

ABSTRACT

CORRELATION BETWEEN SELF ESTEEM AND POSTPARTUM DEPRESSION IN POSTPARTUM MOTHERS AT MODO PUBLIC HEALTH CENTER WORKING AREA LAMONGAN REGENCY

BY: YAYUK DIAH WIDIO WATI

Birth of a baby was a pleasant event as well as a transition to a role as a mother that could cause emotional stress and extraordinary behavior that resulted postpartum depression. One factor that caused postpartum depression was low self esteem. The purpose of this study was to determine correlation between self esteem and postpartum depression in postpartum mothers. The design of this study was analytic correlation with cross sectional approach. The populations in this study were all postpartum mothers at Modo Health Center Working Area, Lamongan Regency in March 2019 as many as 69 people. The sampling technique of this study was purposive sampling. Samples that met the inclusion and exclusion criteria were 30 people. The results of this study suggested that the majority of postpartum self-esteem was classified as normal, as many as 19 people (63.3%) and the majority of respondents experienced no depression, as many as 19 people (63.3%). The results of the Spearman Rho test suggested that p value = 0,000 or less than $\alpha = 0.05$, which meant that H_0 was rejected and H_1 was accepted, meant that there was correlation between self esteem and postpartum depression in Modo Health Center Working Area, Lamongan Regency. The higher self esteem, the lower level of postpartum depression. This was because mothers with high self-esteem had feelings of self-confidence, were active, optimistic, had strong needs to excel, had positive perceptions about themselves and were satisfied with life and were more competent to overcome problems so they did not experience postpartum depression.

Keywords: self esteem, postpartum depression, postpartum mothers

ABSTRAK

HUBUNGAN *SELF ESTEEM* DENGAN DEPRESI POSTPARTUM PADA IBU NIFAS DI WILAYAH KERJA PUSKESMAS MODO KABUPATEN LAMONGAN

OLEH: YAYUK DIAH WIDIO WATI

Kelahiran bayi merupakan peristiwa yang menyenangkan sekaligus transisi menuju peran sebagai ibu yang dapat menyebabkan tekanan emosional dan perilaku yang luar biasa hingga mengakibatkan depresi postpartum. Salah satu faktor yang menyebabkan timbulnya depresi pasca partum adalah *self esteem* yang rendah. Tujuan penelitian ini adalah mengetahui hubungan *self esteem* dengan depresi postpartum pada ibu nifas. Desain penelitian ini adalah analitik korelasi dengan pendekatan *cross sectional*. Populasi dalam penelitian ini adalah semua ibu nifas di Wilayah Kerja Puskesmas Modo Kabupaten Lamongan pada bulan Maret 2019 sejumlah 69 orang. Teknik sampling penelitian ini adalah *purposive sampling*. Sampel yang memenuhi kriteria inklusi dan eksklusi sebanyak 30 orang. Hasil penelitian ini menunjukkan bahwa sebagian besar *self esteem* ibu nifas tergolong normal yaitu 19 orang (63,3%) dan sebagian besar responden mengalami tidak depresi yaitu 19 orang (63,3%). Hasil uji Spearman Rho menunjukkan hasil $p\text{ value} = 0,000$ atau kurang dari $\alpha = 0,05$ yang berarti bahwa H_0 ditolak dan H_1 diterima, artinya terdapat hubungan *self esteem* dengan depresi postpartum di Wilayah Kerja Puskesmas Modo Kabupaten Lamongan. Semakin tinggi *self esteem* maka semakin rendah tingkat depresi postpartum. Hal ini karena ibu dengan *self esteem* tinggi memiliki perasaan percaya diri, aktif, optimis, memiliki kebutuhan kuat untuk unggul, memiliki persepsi positif tentang diri mereka dan puas dengan kehidupan serta lebih kompeten untuk mengatasi masalah sehingga tidak mengalami depresi postpartum.

Kata Kunci: *self esteem*, depresi postpartum, ibu nifas