

**GAMBARAN DUKUNGAN *SIGNIFICANT OTHERS* PADA REMAJA
YANG BERESIKO MENGALAMI DEPRESI *POSTPARTUM* DI
KABUPATEN GUNUNG KIDUL**

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INTISARI

Latar Belakang : Prevalensi depresi *postpartum* lebih tinggi pada remaja (61%) dibandingkan pada orang dewasa (37,7%) (Chen, 1996). Salah satu faktor yang meningkatkan resiko depresi *postpartum* adalah dukungan sosial.

Tujuan Penelitian : Mengetahui gambaran dukungan *significant others* pada remaja yang beresiko mengalami depresi *postpartum* di Kabupaten Gunung Kidul.

Metode : Jenis penelitian ini adalah penelitian kualitatif. Metode pengumpulan data dengan wawancara mendalam. Partisipan penelitian adalah remaja hamil yang beresiko depresi *postpartum* berusia 13-19 tahun di Kabupaten Gunung Kidul. Analisis data menggunakan *software* OpenCode 3.6 B1.

Hasil : Berdasarkan hasil wawancara didapatkan tiga kategori, yaitu orang yang berarti dan penting bagi dan selama kehamilan remaja, bentuk dukungan sosial yang didapatkan dan yang tidak didapatkan remaja hamil dari *significant others* dan manfaat dukungan sosial yang didapatkan remaja hamil dari *significant others*.

Kesimpulan : Remaja hamil yang beresiko mengalami depresi *postpartum* di Kabupaten Gunung Kidul mendapatkan dukungan sosial berupa dukungan emosional, informatif, dan instrumental.

Kata Kunci: dukungan *significant others*, remaja, resiko depresi *postpartum*

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DESCRIPTION OF SIGNIFICANT OTHERS SUPPORTS IN TEENAGERS AT RISK FOR POSTPARTUM DEPRESSION AT DISTRICT OF GUNUNG KIDUL

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ABSTRACT

Background : Prevalence postpartum depression higher in teenagers (61%) than in adults (37,7%).¹¹ Sosial support is one of the contributing factors to the development of postpartum depression

Objective: To identify description of significant others supports in teenagers at risk for postpartum depression at District of Gunung Kidul.

Method: The study was qualitative, involving pregnant participants of 13-19 years of age at risk for postpartum depression at District of Gunung Kidul. Data were obtained from indepth interview using interview guide. Data analysis used OpenCode 3.6 B1 software.

Result : Based on the interview was received three categories, namely people meaningful and important for and during teenage pregnancy, the form of social support which was received and which did not receive pregnant teenager from significant others and benefits of social support received pregnant teenager of significant others.

Conclusion : Social supports received of pregnant teenagers at risk for postpartum depression at District of Gunung Kidul were emotional, instrumental, and informational support.

Keywords : significant others supports, teenage, risk for postpartum depression

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