

ABSTRAK

ANALISIS FAKTOR YANG BERHUBUNGAN DENGAN KEJADIAN DEPRESI POSTPARTUM SELAMA MASA PANDEMI COVID-19

PENELITIAN *CROSS-SECTIONAL*

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Pendahuluan: Pelayanan kesehatan ibu dan bayi baru lahir mengalami perubahan baik secara akses maupun kualitas yang disebabkan oleh pembatasan selama masa pandemi COVID-19. Prevalensi kejadian depresi postpartum di beberapa negara mengalami peningkatan. Gejala depresi postpartum yang lebih tinggi dikaitkan dengan lebih banyak kekhawatiran tentang ancaman COVID-19 terhadap kehidupan ibu dan bayi. Tujuan penelitian ini adalah untuk menganalisis faktor yang berhubungan dengan depresi postpartum pada Ibu selama masa pandemi COVID-19. **Metode:** Penelitian ini menggunakan desain deskriptif korelasional dengan pendekatan *cross-sectional*. Terdapat responden sebanyak 141 di wilayah kerja Puskesmas Tanah Kali Kedinding Surabaya. Penetapan responden menggunakan teknik *convenience sampling* sesuai kriteria inklusi dan eksklusi. Variabel independen adalah usia ibu, status ekonomi, pengalaman melahirkan, dukungan pasangan dan dampak perubahan kebiasaan selama masa pandemi COVID-19. Variabel dependen adalah depresi postpartum. Data dikumpulkan dengan kuesioner demografi, pengalaman melahirkan, CRISIS (*Coronavirus Health Impact Survey*), PSSQ (*Postpartum Social Support Questionnaire*), EPDS (*Edinburgh Postpartum Depression Scale*) dan dianalisis menggunakan uji *spearman's rho* dengan tingkat signifikansi $<0,05$. **Hasil:** Hasil uji *spearman's rho* menunjukkan bahwa terdapat hubungan antara pengalaman melahirkan ($p=0,000$; $r=-0,453$), dukungan pasangan ($p=0,002$; $r=-0,257$), dan dampak perubahan kebiasaan selama masa pandemi COVID-19 ($p=0,000$; $r=0,331$) terhadap depresi postpartum. Usia ($p=0,077$) dan status ekonomi ($p=0,203$) tidak memiliki hubungan yang signifikan dengan depresi postpartum. **Kesimpulan:** Faktor yang berhubungan dengan depresi postpartum adalah pengalaman melahirkan, dukungan pasangan dan dampak perubahan selama masa pandemi COVID-19. Diharapkan agar dapat mengembangkan penelitian tentang faktor lainnya terkait dengan depresi postpartum disamping menggunakan data penelitian ini sebagai acuan penelitian berikutnya.

Kata Kunci: Depresi Postpartum, Kesehatan Ibu, Pandemi, COVID-19

ABSTRACT

ANALYSIS OF FACTORS RELATED TO POSTPARTUM DEPRESSION DURING THE COVID-19 PANDEMIC

CROSS-SECTIONAL STUDY

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Introduction: Maternal and newborn health services have changed in terms of access and quality due to the COVID-19 pandemic. The prevalence of postpartum depression in some countries has increased. Higher depressive symptoms with more about the threat COVID-19 poses to mothers and babies. The purpose of this study was to analyze factors associated with postpartum depression in mothers during the COVID-19 pandemic. **Methods:** This study used a descriptive correlational design with a cross-sectional approach. There are 141 respondents in the working area of Tanah Kali Kedinding Health Center, Surabaya. Determination of respondents using convenience sampling technique according to inclusion and exclusion criteria. The independent variables were maternal age, economic status, childbirth experience, partner support and the impact of changing habits during the COVID-19 pandemic. The dependent variable is postpartum depression. Data were collected using a demographic questionnaire, childbirth experience, CRISIS, (*Coronavirus Health Impact Survey*), PSSQ (*Postpartum Social Support Questionnaire*), EPDS (*Edinburgh Postpartum Depression Scale*) and analyzed using the spearman's rho test with a significance level of <0.05 . **Results:** The results of the Spearman's rho test showed that there was a relationship between the experience of giving birth ($p=0.000$; $r=-0.453$), partner support ($p=0.002$; $r=-0.257$), and the impact of changing habits during the COVID-19 pandemic ($p=0.000$; $r=0.331$) on postpartum depression. Age ($p=0.077$) and economic status ($p=0.203$) did not have a significant relationship with postpartum depression. **Conclusion:** Factors associated with postpartum depression are childbirth experience, partner support and the impact of change during the COVID-19 pandemic. It is hoped that research can be developed on other factors related to postpartum depression in addition to using this research data as a reference for future research.

Keywords: Postnatal depression, maternal health, pandemic, COVID-19