

ABSTRAK

Zahro, Naila, Halimatuz. 2020. *Gambaran Skor EPDS pada Ibu Nifas Berdasarkan Riwayat Tempat Persalinan*. Skripsi. Program Studi Sarjana Terapan Kebidanan dan Profesi Kebidanan Malang. Jurusan Kebidanan Poltekkes Kemenkes Malang. Pembimbing Utama: Ika Yudianti, SST., M.Keb. Pembimbing Pendamping: Endah Kamila Mas'udah, SST., M.Keb

Depresi *postpartum* merupakan gangguan emosional yang dapat terjadi pada ibu nifas jika tidak berhasil menyesuaikan diri dengan peran barunya. Depresi *postpartum* dimungkinkan juga dipengaruhi oleh lingkungan dari tempat yang biasa digunakan untuk bersalin. Rata-rata angka kejadian depresi *postpartum* di Indonesia mencapai 20% (Gondo, 2011). Deteksi dini ibu nifas dapat menggunakan kuesioner *Edinburgh Postnatal Depression Scale* (EPDS) yang telah teruji validitas dan reliabilitasnya. Tujuan penelitian untuk mendeskripsikan skor EPDS pada ibu nifas berdasarkan riwayat tempat persalinan. Metode yang digunakan deskriptif kuantitatif dengan pendekatan *cross sectional*. Populasi penelitian adalah ibu yang bersalin di PMB 44 responden, puskesmas 16 responden, dan rumah sakit 11 responden. Teknik sampling yang digunakan sampling jenuh, yangmana seluruh populasi dijadikan sampel. Analisa data menggunakan analisa deskriptif. Berdasarkan hasil penelitian didapatkan skor EPDS di PMB dalam kategori normal (29,6%), risiko depresi *postpartum* (31,8%), dan positif depresi *postpartum* (12,7%), skor EPDS di puskesmas dalam kategori normal (11,2%), risiko depresi *postpartum* (2,8%), dan positif depresi *postpartum* (8,5%), skor EPDS di rumah sakit dalam kategori normal (4,2%), risiko depresi *postpartum* (8,5%), dan positif depresi *postpartum* (2,8%). Ibu yang bersalin di PMB memiliki skor EPDS dalam kategori positif depresi *postpartum* tertinggi dibanding di puskesmas dan rumah sakit.

Kata kunci :nifas, skor EPDS,-tempat persalinan

ABSTRACT

Zahro, Naila, Halimatuz. 2020. Description of EPDS Scores in Postpartum Mothers Based on the History of the Place of Delivery. Thesis. Applied Bachelor and Mifwifery Profesional Study. Malang Health Polytechnic Ministry of Malang. Main Advisor: Ika Yudianti, SST., M.Keb. Counselor Advisor: Endah Kamila Mas'udah, SST., M.Keb

Postpartum depression is an emotional disorder that can occur in puerperal women if they fail to adapt to their new roles. Postpartum depression is also likely to be influenced by the environment from the place where maternity is used. The average incidence of postpartum depression in Indonesia reaches 20% (Gondo, 2012). Early detection of puerperal women can use the Edinburgh Postnatal Depression Scale (EPDS) questionnaire that has been tested for validity and reliability. The aim of the study was to describe the EPDS score in postpartum mothers based on the history of the place of delivery. The method used is descriptive quantitative with cross sectional approach. The study population was mothers who gave birth at PMB 44 respondents, puskesmas 16 respondents, and hospitals 11 respondents. The sampling technique used is saturated sampling, in which the entire population is sampled. Based on the research results obtained EPDS scores in PMB in the normal category (29.6%), the risk of postpartum depression (31.8%), and positive postpartum depression (12.7%), EPDS scores in health centers in the normal category (11.2 %), risk of postpartum depression (2.8%), and positive postpartum depression (8.5%), hospital EPDS scores in the normal category (4.2%), risk of postpartum depression (8.5%), and positive postpartum depression (2.8%). Mothers who delivered at PMB had the highest EPDS score in the positive category of postpartum depression compared to puskesmas and hospitals.

Keywords : the puerperium, EPDS scores, place of delivery