

ABSTRAK

HUBUNGAN DUKUNGAN KELUARGA DAN *SELF EFFICACY* DENGAN KEJADIAN DEPRESI *POSTPARTUM*

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Pendahuluan : Periode pasca persalinan menjadi masa transisi yang menantang bagi ibu *postpartum*. Adanya perubahan besar membuat ibu dapat mengalami gangguan *mood* seperti depresi *postpartum*. Tujuan dari penelitian ini adalah untuk mengetahui hubungan dukungan keluarga dan *self efficacy* dengan kejadian depresi *postpartum*. **Metode :** Penelitian ini menggunakan desain *cross-sectional*. Penelitian ini melibatkan sampel sebanyak 97 responden menggunakan teknik *consecutive sampling*. Variabel independen dalam penelitian ini adalah dukungan keluarga dan *self efficacy* sedangkan variabel dependennya yaitu kejadian depresi *postpartum*. Instrumen penelitian yang digunakan berupa kuesioner Sources of Social Support Scale (SSSS), Perceived Maternal Parental Self Efficacy dan Edinburg Postpartum Depression Scale. Analisis menggunakan uji statistik *spearman's rho test*. **Hasil:** Sebanyak 38,1% ibu mengalami depresi *postpartum* dan sebanyak 61,9% ibu tidak mengalami depresi *postpartum*. Hasil penelitian menunjukkan adanya hubungan dukungan keluarga dengan depresi *postpartum* ($p=0,000$) dengan nilai $r = -0,364$ yang menunjukkan kekuatan hubungan lemah. Hasil uji statistik juga menunjukkan adanya hubungan *self efficacy* dengan kejadian depresi *postpartum* ($p=0,000$) dengan nilai $r = -0,355$ yang menunjukkan kekuatan hubungan lemah. **Kesimpulan :** disimpulkan bahwa semakin tinggi dukungan keluarga dan *self efficacy* semakin rendah peluang terjadinya depresi *postpartum*. Ibu *postpartum* yang mendapatkan dukungan keluarga tinggi akan merasa diperhatikan, disayang, dan dapat berbagi beban sehingga mampu mengurangi stres yang pada akhirnya mengurangi terjadinya depresi *postpartum*. Ibu *postpartum* yang memiliki *self efficacy* tinggi cenderung menganggap kesulitan tugas yang ia hadapi sebagai suatu rintangan bukan sebagai ancaman yang justru mengarah pada munculnya depresi.

Kata Kunci : Dukungan keluarga, *self efficacy*, depresi *postpartum*

ABSTRACT

**THE RELATIONSHIP OF FAMILY SUPPORT AND SELF EFFICACY
WITH THE INCIDENCE OF POSTPARTUM DEPRESSION**

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Introduction: The postpartum period becomes a challenging transition period for postpartum mothers. The existence of major changes can make mothers experience mood disorders such as postpartum depression. The purpose of this study was to determine the relationship between family support and self-efficacy with the incidence of postpartum depression. **Method:** This study used a cross-sectional design. This study involved a sample of 97 respondents using consecutive sampling. The independent variables in this study were family support and self-efficacy, while the dependent variable is the incidence of postpartum depression. The research instruments used were Sources of Social Support Scale (SSSS) questionnaire, Perceived Maternal Parental Self Efficacy (PMPSE) questionnaire dan Edinburg Postpartum Depression Scale (EPDS) questionnaire. Data were analyzed using *spearman's rho test*. **Result:** As many as 38.1% of mothers experience postpartum depression and as many as 61.9% of mothers do not experience postpartum depression. The results showed a relationship of family support with postpartum depression ($p = 0,000$) with a value of $r = -0,364$ which indicates the strength of a weak relationship. Statistical test results also showed a relationship of self-efficacy with the occurrence of postpartum depression ($p = 0,000$) with a value of $r = -0,355$ which indicates the strength of a weak relationship. **Conclusion:** It was concluded that the higher family support and self-efficacy, the lower chance of getting postpartum depression. Postpartum mothers who get high family support will feel cared for, loved, and can share the burden to reduce stress which ultimately reduces postpartum depression. Postpartum mothers who have high self-efficacy tend to regard the task difficulties that she faces as an obstacle rather than as a threat that leads to the emergence of postpartum depression.

Keywords: Family support, self-efficacy, postpartum depression