

UNIVERSITAS MUHAMMADIYAH SEMARANG
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PROGRAM STUDI DIII KEBINANAN
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ABSTRAK

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**HUBUNGAN DUKUNGAN KELUARGA PADA IBU POSTPARTUM
BLUES BERDASARKAN TINGKAT KEPARAHAN DI RS ROEMANI
MUHAMMADIYAH SEMARANG**

(xviii + 73 Halaman + 14 Tabel + 1 Bagan + 9 Lampiran)

Latar Belakang : Kehamilan dan persalinan merupakan suatu proses fisiologis bagi wanita, tetapi proses tersebut mempunyai resiko terhadap kesehatan mental maupun fisik wanita tersebut. Depresi pasca persalinan merupakan suatu masalah kesehatan mental yang mempengaruhi kesehatan ibu dan anak. Postpartum Blues merupakan perwujudan fenomena psikologis yang dialami oleh wanita yang terpisah dari keluarga dan bayinya atau ketidakmampuan seorang ibu untuk menghadapi suatu keadaan baru dimana kehadiran anggota baru. Angka kejadian Postpartum Blues di Asia bervariasi antara 26-85% sedangkan di Indonesia angkanya kejadian Postpartum Blues sekitar 50-70%.

Tujuan penelitian: Menggambarkan Derajat Karakteristik dan Dukungan Keluarga pada ibu Postpartum Blues berdasarkan tingkat keparahan di RS Roemani Muhammadiyah Semarang.

Metode penelitian: Jenis penelitian *Deskriptif*. Sampel penelitian 30 ibu nifas yang memenuhi kriteria. Pengumpulan data dengan Kuesioner. Uji yang digunakan uji *chi-square* untuk mengetahui Hubungan Postpartum Blues dengan Dukungan Keluarga.

Hasil penelitian: menunjukkan bahwa karakteristik individu seperti usia, tingkat pendidikan, paritas, dan pekerjaan tidak mempengaruhi terjadinya Postpartum Blues. *Postpartum Blues* tidak ada hubungan dengan Dukungan Keluarga.

Kesimpulan: Bahwa dukungan keluarga tidak berhubungan dengan Postpartum Blues kejadian baik dukungan informasional, Emosional, instrumental maupun dukungan penilaian..

Kata kunci : Postpartum Blues, Dukungan Keluarga
Kepustakaan : 23, 2009-2016

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ABSTRACT

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**THE CORRELATION FAMILY SUPPORT ON MOTHER POSTPARTUM
BLUES BASED ON THE RATE OF SPIRIT IN RS ROEMANI
MUHAMMADIYAH SEMARANG**

(xix + 73 Pages + 14 Tables + 1 Chart + 9 Appendices)

Background: Pregnancy and childbirth are physiological processes for women, but these pose a risk to the mental and physical health of the women. Postpartum depression is a mental health problem affecting maternal and child health. Postpartum Blues is a manifestation of psychological phenomena experienced by women who are separated from their families and babies or the inability of a mother to face a new situation in which the presence of new members. The incidence of Postpartum Blues rate in Asia varies between 26-85% while in Indonesia the incidence of Postpartum Blues is about 50-70%.

Objective: To describe the Characteristics Description and Family Support on Postpartum Blues mothers based on the severity of Roemani of Muhammadiyah Semarang Islamic Hospital.

Method: The type of research was Descriptive research. The sample of 30 postpartum mothers who were fulfilled the criteria. Data collection used Questionnaire. Test used was chi-square test to find out Postpartum Blues relationship with Family Support.

The results: It shows that individual characteristics such as age, education level, parity, and occupation did not affect the occurrence of Postpartum Blues. Postpartum Blues did not have relationship with Family Support.

Conclusion: Family support is not related to the incidence of Postpartum Blues such as, informational support, emotional, instrumental and assessment support.

Keywords: Postpartum Blues, Family Support

Literature: 23, 2009-2016

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