

## DAFTAR PUSTAKA

- Arizona Health Care Cost Containment System (AHCCCS). (2009). Tool Kit for The Management of Adult Postpartum Depression
- Armstrong, K., Edwards, H (2003). The effects of exercise and social support on mothers reporting depressive symptoms: a pilot randomized controlled trial. *International Journal of Mental Health Nursing*; Vol. 12(2):130-8
- Beck, CT. (2002). Revision of the postpartum depression predictors inventory: principles and practice. *Journal of Obstetrics, Gynaecology and Neonatal Nursing*; Vol 31 (4):119-26
- Bick, D. (2009). Postpartum management of the perineum. *British Journal of Midwifery*, Vol. 17(9):571-7
- Bobak, IM., Lowdermilk, DL., Jensen, MD., Perry, SE. (2005). *Buku Ajar Keperawatan Maternitas*. Edisi 4. Alih bahasa: Maria & Peter. Jakarta: EGC
- Buchko, BL., Gutshall, CH., Jordan, ET. (2012). Improving quality and efficiency postpartum hospital education. *The Journal of Perinatal Education*, Vol.21(4):238-47
- Bussel, JC., Spitz, B., Demyttenaere, K. (2009). Depressive symptomatology in pregnant and postpartum women. An exploratory study of the role of maternal antenatal orientations. *Arch Womens Ment Health*, Vol.12 (3):155-66
- Chapman, L., Durham, R. (2010). *Maternal-Newborn Nursing. The Critical Components of Nursing Care*. Philadelphia: Davis Company
- Dalfen, A. (2009). *When Baby Brings the Blues: Solutions for Postpartum Depression*. Canada: John Wiley & Sons Ltd
- Dennis, CL. (2004). Can we identify mothers at risk of postpartum depression in the immediate postpartum period using the edinburgh postnatal depression scale (EPDS). *Journal of Affective Disorders*, Vol. 78:163-9
- Department of Health, Government of Western Australia. (2006). *Using the Edinburgh Postnatal Depression Scale (EPDS): Translated into Language other than English*. Perth, Western Australia: State Perinatal Mental Health Reference Group

- Gagne, Robert M., Walter M. Wager, Katherine C. Golas, John M. Keller. (2005). *Principles of Instructional Design* 5<sup>th</sup> Edition. USA: Thompson Thomson Wadworth Belmont CA
- Gondo, HK. (2011). *Skrining Edinburgh Postnatal Depression Scale (EPDS) pada Postpartum Blues*. Bagian Obstetri dan Ginekologi Fakultas Kedokteran Universitas Wijaya Kusuma Surabaya
- Hapisah. (2008). *Hubungan Depressive Symptoms pada Ibu Hamil dengan Bayi Barat Lahir Rendah di RSUD Kota Banjarmasin Propinsi Kalimantan Selatan*. [Tesis]. Minat Utama Kesehatan Ibu dan Anak. Program Studi Ilmu Kesehatan Masyarakat, Fakultas Kedokteran Universitas Gadjah Mada. Yogyakarta
- Hendrick, V. (2006). *Psychiatric Disorders in Pregnancy and the Postpartum Principles and Treatment*. New Jersey: Humana Press
- Hurlock, EB. (2003). *Psikologi Perkembangan Suatu Pendekatan Sepanjang Rentang Kehidupan*. Jakarta: Erlangga
- Hutagaol, ET. (2010). *Efektifitas Intervensi Edukasi pada Depresi Postpartum*. [Tesis]. Fakultas Ilmu Keperawatan. Program Magister Ilmu Keperawatan, Kekhususan Keperawatan Maternitas. Universitas Indonesia. Depok
- Irawati, D., Yuliani, F. (2013). *Pengaruh Faktor Psikososial Terhadap Terjadinya Postpartum Blues Pada Ibu Nifas*. [Prosiding Seminar Nasional 2013]. Poltekkes Majapahit. Mojokerto
- Jardri, R., Pelta, J., Maron, M., Thomas P., Delion, P., Codaccioni, X., Guedemand, M. (2006). Predictive validation study of the Edinburgh Postnatal Depression Scale in the first week after delivery and risk analysis for postnatal depression. *Journal of Affective Disorders*. Vol.93:169–176
- Klossner, NJ., Hatfield, NT. (2010). *Introductory Maternity & Pediatric Nursing* 2<sup>nd</sup> Edition. Lippincott: Wolters Kluwer Health
- Larson-Meyer, E. (2003). Effects of regular exercise on mother and child. *International SportMed Journal* Vol.4: 6
- Liou, S-R., Wang, P., Cheng, C-Y. (2013). Longitudinal study of perinatal maternal stress, depressive symptoms and anxiety. *Midwifery*
- Logsdon, MC., Wisner, K., Hanusa, BH. (2009). Does maternal role functioning improve with antidepressant treatment in women with postpartum depression? *Journal of Women Health*. Vol.18:85-90

- Machmudah. (2010). Pengaruh Persalinan dengan Komplikasi terhadap Kemungkinan Terjadinya Postpartum Blues di Kota Semarang. [Tesis]. Fakultas Ilmu Keperawatan. Program Magister Ilmu Keperawatan. Universitas Indonesia. Depok
- Mardiah, SS. (2008) Hubungan Usia Ibu dengan Gejala Postpartum Blues di Wilayah Kota Tasikmalaya. [Tesis]. Fakultas Ilmu Kesehatan Masyarakat Universitas Gadjah Mada. Yogyakarta
- Margiantari., Basuki, H., Ningsih, MA. (2007). Kecemasan Terhadap Kehamilan Pada Perempuan Dewasa Muda yang Bekerja. Fakultas Psikologi Universitas Gunadarma
- Martin, A., Sanderson, K. Cocker, F. (2009). Meta-analysis of the effects of health promotion intervention in the workplace on depression and anxiety symptoms. *Scandinavian Journal of Work, Environment & Health*, Vol. 35(1):7-18
- McCarthy, M., McMahon, C. (2008). Acceptance and experience of treatment for postnatal depression in a community mental health setting. *Health Care for Women International*; Vol 29:618-637
- McDowell, I., Newell, C. (2006). *Measuring Health: A Guide to Rating Scales and Questionnaire*. New York: Oxford University Press
- McQueen, K., Montgomery, P., Gracon, SL., Evans, M., Hunter, J. (2008). Evidence based recommendation for depressive symptoms in postpartum women. *Journal of Obstetric, Gynecologic & Neonatal Nursing*. Vol 32:127-36
- Misvek, AP., Hundley, V., Kiger A. (2008). Slovenian midwives and nurse views on postnatal depression: an explanatory study. *International Nursing Review*; Vol 55:320-26
- Mukhoirotin. (2014). Pengaruh Pendidikan Kesehatan terhadap Kecemasan Primigravida dalam Menghadapi Persalinan. [Tesis]. Minat Keperawatan Maternitas, Program Studi Magister Keperawatan, Fakultas Kedokteran Universitas Gadjah Mada
- National Institute for Health and Clinical Excellence (NICE) Clinical Guideline. (2007). Antenatal and postnatal mental health. Manchester
- National Institute for Health Care Management Foundation (NIHCM Foundation). (2010). Identifying and treating maternal depression: strategies & consideration for health plans. Washington

- Nazara, Y. (2006). Efektifitas Intervensi Psikoedukasi terhadap Pencegahan Depresi Postpartum di Kabupaten Nias. [Tesis]. Fakultas Ilmu Keperawatan Universitas Indonesia.
- Norman, E., Sherburn, M., Osborne, RH., Galea, MP. (2010). An exercise and education program improves well-being of new mothers: a randomized control trial. *Journal of The American Physical Therapy Association*; Vol 90:348-55
- Notoatmodjo. S. (2007). Pendidikan dan Perilaku Kesehatan. Jakarta: Rineka Cipta
- Nugroho, IPS. (2008). Hubungan Dukungan Keluarga dengan Kejadian Depresi Postpartum pada Ibu Pasca Melahirkan di Puskesmas Tegalrejo Yogyakarta. [Skripsi]. Program Studi Ilmu Keperawatan Fakultas Kedokteran Universitas Gadjah Mada Yogyakarta
- Nursalam. (2008). Pendidikan dalam Keperawatan. Jakarta: Salemba Medika
- Pearlstein, T., Howard, M., Salisbury, A., Zlotnick, C. (2009). Post partum depression. *American Journal of Obstetric and Gynecologic*; Vol 200(4): 357-64
- Perry, SE. (2012). Nursing Care of the Family During Postpartum Period. *Maternity & Women's Health Care*; Vol 10:486-506
- Perry, SE. (2012). Postpartum physiology. *Maternity & Women's Health Care*; Vol 10:478-85
- Pillitteri, A. (2010). Care for Childbearing & Childbearing Family. *Maternal & Child Health Nursing* 6<sup>th</sup> ed. Philadelphia: Lippincott Williams and Wilkins
- Potter, PA., Perry, AG. (2005). Buku Ajar Fundamental Keperawatan: Konsep, Proses dan Praktik. Edisi 4. Volume 1. Jakarta: EGC
- Puskesmas Tegalrejo. (2013). Profil Puskesmas Tegalrejo Kota Yogyakarta. Yogyakarta: Tim Penyusun
- Raphael-Leff, J. (2005). Psychological processes of childbearing. London: Anna Freud Centre
- Rismintari, YS. (2012). Peran Kangaroo Mother Care Terhadap Skor Depresi Post Partum. [Tesis]. Minat Utama Maternal Perinatal. Program Studi Ilmu Kedokteran Klinik, Fakultas Kedokteran Universitas Gadjah Mada. Yogyakarta

- Robertson, K. (2010). Understanding the needs of women with posnatal depression. *Nursing Standard*; Vol 24,26:47-55
- Rosenthal, MS. (2003). *Woman depression: a same approach to mood disorder*. Los Angeles: Lowell House
- Saadah, MS. (2008). Hubungan Usia Ibu dengan Gejala Postpartum Blues di Wilayah Kota Tasikmalaya. [Tesis]. Minat Utama Kesehatan Ibu dan Anak. Program Studi Ilmu Kesehatan Masyarakat, Fakultas Kedokteran Universitas Gadjah Mada. Yogyakarta
- Saeed, SA., Antonacci, DJ., Bloch, RM. (2010). Exercise, yoga, and meditation for depressive and anxiety disorders. *American Academy of Family Physicians*; Vol 81(8):981-987
- Sadock BJ, Sadock VA. (2007). *Kaplan & Sadock's Synopsis of Psychiatry*. Philadelphia: Lippincott Williams & Wilkins
- Sarason, IG., Levine, HM., Basham, RB. (1983). Assessing Social Support: The Social Support Questionnaire. *Journal of Personality and social Psychology*; Vol.44:127-139
- Sari, LS. (2009). Sindroma Depresi Pasca Persalinan Di Rumah Sakit Umum Pusat Haji Adam Malik Medan. [Tesis]. Departemen Psikiatri Fakultas Kedokteran Universitas Sumatera Utara. Medan
- Sastroasmoro, S dan Ismael, S. (2011). *Dasar-dasar Metodologi Penelitian Klinis*. Edisi 4. Jakarta: Sagung Seto
- Shapiro, GD. (2013). Review: Psychosocial and psychological intervention reduce postpartum depression. *American College of Psysicians Journal*. Vol.159(4):8-9
- Siswosudarmo, R. (2012). *Panduan Tata Cara Membuat Proposal Penelitian dan Menulis Tesis*. Bagian Obstetrika dann Ginekologi Fakultas Kedokteran Universitas Gadjah Mada
- Smarr, KL and Keefer, AL. (2011). Measures of Depression and Depressive Symptoms. *American College of Rheumatology*. Vol. 63(11):454-66
- Soep. (2009). Pengaruh Intervensi Psikoedukasi dalam Mengatasi Depresi Postpartum di RSUD Dr. Pringadi Medan. [Tesis]. Sekolah Pasca Sarjana. Universitas Sumatera Utara. Medan

- Stone, SD and Menken, AE. (2008). Perinatal and Postpartum Mood Disorders: Perspectives and Treatment Guide for the Health Care Practitioner. New York: Springer Publishing Company
- Stuart, GW. (2012). Principles and Practice Of Psychiatric Nursing, 10th ed. Mosby: Elsevier Inc
- Suliha, U., Herawani., Sumiati, Resnayati, Y. (2002). Pendidikan Kesehatan dalam Keperawatan. Jakarta: EGC
- Sumijatun., Suliswati., Papoyo, T., Maruhawa, J., Sumartini, M. (2006). Konsep Dasar Keperawatan Komunitas. Jakarta: EGC
- Surkan, PJ., Gottlieb, BR., McCormick, MC., Hunt, A., Peterson, KE. (2012). Impact of a health promotion intervention on maternal depressive symptoms at 15 month postpartum. Maternal & Child Health Journal; Vol.16:139-48
- Tammentie, T., Paavilainen, E., Astedt-Kurki, P., Tarkka, MT. (2013). Public health nurses in finland help to prevent postnatal depression. Primary Health Care; Vol 1 (1):26-31
- Tezel, A., Gozum, S. (2006). Comparizon of effects nursing care to problem solving training on levels of depressive symptoms in post partum women. Journal for Patient Education and Counseling; Vol 63:64-73
- Thompson, KS., Fox, JE. (2010). Postpartum depression: a comprehensive approach to evaluation and treatment. Mental Health in Family Medicine; Vol 7:249-57
- Tomey, AM and Alligood, MR. (2010). Nursing Theorist and Their Work. 7<sup>th</sup> Edition. USA: Mosby Elsevier
- Wilkins, B., Baker, R., Bick, D., Thomas, P. (2009). Emotional processing in childbirth: a predictor of postpartum depression? British Journal of Midwifery; Vol 17:154-59
- Zubaran, C., Schumacher, M., Roxo, MR., Foresti, K. (2010). Screening tools for postpartum depression: validity and cultural dimentions. African Journal of Psychiatry; Vol 13:357-365

## Lampiran 1

### PROTOKOL KELOMPOK INTERVENSI

#### A. Persiapan

1. Penentuan responden dimulai saat ibu melahirkan di (hari 1 *postpartum*).
2. Peneliti menjelaskan tujuan, manfaat dan prosedur penelitian yang akan dilakukan.
3. Ibu *postpartum* menandatangani lembar *inform consent*.
4. Responden melengkapi data demografi.
5. Peneliti/petugas kesehatan puskesmas meminta kontak dan alamat responden untuk pertemuan berikutnya.

#### B. Pelaksanaan

##### 1. Intervensi Pertemuan I (hari 2 *postpartum*)

**Tujuan: *Pre-test EPDS* dan demonstrasi senam nifas**

- a. Responden diberikan kuesioner *EPDS* untuk menentukan skor *maternal depressive symptoms*. Pengisian kuesioner dilakukan sendiri tanpa dibantu peneliti.
- b. Peneliti/petugas kesehatan puskesmas menjelaskan manfaat ibu melakukan senam nifas.
- c. Peneliti mengajarkan responden melakukan senam nifas dengan terlebih dahulu menjelaskan tujuan pembelajaran senam nifas.
- d. Peneliti menggali informasi mengenai pengetahuan ibu terhadap senam nifas.
- e. Peneliti menyampaikan materi dengan metode ceramah, diskusi dan secara langsung mendemonstrasikan gerakan senam nifas diikuti ibu dan memberikan *reinforcement* positif jika ibu berhasil mendemonstrasikan kembali.
- f. Responden dianjurkan melanjutkan senam di rumah dengan diberikan buku panduan senam nifas. Gerakan senam terdiri dari gerakan yang berurutan dalam 10 hari dengan peningkatan gerakan setiap harinya.