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Adaptasi Psikologi (*Fase Taking Hold*) Pada Ibu Post Partum dengan *Sectio Caesarea*: Literature Review

xiv+43 Halaman+2 Tabel+3 Lampiran+1 Skema+5 Grafik

ABSTRAK

Kemandirian ibu postpartum pada hari ketiga setelah persalinan ada yang mengalami ketergantungan dalam pemenuhan kebutuhan sehari-hari dan perawatan bayi. Idealnya pada hari ketiga ibu sudah menerima keadaan dan lebih mandiri. Tujuan penelitian untuk mengetahui adaptasi psikologi fase *taking hold* pada ibu postpartum dengan *sectio caesarea*. Desain penelitian menggunakan literature review dengan jangka waktu terbit sumber 5 tahun. Jurnal diperoleh dari *semantic scholar*, Sinta Ristekbrin dengan jumlah 7 jurnal. Hasil analisis didapatkan karakteristik usia, pendidikan, pekerjaan, paritas bahwa ibu postpartum memiliki perubahan emosional setelah menjadi seorang ibu, pertama kali melihat bayi dan pengalaman ibu merawat bayi yang masih membutuhkan bantuan. Usia ibu yang lebih tua lebih memiliki pengalaman sehingga mempunyai kemandirian dalam melakukan perawatan diri dan lebih fokus merawat bayinya. Pendidikan SMA cukup untuk mempunyai tingkat kemandirian yang baik. Ibu tidak bekerja dapat melakukan perawatan bayi mandiri tanpa disibukkan dengan pekerjaan lain. Ketergantungan selama masa postpartum didominasi oleh primipara, yang berarti primipara cenderung butuh bantuan untuk melaksanakan perawatan diri dan perawatan bayi selama masa postpartum. Ibu primipara belum memiliki pengalaman sebelumnya dan masih merasa takut. Rekomendasi agar dilakukan penelitian lanjut terkait adaptasi psikologi ibu postpartum di fase *taking hold*, mengetahui faktor yang mempengaruhi perubahan adaptasi psikologi ibu postpartum.

Kata kunci : Adaptasi psikologi, ibu post partum, fase taking hold
Pustaka : 27 (2010-2019)

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***Psychological Adaptation (Taking Hold Phase) in Post Partum Mothers with
Sectio Caesarea: Literature Review***

xiv+43 Page+2 Table+3 Appendix+1 Scheme+5 Charts

Abstract

Independence of postpartum mothers on the third day after childbirth some experience dependence on the fulfillment of daily needs and baby care. Ideally on the third day the mothers has accepted the situation and more independent. The purpose of this research was to determine the psychological adaptation of the taking hold phase in postpartum mothers with sectio caesarea. The design of this research used a literature review with a source publication period of 5 years. Journals were obtained from semantic scholar, Shinta Ristekbrin with a total of 7 journals. The results of the analysis show that the characteristic of age, education, profession, parity show that postpartum mothers have emotional changes after become a mothers, when they see their first babies and the mothers experience in caring for babies that still need help. Older mothers have experience so that they have independence in self-care and more focused on caring their babies. High school education is sufficient enough to have a good level of independence. Mothers who do not work can handle baby care independently without being busy with other work. Dependence during the postpartum period is predominantly by primipara, which mean that primipara tend to need help with self-care and infant care during postpartum period. Primipara mothers have did not have experience and still afraid. It is recommended that further research can be carried out related to the psychological adaptation of postpartum mothers in the taking hold phase, to find out the factors that influence changes in the psychological adaptation of postpartum mothers.

Keyword : Psychological adaptation, post-partum mothers, taking hold phase
References : 27 (2010-2019)