

ABSTRAK

Trisnarini, Erika Agustina. 2021. Pengaruh Edukasi Terhadap Depresi Postpartum. Skripsi. Program Studi Sarjana Terapan Kebidanan. Politeknik Kesehatan Kemenkes Malang. Pembimbing Utama : Ika Yudianti SST., M.Keb. Pembimbing Pendamping : Wandu, S.Kep.Ns., M.Pd.

Wanita yang tidak berhasil menyesuaikan diri terhadap adanya perubahan biologis, fisiologis, maupun psikologis termasuk perubahan peran yang terjadi pasca persalinan beresiko mengalami berbagai gangguan psikologis dan mental. WHO menyebutkan bahwa di seluruh dunia sekitar 10% ibu hamil dan 13% ibu yang baru saja melahirkan mengalami gangguan mental, khususnya depresi. Sedangkan di negara berkembang dengan angka lebih tinggi yaitu 15,6% selama hamil dan 19,8% setelah melahirkan. Ibu dengan depresi postpartum mengalami gangguan dalam beraktivitas, penurunan secara fungsi serta ibu tidak dapat maksimal mengasuh bayi sehingga berdampak pada pertumbuhan dan perkembangan bayi. Tujuan penelitian yaitu mengetahui pengaruh edukasi terhadap kejadian Depresi Postpartum. Menggunakan desain penelitian Studi Literatur yaitu dengan memilih 15 jurnal yang sesuai dengan kriteria inklusi kemudahan melakukan analisa dengan membandingkan hasil penelitian. Kata kunci yang digunakan yaitu depresi postpartum, pendidikan kesehatan, edukasi depresi postpartum, pencegahan depresi postpartum. Hasil telaah beberapa jurnal menunjukkan bahwa terdapat 14 jurnal (93,33%) yang menyatakan bahwa edukasi dapat menurunkan resiko kejadian depresi postpartum dan hanya 1 jurnal (6,67%) yang menyatakan bahwa tidak terdapat pengaruh signifikan. Dapat disimpulkan bahwa terdapat pengaruh edukasi terhadap kejadian depresi postpartum sehingga perlu adanya perhatian khusus terutama bagi tenaga kesehatan dan ibu hamil serta ibu postpartum mengenai pentingnya edukasi terkait depresi postpartum.

Kata Kunci: Edukasi, Depresi postpartum

ABSTRACT

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Women who can't afford to adapt with biological, physiological, or psychological also role changes during postpartum period have the risk to having mental and psychological disorders. Data from WHO shows that around 10% pregnant women and 13% women after childbirth having mental disorders, especially depression. Indeed at any developed country have the higher number of depression case which is 15.6% during pregnancy and 19.8% after childbirth. Mothers with postpartum depression having activity problem and degradation in function as a mother that makes mothers can't maximally giving care to the baby that can cause to the growth and developmental problem to the baby. There one of many ways to prevent postpartum depression problem is to increase the women knowledge by giving education about postpartum depression. The aim of this study is to examine the effect of educational intervention on the incident of Postpartum Depression. This study is using Literature Review design. The keywords is Postpartum Depression, Health Education, Education of Postpartum Depression, Preventing Postpartum Depression. From the selected journals there are 14 journals (93.33%) that shown the significancy of education to reduce the risk of postpartum depression and only 1 journal (6.67%) that the result shown that there are no significant effect. Wich means there's an impact of education on postpartum depression so it is needed spesific attention especially for medical staff and pregnant women also women in postpartum phase about the importance of education about postpartum depression.

Keywords: Education, Postpartum Depression.