

**ADAPTASI PSIKOLOGIS PADA IBU POST PARTUM PRIMIGRAVIDA
SECTIO CAESAREA DAN PARTUS NORMAL
DI RUANG SARAH (KANDUNGAN DAN KEBIDANAN)
RUMAH SAKIT BAPTIS KEDIRI**

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INTISARI

Latar Belakang: Post partum adalah masa penyembuhan dari kelahiran plasenta dan selaput janin (menandakan akhir periode intra partum) hingga kembalinya alat reproduksi wanita pada kondisi tidak hamil, serta penyesuaian terhadap hadirnya anggota baru. Ibu post partum menjalani adaptasi melalui fase- fase sebagai berikut: *fase taking in*, *fase taking hold*, dan *fase letting go*. Adaptasi psikologis pada ibu post partum dapat dialami pada ibu dengan post partum *sectio caesarea* maupun pada ibu post partum normal.

Tujuan : Mengetahui adaptasi psikologis pada ibu post partum primigravida *sectio caesarea* dan partus normal di ruang Sarah (kandungan dan kebidanan) Rumah Sakit Baptis Kediri.

Metode: Penelitian ini menggunakan desain penelitian penelitian kualitatif dengan menggunakan pendekatan deskripsi fenomenologis. Subjek penelitian ini adalah ibu post partum primigravida. Sejumlah 8 responden baik ibu post partum primigravida *sectio caesarea* maupun partus normal. Analisa data menggunakan metode Collaizi.

Hasil: Adaptasi psikologis post partum pada ibu primigravida terdapat 9 tema yang terdiri : fase *taking in* 4 tema yang meliputi perubahan emosional yang dirasakan setelah melahirkan, pengalaman persalinan ibu, kesiapan menjadi seorang ibu dan dukungan keluarga, fase *taking hold* 2 tema yang meliputi perubahan emosional yang dirasakan ibu setelah menjadi ibu dan melihat bayinya untuk pertama kalinya dan pengalaman merawat bayi dan fase *letting go* 3 tema meliputi menerima peran baru sebagai orang tua, adaptasi kehadiran bayi dan kondisi ibu post partum. Berdasarkan Fase Adaptasi psikologis pada ibu post partum didapatkan hasil bahwa sebagian besar ibu memiliki adaptasi psikologis yang baik.

Kesimpulan: Ibu Post Partum Primigravida *sectio caesarea* dan partus normal semua mengalami perubahan adaptasi psikologis post partum mengarah pada perubahan psikologis yang baik, dan mereka melewati setiap fasenya dengan baik hanya beberapa ibu post partum yang mengalami gangguan perubahan adaptasi psikologis post partum. Hanya saja terdapat hal yang berbeda yang yaitu pada fase *taking in* yaitu ibu post partum *sectio caesarea* merasakan nyeri lebih lama untuk mobilisasi dibanding dengan ibu post partum secara normal.

Kata Kunci : *Ibu Post Partum primigravida, adaptasi psikologis post partum, sectio caesarea, partus normal*

***PSYCHOLOGICAL ADAPTATION OF PRIMIGRAVID MOTHER POST
PARTUM SECTIO CAESAREA AND NORMAL PARTUS***

***IN THE SARAH ROOM (OBSTETRICAL AND MIDWIFERY)
BAPTIST HOSPITAL KEDIRI***

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ABSTRACT

Introduction: Post-partum is a period from the birth of the placenta and fetal membranes (signifying the end of the intra-partum period) until the return of the female reproductive organs on the condition of not pregnant, as well as adjustment toward the presence of new family member. Post-partum mother undergoes adaptation through the following phases: “taking in” phase, “taking hold” phase, and “letting go” phase. Psychological adaptation of the post-partum mother can be experienced by post-partum mothers with sectio caesarea and the normal partum.

Objective: To know the psychological adaptation of post-partum primigravid mother with sectio caesarea and normal partum in Sarah Ward (obstetrics and gynecology) at Baptist Hospital Kediri.

Method: The research design was qualitative using phenomenological description approach, the research subjects were 8 post-partum primigravid mothers either post partum sectio caesarea or normal partum. Data were analyzed using Collaizi method.

Results: There were 9 themes of psychological adaptation to post-partum primigravid mother which were: 4 themes of taking in phase which include changes emotionally felt after giving birth, experience childbirth the mother's readiness to become a mother and family support, 2 themes of taking hold phase which include changes emotionally perceived mother after becoming a mother and see her baby for the first time and the experience of caring for a baby, and 3 themes of letting go phase includes receiving a new role as a parent, an adaptation of a baby and the mother's condition of post partum. Based on the Psychological Adaptation Phase post partum mothers showed that most mothers have a good psychological adaptation.

Discussion: All post-partum mothers experienced changing psychological adaptation but all of them were led to good psychological changing and they passed through each phase with good and little impaired post partum psychological adaptation changing. However, there was a different phenomenon in ‘taking in’ phase as the post-partum mothers with section caesarea felt pain longer for mobilization activity compared with normal post-partum mothers.

Keywords: Post-partum primigravid mother, post-partum psychological adaptation, sectio caesarea, normal partum.