emotional disorder that typically occurs between the first and tenth day after childbirth. It may develop if individuals are unable to adapt to the lifestyle changes during pregnancy, childbirth, and the postpartum period. Knowledge about postpartum blues is important for pregnant women so that they can better prepare themselves.

**Objective:** To determine the knowledge of pregnant women about postpartum blues at Pajangan Health Center, Bantul Regency.

**Methods:** This study is a type of quantitative research using a descriptive design. The sampling technique used is purposive sampling with a total of 38 respondents. Data was collected using a questionnaire on pregnant women's knowledge about postpartum blues.

**Result:** The majority of respondents were aged 25-35 years (60.5%), had a high school or equivalent education level (50.0%), and earned an income  $\geq$  the Regency Minimum Wage (73.7%). Most respondents were employed (52.6%) and had received information related to postpartum blues (55.3%). Pregnant women's knowledge about postpartum blues was categorized as good (42.1%), sufficient (34.2%), and lacking (23.7%).

**Conclusion:** The majority of pregnant women at Pajangan Health Center, Bantul Regency, had knowledge about postpartum blues categorized as good, with 16 respondents (42.1%).

**Keywords:** Postpartum blues, pregnant women, knowledge.

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