

ABSTRAK

PENGARUH PEMBERIAN PENDIDIKAN KESEHATAN INDIVIDU DISERTAI BUKU PANDUAN TERHADAP PERUBAHAN *MATERNAL DEPRESSIVE SYMPTOMS* PADA IBU *POSTPARTUM*

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Latar Belakang: Periode *postpartum* merupakan proses adaptasi perubahan fisik dan psikologis. Ibu *postpartum* beresiko mengalami gangguan psikologis. Intervensi berupa latihan rutin dan pemberian pendidikan kesehatan dengan buku panduan merupakan usaha yang bisa dilakukan oleh tenaga kesehatan untuk menurunkan *maternal depressive symptoms*.

Tujuan: Untuk mengetahui pengaruh pemberian pendidikan kesehatan individu disertai buku panduan terhadap perubahan skor *maternal depressive symptoms* pada ibu *postpartum*.

Metode: Desain *quasy experimental* dengan pendekatan *pre* dan *post test* dengan grup kontrol. Waktu penelitian pada November 2014 hingga Januari 2015. Populasi penelitian adalah seluruh ibu *postpartum* yang melahirkan di Puskesmas Tegalgrejo, Yogyakarta. Teknik pengambilan sampel menggunakan *consecutive sampling* dengan jumlah sampel 35 untuk masing-masing kelompok. Intervensi berupa senam nifas dan materi gangguan suasana hati. Intervensi dilakukan 3 kali dalam jangka waktu 3 minggu. Responden kelompok intervensi diberikan buku panduan saat penelitian. Instrumen *Edinburgh Postnatal Depression Scale (EPDS)* digunakan untuk mengukur *maternal depressive symptoms* pada *pre* dan *post-test*. *Sarason's Social Support Questionnaire (SSQ)* mengukur dukungan sosial. Uji statistik yang digunakan adalah *chi square* untuk melihat hubungan karakteristik terhadap *maternal depressive symptoms*, *paired t test* dan *independent t test*.

Hasil: Skor *maternal depressive symptoms* sebelum intervensi setara antara kedua kelompok yaitu 12,83 dan 12,11 ($p=0,412$). Pada kedua kelompok terjadi penurunan signifikan setelah intervensi (minggu ketiga) yaitu 7,69 dan 9,00 pada kelompok intervensi dan kontrol. Delta perubahan skor adalah 4,89 pada kelompok intervensi dan 2,66 pada kelompok kontrol ($p=0,002$).

Kesimpulan: Pendidikan kesehatan disertai buku panduan berpengaruh signifikan menurunkan *maternal depressive symptoms* pada ibu *postpartum*.

Kata Kunci: *maternal depressive symptoms*, senam nifas, pendidikan kesehatan

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ABSTRACT

THE EFFECT OF INDIVIDUAL HEALTH EDUCATION WITH USING GUIDEBOOK TO THE CHANGES OF MATERNAL DEPRESSIVE SYMPTOMS OF POSTPARTUM MOTHER

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Background: The postpartum period is a process of adaptation to physical and psychological changes. Postpartum mothers at risk for psychological disorders. Intervention in the form of regular exercise and the provision of health education with the guidebook is a business that can be done by health workers to reduce maternal depressive symptoms.

Objective: To determine the effect of health education of individuals with guidebooks to change the score maternal depressive symptoms in mothers postpartum.

Method: Quasy experimental design with pre and post test approach with control group. When the study in November 2014 and January 2015. The study population was all postpartum mothers who give birth in health centers Tegalrejo, Yogyakarta. The sampling technique using concecutive sampling with a sample of 35 for each group. Intervention in the form of gymnastics parturition and material mood disorders. Intervention performed three times within a period of 3 weeks. Respondents were given the intervention group when the guide book research. Instruments Edinburgh Postnatal Depression Scale (EPDS) was used to measure maternal depressive symptoms in pre and post-test. Sarason's Social Support Questionnaire (SSQ) measures of social support. The statistical test used was chi square to see the relationship characteristics of maternal depressive symptoms, paired t test and independent t test.

Result: Scores of maternal depressive symptoms before intervention similar between the two groups, namely 12.83 and 12.11 ($p = 0.412$). In both groups decreased significantly after intervention (third week), 7.69 in the intervention group and 9.00 in the control group. Delta change in score was 4.89 in the intervention group and 2.66 in the control group ($p = 0.002$).

Conclusion: Health education accompanied guidebooks significant effect lowering maternal depressive symptoms in mothers postpartum

keyword: maternal depressive symptoms, postpartum exercise, health education

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