

Kesehatan mental maternal: Faktor-faktor yang berhubungan dengan depresi pranatal pada masa pandemi covid-19

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Abstract. *The COVID-19 pandemic generates unique stressors which can affect mental health including pregnant woman. The absence of data related to the maternal mental health during the COVID-19 pandemic can have long-term negative consequences for the mother and child. This study was conducted to determine the incidence of prenatal depression and the factors associated with the disorder during the COVID-19 pandemic. The data was obtained from 125 pregnant women who visit antenatal care at three primary health care in Depok district area. Participants filled out a research questionnaire measuring indications of prenatal depression, COVID-19 challenges, social support, and physical activity during pregnancy in the COVID-19 pandemic. The results found that the percentage of pregnant women who have indications of prenatal depression is higher than prenatal depression prevalence reported by WHO. The high symptoms of prenatal depression are influenced by the challenges experienced during the COVID-19 pandemic. Social support appears to be protective factor to lower prenatal depression symptoms. The Covid-19 challenges, social support, and physical activity simultaneously affect the appearance of prenatal depression symptoms in pregnant women during the COVID-19 pandemic.*

Keywords: *prenatal depression, covid-19, social support, physical activity, pregnancy, maternal mental health*

Abstrak. Pandemi covid-19 memberikan tekanan tersendiri yang dapat berpengaruh terhadap kesehatan mental termasuk pada ibu hamil. Tidak adanya data terkait kesehatan mental ibu hamil di masa pandemi covid-19 dapat memberikan konsekuensi negatif jangka panjang bagi ibu dan janin. Penelitian ini dilakukan untuk mengetahui kejadian depresi pranatal dan faktor-faktor yang berhubungan dengan gangguan tersebut di masa pandemi covid-19. Data diperoleh dari 125 partisipan ibu hamil yang melakukan antenatal care di tiga Puskesmas di wilayah Kecamatan Depok. Partisipan mengisi kuesioner penelitian yang mengukur indikasi depresi pranatal, tantangan covid-19, dukungan sosial, dan aktivitas fisik dalam masa kehamilan selama pandemi covid-19. Presentase ibu hamil yang memiliki indikasi depresi pranatal lebih tinggi dari prevalensi depresi pranatal yang dilaporkan oleh WHO. Tingginya gejala depresi pranatal dipengaruhi oleh tantangan yang dialami di masa pandemic covid-19. Dukungan sosial muncul sebagai faktor protektif yang terhadap depresi pranatal. Tantangan covid-19, dukungan sosial, dan aktivitas fisik secara bersama-sama mempengaruhi munculnya gejala depresi pranatal pada ibu hamil di masa pandemic covid-19.

Kata Kunci: depresi pranatal, covid-19, dukungan sosial, aktivitas fisik, ibu hamil, kesehatan mental maternal