

Efektifitas model pencegahan depresi postpartum-ratu terhadap pencegahan depresi postpartum = The Effectiveness of ratu's postpartum depression prevention model towards the prevention of postpartum depression

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Abstrak

ABSTRAK

Depresi merupakan salah satu gangguan psikologis yang terjadi pada ibu postpartum. Kejadian depresi postpartum Indonesia mencapai 20 dan di Provinsi Riau 15-20, angka tersebut harus ditekan menjadi 1. Penelitian ini bertujuan untuk memperoleh model yang efektif dalam mencegah depresi postpartum. Penelitian ini terdiri dari dua tahap yaitu tahap pengembangan model dan uji model. Hasil penelitian tahap pengembangan model diperoleh 7 tema terkait pengalaman adaptasi ibu hamil dari 9 partisipan. Model ini berupa intervensi edukasi yang diberikan kepada ibu hamil dan suami yang terdiri dari 4 komponen yaitu edukasi untuk mengurangi stimulus, meningkatkan coping, meningkatkan respons adaptasi yang efektif serta meningkatkan dukungan sosial suami dalam upaya mencegah terjadinya depresi postpartum. Penelitian uji model menggunakan desain quasi experiment pre-post test with control group, dengan teknik consecutive sampling terhadap 108 responden. Hasil penelitian menunjukkan bahwa Model Pencegahan Depresi Postpartum-Ratu efektif dalam meningkatkan pengetahuan, sikap, respons adaptasi fisiologis, konsep diri, fungsi peran, interdependen, dukungan sosial suami, serta menurunkan kejadian depresi postpartum. Dukungan sosial suami merupakan satu-satunya variabel yang paling berpengaruh signifikan terhadap kejadian depresi postpartum. Model ini diharapkan dapat digunakan sebagai upaya preventif dalam mencegah terjadinya depresi postpartum. Penelitian selanjutnya diharapkan untuk dapat mengembangkan intervensi lain dalam upaya mencegah depresi postpartum. Kata kunci: ibu hamil, suami, depresi postpartum

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ABSTRACT

Name Ratu Kusuma Student ID 1006753274 Study Program Doctor of Nursing, Faculty of Nursing Universitas Indonesia. Title The Effectiveness of Ratu's Postpartum Depression Prevention Model towards the Prevention of Postpartum Depression Depression is one of psychological disorders experienced among pregnant women. The incidence of postpartum depression in Indonesia reaches 20 and in Riau itself reaches 15-20, the particular number needs to be stressed to 1. This study aims to obtain effective model in preventing postpartum depression. The study consisted of two phases, which were the development of the model and the trial itself. The outcome of the development of the model was seven themes related to the adaptive experiences of the pregnant women from nine participants. The model was an educational intervention consisting of four main components which are education in decreasing stimulus, increasing coping, increasing effective response of adaptation, as well as increasing social support of the husband in preventing the incidence of postpartum depression. The model was executed by quasi experiment pre post test with control group design towards 108 respondents. The result showed that the Ratu's Postpartum Depression Prevention Model was effective in increasing knowledge, attitude, behavior,

physiological adaptation response, self concept, rolefunction, interdependent, and the social support of the husband, as well as loweringthe incidence of postpartum depression. The social support of the husband was themost signifiacnt variable towards the incidence of postpartum depression. This modelis expected to be used in preventing postpartum depression. In the future, theupcoming research is expected to develop another intervention in preventing post partum depression.