

Hubungan Stress Pandemi COVID-19 dengan Kejadian Depresi Postpartum pada Ibu Pascamelahirkan = The Correlation of COVID-19 Pandemic Stress with Postpartum Depression Events among Postpartum Mothers

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Abstrak

Pandemi COVID-19 telah berdampak pada semua aspek kehidupan. Masalah psikologis dapat terjadi pada ibu nifas. Stres akibat pandemi bisa menjadi stres tambahan bagi ibu dan cenderung memicu depresi pascapersalinan. Penelitian ini bertujuan untuk menganalisis hubungan antara stres pandemi COVID-19 dengan kejadian depresi postpartum pada ibu postpartum. Desain penelitian ini adalah cross-sectional dengan sampel 115 ibu pascamelahirkan. Alat ukur yang digunakan adalah kuesioner Pandemic-Related Pregnancy Stress Scale (PREPS) dan Edinburgh Postpartum Depression Scale (EPDS). Hasil penelitian menunjukkan bahwa ada hubungan yang signifikan antara stres pandemi COVID-19 dengan kejadian depresi postpartum ($p = 0,000$). Perawat diharapkan menyoroti kebutuhan mendesak untuk menilai kesehatan mental ibu untuk mencegah depresi postpartum pada ibu yang melahirkan selama pandemi COVID-19.

.....The COVID-19 pandemic has impacted all aspects of life. Psychological problems can occur in postpartum mothers. Stress due to pandemic can be an additional stress for mother and tends to trigger postpartum depression. This study aims to analyze the correlation between COVID-19 pandemic stress and postpartum depression events among postpartum mothers. The design of this study was cross-sectional with a sample of 115 postpartum mothers. This measuring instrument used was the Pandemic-Related Pregnancy Stress Scale (PREPS) and Edinburgh Postpartum Depression Scale (EPDS) questionnaire. The results showed that there is a significant relationship between the COVID-19 pandemic stress and the postpartum depression events ($p = 0.000$). Nurses are expected to highlight the urgent need to assess maternal mental health to prevent postpartum depression among mothers who are giving birth during COVID-19 pandemic.