

**Program Studi S1 Keperawatan
STIKes MERCUBAKTIJAYA PADANG**

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**Hubungan Usia, Dukungan Suami dan Kesiapan Persalinan Ibu dengan
Resiko Depresi Post Partum di Wilayah Kerja Puskesmas Andalas Padang**

ix + 89 Halaman + 3 Skema + 8 Tabel + 11 Lampiran

ABSTRAK

WHO (*World Health Organization*) melaporkan pada tingkat global, lebih dari 300 juta orang menderita depresi salah satunya yaitu depresi postpartum dengan prevalensi secara global berkisar antara 0,5% hingga 60,8%. Dari BKKBN di temukan bahwa 7 dari 10 ibu yang melahirkan di provinsi Sumatera Barat mengalami depresi berat setelah melahirkan. Depresi postpartum merupakan kondisi depresi yang dialami oleh ibu pasca melahirkan dan pada sekitar 7-30 hari sampai kurun waktu 1 tahun. Beberapa faktor yang mempengaruhinya usia, dukungan suami dan kesiapan persalinan. Tujuan penelitian ini adalah untuk mengetahui hubungan usia, dukungan suami, dan kesiapan persalinan dengan resiko depresi post partum. Jenis penelitian deskriptif dengan desain *cross sectional*. Pengumpulan data telah dilaksanakan di wilayah kerja Puskesmas Andalas dan pada tanggal 30 Juni-15 Juli 2023, dengan populasi sebanyak 164 dan sampel 62 responden pengambilan sampel dengan teknik *proporsional sampling*. Pengumpulan data menggunakan kuesioner. Pada hasil analisa univariat ditemukan distribusi frekuensi usia ibu post partum ideal 87.1% responden, distribusi frekuensi dukungan suami ada dukungan 90.3% responden, distribusi frekuensi kesiapan persalinan baik 80.6% responden dan distribusi frekuensi resiko depresi post partum 24.2% responden beresiko. Pada analisa bivariat dengan menggunakan uji *Chi Square* didapatkan hasil ada hubungan usia, dukungan suami, dan kesiapan persalinan ibu dengan resiko kejadian depresi post partum di wilayah kerja Puskesmas Andalas Padang dengan $p\ value \leq 0.05$. Diharapkan kolaborasi keluarga pasien dengan pelayanan kesehatan untuk mengatasi resiko depresi post partum sedari dini.

Kata Kunci : Dukungan Suami, Kesiapan Persalinan, Resiko Depresi Post Partum, Usia

Daftar Pustaka : 39 (2014 - 2022)

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STIKes MERCUBAKTIJAYA PADANG***

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The Relation of Age, Husband's Support And Readiness Labor Mother with Risk Depression Post Partum in the Work Area Public health center Andalas Padang

ix + 89 Pages + 3 Schemes + 8 Tables + 11 Appendices

ABSTRACT

WHO (World Health Organization) reported on global level, more than 300 million people suffer depression Wrong the only one that is postpartum depression with pravelance globally ranged between 0.5% to 60.8%. From BKKBN found that 7 out of 10 mothers who give birth in West Sumatra province experience depression heavy after give birth . Postpartum depression is condition experienced depression by Mother post give birth to And on about 7-30 days until period 1 year time . A number of factors that influence it age, husband's support and readiness labor . Objective study this is for know connection age, husband's support, and readiness labor with risk depression postpartum. Type study descriptive with design cross sectional. Data collection has been implemented in the region Work Public health center Andalas And on June 30 - July 15 2023, with population as many as 164 and sample of 62 respondents taking sample with technique proportional sampling. Data collection using questionnaire. On results analysis univariate found distribution frequency age mother ideal post partum 87.1% of respondents, distribution frequency husband's support, there is support 90.3% of respondents, distribution frequency readiness labor well 80.6% of respondents and distribution frequency risk depression post partum 24.2% of respondents risky. On analysis bivariate with use test Chi Square obtained results there is connection age , support husband and readiness labor mother with risk incident depression post partum in the region Work Public health center Andalas Padang with p-value ≤ 0.05 . Expected collaboration family patient with service health for overcome risk depression post partum realized early.

Keywords : Husband's Support, Readiness Childbirth, Risks Depression Post Partum, Age

References : 39 (2014 – 2022)