

ABSTRACT

Correlation of Husband's Support to Postpartum Depression in Postpartum Mothers in Gedongan Public Health Center Work Area Mojokerto City

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Husband was the first person to give support because it was the main source of strength for wife. Mothers who did not get support from their husbands would feel neglected, worthless, feel in danger, feel treated disrespectfully, feel neglected, ostracized, or underestimated which could eventually trigger psychobiological reactions or psychiatric disorders such as postpartum depression. The aim of the study was to determine the correlation between husband's support and postpartum depression in postpartum mothers. The research design used analytic correlation with cross sectional approach. The population in this study were all postpartum mothers of less than 6 weeks in the Work Area of Gedongan Public Health Center in Mojokerto City as many as 34 people. The sampling technique used purposive sampling. Samples that met the inclusion and exclusion criteria were 32 respondents. The results showed that most of the husband's support was positive, as many as 17 people from 32 respondents (53.1%) and most respondents did not experience depression, as many as 23 people (71.9%). There was correlation between husband's support and postpartum depression in postpartum mothers at Gedongan Public Health Center Work Area Mojokerto City where husband support was positive, so that mothers did not experience postpartum as evidenced by the Mann Whitney pvalue Test = 0.007 < α (0.05). Husband's support felt by wife were empathy and love statements, and motivating wife's self confidence, raising wife's knowlegde in looking for way out or solving problems, giving knowledge, giving means and instrumental service, and giving positive appreciation.

Keywords: husband support, postpartum depression, postpartum mothers.

ABSTRAK

Hubungan Dukungan Suami Dengan Kejadian Depresi Postpartum Pada Ibu Postpartum di Wilayah Kerja Puskesmas Gedongan Kecamatan Magersari Kota Mojokerto

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Suami merupakan orang pertama yang memberi dukungan karena menjadi sumber kekuatan utama bagi istri. Ibu yang tidak memperoleh dukungan dari suami akan merasa diabaikan, tidak berharga, merasa dalam bahaya, merasa diperlakukan tanpa hormat, merasa diabaikan, dikucilkan, atau dianggap remeh yang pada akhirnya dapat memicu reaksi psikobiologis atau gangguan kejiwaan seperti depresi postpartum. Tujuan penelitian adalah mengetahui hubungan dukungan suami dengan depresi postpartum pada ibu postpartum. Desain penelitian menggunakan analitik korelasi dengan pendekatan *cross sectional*. Populasi dalam penelitian ini adalah seluruh ibu postpartum kurang dari 6 minggu di Wilayah Kerja Puskesmas Gedongan Kecamatan Magersari Kota Mojokerto sebanyak 34 responden pada 19 Februari-27 Maret 2019. Teknik sampling menggunakan *purposive sampling*. Sampel yang memenuhi kriteria inklusi dan eksklusi sebanyak 32 orang. Hasil penelitian menunjukkan bahwa sebagian besar dukungan suami positif yaitu 17 orang dari 32 responden (53,1%) dan sebagian besar responden tidak mengalami depresi yaitu 23 orang (71,9%). Terdapat hubungan dukungan suami dengan depresi postpartum pada ibu postpartum di Wilayah Kerja Puskesmas Gedongan Kecamatan Magersari Kota Mojokerto dimana dukungan suami positif, maka menyebabkan ibu tidak mengalami depresi postpartum dibuktikan dengan hasil Uji Mann Whitney $pvalue=0,007 < \alpha (0,05)$. Dukungan suami yang dirasakan oleh istri yaitu sang suami menyatakan rasa empati, cinta dan mendorong tumbuhnya kepercayaan diri istri, menambahkan pengetahuan istri dalam mencari jalan keluar atau memecahkan masalah, memberikan nasehat serta pengetahuan, memberikan layanan sarana dan prasarana, memberikan penghargaan positif.

Kata Kunci: dukungan suami, depresi postpartum, ibu postpartum