

**SKRIPSI**

**HUBUNGAN DUKUNGAN SUAMI DAN *SELF EFFICACY* IBU DENGAN  
KEJADIAN *POSTPARTUM BLUES* PADA IBU NIFAS DI WILAYAH  
KERJA PUSKESMAS ANDALAS KOTA PADANG**

**Penelitian Keperawatan Maternitas**



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UNIVERSITAS ANDALAS  
2024**

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Mei 2024**

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**Hubungan Dukungan Suami dan *Self Efficacy* Ibu dengan Kejadian  
*Postpartum Blues* di Wilayah Kerja Puskesmas Andalas Kota Padang**

**ABSTRAK**

*Postpartum blues* masih menjadi fenomena gunung es yang sulit dideteksi karena stigma masyarakat yang menganggap gangguan psikologis ini normal dialami ibu setelah melahirkan sehingga gejala yang muncul sering terabaikan. *Postpartum blues* biasanya muncul pada hari ke-2 sampai ke-14 setelah melahirkan. Gangguan psikologis ini tidak hanya berdampak pada ibu, namun juga pada bayinya. Banyak faktor yang diprediksi menjadi penyebab terjadinya *postpartum blues*, salah satunya dukungan suami dan *self efficacy*. Tujuan penelitian ini untuk mengetahui hubungan dukungan suami dan *self efficacy* ibu dengan kejadian *postpartum blues* di Wilayah Kerja Puskesmas Andalas Kota Padang. Jenis penelitian ini adalah deskriptif analitik. Responden diambil menggunakan teknik *accidental sampling* dengan jumlah 42 ibu *postpartum*. Penelitian menggunakan kuesioner *Maternal Blues Scale* (MBS), kuesioner *Perceived Maternal Parenting Self Efficacy* (PMPS-E), dan kuesioner Dukungan Suami dan diolah secara komputerisasi. Hasil penelitian ditemukan bahwa 52,4% responden tidak mengalami *postpartum blues*, 66,7% responden mendapatkan dukungan suami, dan 54,8% responden dengan efikasi diri tinggi. Didapatkan hubungan yang signifikan antara dukungan suami dengan kejadian *postpartum blues* ( $p\text{-value} = 0,000$ ) dan *self efficacy* dengan *postpartum blues* ( $p\text{-value} = 0,005$ ). Untuk itu diharapkan bagi tenaga kesehatan melakukan skrining pada kunjungan nifas untuk mendeteksi dini gangguan psikologis yang dialami ibu agar tidak berlanjut ke tingkat yang lebih berat.

**Kata Kunci : Dukungan Suami, *Postpartum Blues*, *Self Efficacy***

**Daftar Pustaka : 42 (1991-2024)**

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***The Relationship between Husband's Support and Mother's Self-Efficacy with the Incidence of Postpartum Blues in the Andalas Health Center Working Area, Padang City***

**ABSTRACT**

*Postpartum blues is still an iceberg phenomenon that difficult to detect due to public stigma whose considers this psychological disorder normal for mothers after giving birth, so the symptoms that appear are often ignored. Postpartum blues usually appear on the 3rd to 14th day after giving birth. This psychological disorder not only impact the mother but also the baby. Many factor are predicted that can cause postpartum blues, including the husband's support and self-efficacy. The aim of this research was to determine the relationship between the husband's support and the mother's self-efficacy with the incidence of postpartum blues in the Andalas Health Center Working Area, Padang City. This type of research is analytical descriptive. Respondents were selected using a accidental sampling technique, in total 42 postpartum mothers. The research used the Maternal Blues Scale (MBS) questionnaire, the Perceived Maternal Parenting Self-Efficacy (PMPS-E) questionnaire, and the Husband's Support questionnaire. The data were processed using computerized methods. The research results found that 52,5% of respondents not experienced postpartum blues, 66.7% of respondents received husband's support, and 54.8% of respondents had high self-efficacy. There was a significant relationship between the husband's support and the incidence of postpartum blues ( $p\text{-value} = 0.000$ ), and between self-efficacy and postpartum blues ( $p\text{-value} = 0.005$ ). For this reason, it is hoped that health workers will carry out screening of postpartum women during postpartum visits to detect early psychological disorders experienced by mothers so that they do not progress to a more severe level.*

**Keywords:** *Postpartum Blues, Husband's Support, Self-Efficacy*

**References:** 42 (1991-2024)