

ABSTRAK

HUBUNGAN PENGETAHUAN IBU HAMIL DAN DUKUNGAN KELUARGA TERHADAP KEJADIAN DEPRESI ANTENATAL DI WILAYAH KERJA PUSKESMAS KEDUNGBANTENG

Dini Nurul Khasanah¹, Lutfatul Latifah¹, Aprilia Kartikasari¹

Latar Belakang: Depresi antenatal merupakan salah satu masalah kesehatan mental yang sering terjadi selama kehamilan dan dapat berdampak bagi kesehatan ibu dan janin. Penelitian ini bertujuan untuk menganalisis hubungan antara pengetahuan ibu hamil dan dukungan keluarga terhadap kejadian depresi antenatal.

Metodologi: Penelitian kuantitatif bersifat analitik korelatif dengan pendekatan *cross sectional*. Pengambilan sampel menggunakan *accidental sampling* dengan sampel 105 responden. Instrumen yang digunakan *Mental Health Knowledge Scale* (MHKS), instrumen dukungan keluarga, dan instrumen *Edinburgh Postnatal Depression Scale* (EPDS). Hipotesis diuji menggunakan uji korelasi *Spearman*.

Hasil Penelitian: Nilai tengah skor pengetahuan ibu hamil tentang depresi antenatal sebesar 13,00, nilai tengah skor dukungan keluarga sebesar 7,00, dan nilai tengah dari skor kejadian depresi antenatal sebesar 14,00. Hasil EPDS menunjukkan 3,9% responden tidak mengalami depresi, 28,6% responden mengalami risiko depresi antenatal, dan 67,7% responden mengalami depresi antenatal. Hasil uji *Spearman* menunjukkan nilai p 0,162 (p -value $<0,05$) untuk pengetahuan ibu hamil terhadap kejadian depresi antenatal dan nilai p 0,113 (p -value $<0,05$) untuk dukungan keluarga terhadap kejadian depresi antenatal.

Kesimpulan: Tidak ada hubungan antara pengetahuan ibu hamil terhadap kejadian depresi antenatal dan tidak ada hubungan dukungan keluarga terhadap kejadian depresi antenatal. Tenaga kesehatan perlu melakukan edukasi sejak masa kehamilan dan skrining risiko depresi sebagai pencegahan depresi antenatal.

Kata Kunci: Depresi antenatal, Dukungan keluarga, Ibu Hamil, Pengetahuan

¹Jurusan Keperawatan, Fakultas Ilmu-ilmu Kesehatan, Universitas Jenderal Soedirman²

ABSTRACT

THE RELATIONSHIP BETWEEN PREGNANT WOMEN'S ATA KNOWLEDGE AND FAMILY SUPPORT TOWARDS THE INCIDENCE OF ANTENATAL DEPRESSION IN THE WORK AREA OF KEDUNGBANTENG COMMUNITY HEALTH CENTER

Dini Nurul Khasanah¹, Lutfatul Latifah¹, Aprilia Kartikasari¹

Background: Antenatal depression is one of the mental health problems that often occurs during pregnancy and can affect the health of the mother and fetus. This study aims to analyze the relationship between maternal knowledge and family support on the incidence of antenatal depression.

Methodology: Quantitative research is correlative analytic with a cross-sectional approach. Sampling using accidental sampling with a sample size of 105 respondents. The instruments used are the Mental Health Knowledge Scale (MHKS), family support instruments, and the Edinburgh Postnatal Depression Scale (EPDS) instruments. The hypothesis was tested using the Spearman correlation test.

Research Results: The mean score for pregnant women's knowledge about antenatal depression was 13.00, the mean score for family support was 7.00, and the mean score for the incidence of antenatal depression was 14.00. The EPDS results showed that 3.9% of respondents did not experience depression, 28.6% of respondents experienced a risk of antenatal depression, and 67.7% of respondents experienced antenatal depression. The Spearman test results show a p value of 0.162 (p-value <0.05) for pregnant women's knowledge of the incidence of antenatal depression and a p-value of 0.113 (p-value <0.05) for family support for the incidence of antenatal depression.

Conclusion: There was no relationship between pregnant women's knowledge of the incidence of antenatal depression and there was no relationship between family support and the incidence of antenatal depression. Health workers need to provide education during pregnancy and screen for the risk of depression to prevent antenatal depression.

Keywords: Antenatal depression. Family support, Knowledge, Pregnant women

¹Department of Nursing, Faculty of Health Sciences, Jenderal Soedirman University²