

ABSTRAK

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HUBUNGAN USIA DAN PARITAS DENGAN *POSTPARTUM BLUES* PADA
IBU *POSTPARTUM*

xiii + 47 Halaman + 2 Tabel + 3 Gambar + 11 Lampiran

Postpartum blues merupakan gangguan suasana hati yang sering terjadi pada ibu pasca persalinan yang ditandai dengan gejala ketidakstabilan emosional dan gangguan mood. Data global menurut WHO prevalensi *postpartum blues* sekitar 3-8% dan di Asia prevalensi *postpartum blues* berkisar 26-85%. Menurut BKKBN pada tahun 2024, di Indonesia sebanyak 57% mengalami gejala *postpartum blues*. Di Jawa Timur tercatat 65,2% dan di Surabaya 6 dari 10 ibu mengalami *postpartum blues* pada minggu pertama *postpartum*.

Penelitian ini merupakan penelitian non-eksperimental dengan menggunakan desain *cross-sectional*. Sampel penelitian sebanyak 31 ibu *postpartum* di wilayah Puskesmas Jagir Kota Surabaya. Hasil penelitian menunjukkan terdapat hubungan yang signifikan antara usia dengan *postpartum blues* ditemukan nilai *p-value* $0,001 < \alpha (0,05)$ dan terdapat hubungan antara paritas dengan *postpartum blues* ditemukan nilai *p-value* $0,026 < \alpha (0,05)$.

Usia dan paritas memiliki hubungan dengan *postpartum blues* dikarenakan kesiapan ibu dalam menerima perawatan bayinya dan mengelola emosinya dalam masa *postpartum* cenderung kurang sehingga memerlukan dukungan intensif.

Kata kunci : Usia, Paritas, *Postpartum Blues*

Daftar bacaan : 10 buku (2019 – 2025)

ABSTRACT

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THE RELATIONSHIP BETWEEN AGE AND PARITY AND POSTPARTUM BLUES AMONG POSTPARTUM MOTHERS

xiii + 47 Pages + 2 Tables + 11 Appendices

Postpartum blues is a transient mood disturbance that frequently occurs in mothers after childbirth, characterized by emotional instability and mood fluctuations. Globally, the World Health Organization (WHO) estimates the prevalence of postpartum blues at approximately 3–8%. In Asia, prevalence ranges between 26–85%. Based on 2024 BKKBN data, approximately 57% of mothers in Indonesia experienced postpartum blues symptoms. In East Java, the prevalence was recorded at 65.2%, while in Surabaya, 6 out of 10 mothers experienced postpartum blues within the first week postpartum.

This study employed a cross-sectional design. The sample comprised 31 postpartum mothers in the working area of Jagir Public Health Center, Surabaya. The results revealed a significant relationship between age and postpartum blues ($p = 0.001$). Additionally, a significant relationship was also found between parity and postpartum blues ($p = 0.026$).

Age and parity are associated with postpartum blues, as mothers in these groups tend to have limited readiness in caring for their newborns and managing their emotions during the postpartum period, thereby requiring intensive support.

Keywords: Age, Parity, Postpartum Blues

References: 10 books (2019)

