

Efektifitas paket pendidikan kesehatan dan teknik relaksasi terhadap kejadian postpartum blues pada ibu pasca bedah sesar = The effectiveness of the health education package and the relaxation techniques against postpartum blues incidence in post caesarean mothers

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Abstrak

ABSTRAK

Ibu pasca bedah sesar dapat mengalami postpartum blues karena tidak mampu mengontrol terhadap perubahan fisik maupun psikologis selama masa nifas. Penelitian ini bertujuan untuk mengetahui efektifitas paket pendidikan kesehatan dan teknik relaksasi terhadap kejadian postpartum blues pada ibu pasca bedah sesar. Penelitian ini menggunakan desain quasi eksperimen. Teknik pengambilan sampel menggunakan konsekutif pada 60 responden yang terbagi dalam kelompok kontrol dan intervensi. Instrumen yang digunakan berupa kuesioner postpartum blues.

Hasil penelitian menunjukkan ada perbedaan yang signifikan kejadian postpartum blues sebelum dan setelah intervensi pada kelompok intervensi p 0 000 paket efektif 16 kali menurunkan kejadian postpartum blues setelah dikontrol oleh faktor pendidikan OR 16 2 CI 95 3 212 81 698. Paket pendidikan kesehatan dan teknik relaksasi efektif menurunkan kejadian postpartum blues dan direkomendasikan di pelayanan kesehatan untuk meningkatkan kesehatan ibu pasca bedah sesar.

ABSTRACT

Post caesarean mothers may experience postpartum blues because they are unable to control their physical and psychological changes during postpartum period. This study aimed to measure the effectiveness of the health education package and the relaxation techniques against the incidence of postpartum blues in post caesarean mothers. This study applied a quasi experimental design. The samples were 60 respondents divided into a control and an intervention groups selected by consecutive sampling. The instrument was the postpartum blues questionnaire.

The results showed that there was a significant difference between the incidence of postpartum blues before and after the intervention in the intervention group p 0 000. The intervention package was 16 times more effective to decrease the incidence of postpartum blues after being controlled by the education factor OR 16 2 95 CI 3 212 81 698. The health education package and the relaxation techniques were effectively reduced the incidence of postpartum blues and recommended in health care to improve the health of post caesarean mothers.