

ABSTRAK

Latar Belakang: *Baby blues* adalah perubahan fluktuasi emosi yang terjadi pada hari ke 3-5 postpartum dan berakhir sebelum minggu ke-2 postpartum. Reaksi emosional ini menurut beberapa penelitian lebih dari 50% sering terjadi pada primipara. Gejala *baby blues* meliputi menangis, iritabilitas, cemas, sulit berkonsentrasi, kebingungan, bahkan dapat menyebabkan depresi pada ibu yang menyebabkan pengasuhan tidak tepat, akibatnya bayi tidak berkembang dengan optimal. Beberapa faktor yang mempengaruhi terjadinya *baby blues*, antara lain: paritas, usia, pengetahuan, status kehamilan, harga diri rendah, masalah emosional selama kehamilan, dukungan suami dan keluarga, dukungan sosial, finansial, status perkawinan, metode persalinan. Oleh karena itu, penting untuk dilakukan penelitian lebih lanjut mengenai hubungan karakteristik ibu primipara dengan terjadinya *baby blues*. **Metode:** Jenis penelitian ini merupakan analitik observasional dengan rancangan *cross sectional*. Pengambilan sampel tersebut dilakukan dengan metode *consecutive sampling*. Pengumpulan data dalam penelitian ini menggunakan kuesioner. Analisis data menggunakan chi-square test dengan SPSS. **Hasil:** Sampel penelitian ini didapatkan 21 ibu nifas primipara yang bersedia menjadi responden. Analisis bivariat menggunakan *chi-square test* didapatkan hasil, antara lain umur ($p=1,000$), pendidikan ($p=0,570$), pekerjaan (0,122), status kehamilan (0,599), dukungan keluarga atau suami ($p=1,000$) sehingga dapat disimpulkan bahwa tidak ada hubungan karakteristik ibu primipara dengan terjadinya *baby blues*. **Kesimpulan:** Tidak terdapat hubungan karakteristik ibu primipara dengan terjadinya *baby blues*.

Kata kunci: *baby blues*, primipara, karakteristik, gangguan psikologis postpartum.

ABSTRACT

Background and purpose: *Baby blues is an emotional fluctuation that occurred on 3-5 days postpartum and end before the second week of postpartum. Based on some studies about those emotional reaction showed more than 50% mostly happened in primiparas. The Symptoms of the baby blues such as crying, irritability, anxiety, hardly to concentrate, confusion, and able to cause depression on mother which causes improper care, whereas on baby can affect mental development. Some factors may influence the occurrence of baby blues include: parity, age, knowledge, pregnancy status, low self-esteem emotional problems during pregnancy, support of husband and family, social support, financial, marital status, mechanism of labor. Consequently, it's important to more focused on further research about the correlation on the characteristic of primiparous mothers with the incidence of baby blues.* **Methods:** *The type and design of the study were observational analytic and cross-sectional Sample was taken using consecutive sampling. In this study to collect data using a questionnaire and analyse the correlation using chi-square statistical test with SPSS.* **Results:** *the sample found 21 primiparous postpartum mothers who were willing to be a respondents. the characteristic of primiparous mothers were obtained, including age ($p = 1$), education ($p = 0,570$), work ($0,122$), pregnancy status ($0,599$), family or husband support ($p = 1$) and the occurrence of baby blues wasn't found in the characteristic of primiparous mothers. It can be concluded that there were no correlation between characteristic of primiparous mothers with the occurrence of baby blues.* **Conclusion:** *There were no correlation between characteristic of primiparous mothers with the incidence of baby blues*

Keywords : *baby blues, primipara, postpartum psychological disorder*