

INTISARI

Latar Belakang: Pengetahuan ibu tentang perubahan fisik dan psikologis masa *postpartum* masih rendah. Hasil studi pendahuluan peneliti juga membuktikan masih banyak ibu mengalami permasalahan fisik dan psikologis setelah persalinan, karena belum mendapatkan edukasi secara efektif.

Tujuan Penelitian: Mengeksplorasi kebutuhan edukasi ibu terkait perubahan fisik dan perubahan psikologis pada masa *postpartum* di RSUP Soeradji Tirtonegoro, Klaten.

Metode: Kualitatif dengan pendekatan fenomenologi deskriptif. Teknik pengumpulan data menggunakan *in-depth interview*. 10 orang ibu *postpartum* di poliklinik dan ruang rawat inap dipilih menggunakan *purposive sampling* dan analisis data berdasarkan Colaizzi.

Hasil: Penelitian mengidentifikasi 2 tema besar, yaitu pengalaman ibu mendapatkan edukasi dan kebutuhan edukasi ibu *postpartum* dengan persalinan normal. Pengalaman ibu mendapatkan edukasi meliputi materi, metode, media, teknis, kelebihan, kekurangan, dan sumber edukasi. Kebutuhan edukasi ibu *postpartum* dengan persalinan normal meliputi materi edukasi, metode edukasi, media edukasi, teknis edukasi, dan hambatan edukasi.

Kesimpulan: Ibu *postpartum* membutuhkan materi edukasi tentang perubahan fisik (efek-efek pasca persalinan, perubahan pada daerah perut dan payudara, pengeluaran ASI, pengeluaran darah nifas, perawatan luka jahitan perineum, pemeriksaan kondisi jalan lahir) dan perubahan psikologis pasca persalinan. Metode yang efektif adalah tatap muka dan media yang diinginkan adalah video. Edukasi diberikan saat masa kehamilan dengan durasi ≤ 30 menit. Hambatan edukasi meliputi rasa keingintahuan kurang, merasa sudah berpengalaman, dan ketakutan jika mendapat informasi yang kurang menyenangkan.

Kata kunci: Ibu *postpartum*, kebutuhan edukasi, masa *postpartum*, perubahan fisik, perubahan psikologis

ABSTRACT

Background: Mothers lack of knowledge on physical and psychological changes in postpartum period. The results of early study was showed that there are still many mothers experienced physical and psychological problems after childbirth, because they have not received effective education.

Objective: To explore mother's educational needs related to physical changes and psychological changes in postpartum period at RSUP dr. Soeradji Tirtonegoro, Klaten

Method: Qualitative study with descriptive phenomenological approach. Data was collected through in-depth interview. 10 participants in the polyclinic and postpartum ward were selected through purposive sampling and data analyzed using Colaizzi method.

Result: This study identified 2 major themes, there is mother's experience getting education and postpartum mother's education needs with normal delivery. The mother's experience getting education included materials, methods, media, technical, advantages, disadvantages, and educational resources. Postpartum mother's education needs with normal delivery are educational materials, educational methods, educational media, technical education, and educational barriers.

Conclusion: Postpartum mothers need educational materials about physical changes (postpartum effects, changes in the abdominal and breast area, breast milk, lochia, perineal wound care, vaginal examination) and psychological changes after childbirth. An effective method is face-to-face and the desired media is video. Education is provided during pregnancy with a duration ≤ 30 minutes. Educational barriers are lacked of participants curiosity, feeling experienced, and fear if they get unpleasant information.

Keywords: Educational needs, physical changes, postpartum mother, postpartum period, psychological changes