

ABSTRAK

HUBUNGAN PERSEPSI PRIMIPARA TENTANG PERUBAHAN PERAN MENJADI ORANG TUA TERHADAP RISIKO DEPRESI POSTPARTUM

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Latar Belakang: Transisi menjadi orang tua membutuhkan banyak penyesuaian terutama bagi primipara. Kegagalan mencapai harapan menjadi ibu yang baik dapat memicu timbulnya stres yang kemudian berkembang menjadi depresi postpartum. Penelitian ini bertujuan untuk mengetahui hubungan persepsi primipara tentang perubahan peran menjadi orang tua terhadap risiko depresi postpartum.

Metodologi: Penelitian kuantitatif bersifat analitik korelatif dengan pendekatan *cross sectional*. Pengambilan sampel menggunakan *proporsional random sampling* dengan sampel 81 responden. Instrumen yang digunakan adalah *Parenting Sense of Competence Scale* (PSOC) untuk mengukur persepsi dan *Edinburgh Postnatal Depression Scale* (EPDS) untuk mengukur risiko depresi. Hipotesis diuji menggunakan uji korelasi *Pearson*.

Hasil Penelitian: Rerata skor persepsi responden sebesar 72,14 dan rerata geometri skor risiko depresi postpartum responden 8,78. Hasil EPDS menunjukkan 43,2% responden tidak memiliki risiko depresi, 40,8% responden memiliki risiko depresi, dan 21,0% responden mengalami depresi postpartum. Hasil uji *Pearson* menunjukkan nilai p 0,005 (p -value <0,05) dan nilai r -0,311 yang menunjukkan arah hubungan berlawanan dengan kekuatan korelasi rendah.

Kesimpulan: Terdapat hubungan antara persepsi primipara tentang perubahan peran menjadi orang tua terhadap risiko depresi postpartum. Tenaga kesehatan perlu melakukan edukasi sejak masa kehamilan dan skrining risiko depresi sebagai pencegahan depresi postpartum.

Kata kunci: Depresi postpartum, persepsi, primipara, orang tua, peran

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ABSTRACT

THE RELATIONSHIP BETWEEN PRIMIPARA PERCEPTIONS OF ROLE CHANGE TO PARENTHOOD ON THE RISK OF POSTPARTUM DEPRESSION

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Background: Transitioning to parenthood requires adjusting, especially for primiparas. Failure to meet expectations of good mothering may induce stress that develops into postpartum depression. This study aims to determine the relationship between primiparas' perceptions of changing parental roles and risk of postpartum depression.

Method: Quantitative research is a cross-sectional correlational analysis. Sampling used proportional random sampling with a sample of 81 respondents. Instruments used were the Parenting Sense of Competence Scale (PSOC) for perceptions and the Edinburgh Postnatal Depression Scale (EPDS) for depression risk. Hypotheses were tested using Pearson's correlation test.

Results: Respondents' mean perception score was 72.14. Respondents' geometric mean postpartum depression risk score was 8.78. The EPDS results showed that 43.2% of the respondents had no depression risk, 40.8% had depression risk, and 21.0% had postpartum depression. Pearson's test results showed a value of $p = 0.005$ ($p\text{-value} < 0.05$) and $r = -0.311$, indicating an inverse relationship with low correlation strength.

Conclusion: There is an association between primiparous perceptions of parental role change and risk of postpartum depression. Health workers need to conduct education since pregnancy and depression risk screening as prevention of postpartum depression.

Keywords: Postpartum depression, perception, primipara, parents, role

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