ABSTRAK

Nora Nadya, 111711133115, Hubungan antara *Self-Criticism* dengan Depresi Pasca Melahirkan pada Ibu, Skripsi, Fakultas Psikologi Universitas Airlangga, 2020.

xviii + 84 halaman, 9 lampiran

Penelitian ini bertujuan untuk mengetahui hubungan antara self-criticism dengan depresi pasca melahirkan pada ibu. Self-criticism adalah salah suatu bentuk penghukuman diri dan evaluasi diri negatif (Gilbert, 2000), yang dapat dipicu ketika individu menghadapi kegagalan atau melakukan kesalahan (Castilho & Pinto-Gouveia, 2011).

Penelitian ini merupakan penelitian kuantitatif yang melibatkan 550 ibu yang sedang dalam masa postpartum (satu tahun setelah melahirkan) di Indonesia. Alat ukur yang digunakan dalam penelitian ini adalah Forms of Self-Criticism/Self-Reassuring Scale (FSCRS) (Vyandri, 2019) *dan Edinburgh Postnatal Depression Scale (EPDS) (Department of Health Government of Western Australia, 2006). Analisis data dilakukan dengan teknik statistik korelasi product moment* dari *Pearson dengan bantuan SPSS versi 22 for Windows.*

Dari hasil analisis data penelitian diperoleh nilai korelasi antara self-criticism dengan depresi pasca melahirkan sebesar 0,726 dengan p sebesar 0,000. Hal ini menunjukkan bahwa terdapat korelasi yang siginifikan antara self-criticism dan depresi pasca melahirkan.

Kata kunci: ibu, depresi pasca melahirkan*, self-criticism*

Daftar Pustaka, 133 (1971-2020)

ABSTRACT

Nora Nadya, 111711133115, Relationship between Self-Criticism and Postpartum Depression in Mothers, *Undergraduate thesis*, Fakultas Psikologi Universitas Airlangga, 2020.

xviii + 84 pages, 9 appendices

The aim of this study is to examine the relationship between self-criticism and postpartum depression in mothers. Self-criticism is a form of punishment and negative self-evaluation (Gilbert, 2000), which can be triggered when individuals experience failure or make mistakes (Castilho & Pinto-Gouveia, 2011).

This research is a quantitative study involving 550 mothers who were in the postpartum period (one year after giving birth) in Indonesia. The measuring instruments used in this study are the Forms of Self-Criticism/Self-Reassuring Scale (FSCRS) (Vyandri, 2019) *and the Edinburgh Postnatal Depression Scale (EPDS) (Department of Health Government of Western Australia, 2006). Data analysis was performed using Pearson's product moment statistical technique with the help of SPSS version 22 for Windows.*

Based on the results of data analysis, it was found that the correlation value between self-criticism and postpartum depression was 0,726 with a p value of 0,000. This suggests that there is a significant corelation between self-criticism and postpartum depression.

Key words: *mothers*, *postpartum depression, self-criticism*

References, 133 (1971-2020)