

ABSTRAK

FAKTOR RISIKO DEPRESI POSTPARTUM PADA IBU PRIMIPARA BEKERJA DI WILAYAH KERJA PUSKESMAS PERKOTAAN KABUPATEN CILACAP

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Latar Belakang: Depresi postpartum merupakan salah satu gangguan psikologis berat yang sering terjadi pada ibu setelah melahirkan dan berdampak negatif terhadap ibu, bayi, serta hubungan keluarga. Ibu primipara yang bekerja memiliki risiko lebih tinggi mengalami depresi postpartum karena harus menyesuaikan peran ganda antara pekerjaan dan pengasuhan anak. Penelitian ini bertujuan untuk mengetahui faktor risiko depresi postpartum pada ibu primipara bekerja di wilayah kerja puskesmas perkotaan Kabupaten Cilacap.

Metodologi: Penelitian ini menggunakan desain analitik korelasional dengan pendekatan *cross-sectional*. Dengan teknik *convenience sampling*, sampel pada penelitian ini adalah ibu postpartum dalam rentang 2 minggu-1 tahun yang bekerja pada sektor formal di Kabupaten Cilacap sebanyak 74 responden. Instrumen yang digunakan yaitu *Edinburgh Post-natal Depression Scale* (EPDS), *Multidimensional Scale of Perceived Social Support* (MSPSS), dan Alat Asesmen Ibu Postpartum (ASIPP). Analisis data dilakukan secara univariat, bivariat dengan *chi-square*, dan multivariat dengan regresi logistik.

Hasil Penelitian: Hasil EPDS menunjukkan 77,0% tidak depresi dan 23,0% mengalami depresi. Variabel di uji dengan nilai signifikansi *p-value* $<0,05$. Hasil variabel yang tidak memengaruhi depresi postpartum adalah usia ($p=0,323$), pendapatan ($p=0,131$), jenis pekerjaan ($p=0,583$), dukungan sosial ($p=0,881$), kepuasan pernikahan ($p=0,881$) dan yang memengaruhi depresi postpartum adalah durasi bekerja ($p=0,025$) serta regulasi emosi ($p=0,039$). Variabel yang paling berpengaruh adalah durasi bekerja ($OR=3,657$).

Kesimpulan: Durasi bekerja merupakan faktor paling dominan memengaruhi depresi postpartum pada ibu primipara bekerja. Semakin lama durasi bekerja, semakin tinggi pula risiko ibu mengalami depresi postpartum. Perawat diharapkan mampu memberikan edukasi, konseling, serta dukungan psikologis yang komprehensif kepada ibu postpartum dan keluarganya guna mencegah dan menangani depresi postpartum secara optimal.

Kata Kunci: Depresi postpartum, Ibu bekerja, Primipara

ABSTRACT

RISK FACTORS FOR POSTPARTUM DEPRESSION AMONG PRIMIPAROUS MOTHERS WORKING IN THE WORKING AREA OF THE URBAN PUBLIC HEALTH CENTER OF CILACAP REGENCY

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Background: Postpartum depression is a serious psychological disorder that often occurs in women after childbirth and negatively impacts the mother, baby, and family relationships. Working primiparous mothers are at higher risk of experiencing postpartum depression due to the need to juggle the dual roles of work and childcare. This study aims to determine the risk factors for postpartum depression among working primiparous mothers in the working area of the urban community health center of Cilacap Regency.

Methodology: This study used a correlational analytical design with a cross-sectional approach. Using a convenience sampling technique, the sample consisted of 74 postpartum mothers working in the formal sector in Cilacap Regency within 2 weeks to 1 year. The instruments used were the Edinburgh Postnatal Depression Scale (EPDS), the Multidimensional Scale of Perceived Social Support (MSPSS), and the Postpartum Mother Assessment Tool (ASIPP). Data were analyzed using univariate analysis, bivariate analysis using chi-square analysis, and multivariate analysis using logistic regression.

Research Results: The EPDS results showed that 77.0% were not depressed and 23.0% were depressed. Variables were tested with a significance value of $p\text{-value} < 0.05$. The results of variables that did not affect postpartum depression were age ($p=0.323$), income ($p=0.131$), type of employment ($p=0.583$), social support ($p=0.881$), marital satisfaction ($p=0.881$) and those that did affect postpartum depression were duration of employment ($p=0.025$) and emotional regulation ($p=0.039$). The most influential variable was duration of employment ($OR=3.657$).

Conclusion: Work duration is the most dominant factor influencing postpartum depression in working primiparous mothers. The longer the work duration, the higher the risk of postpartum depression. Nurses are expected to provide comprehensive education, counseling, and psychological support to postpartum mothers and their families to optimally prevent and manage postpartum depression.

Keywords: Postpartum depression, Working mothers, Primiparous