

**HUBUNGAN KADAR HORMON KORTISOL SERUM TERHADAP  
PARENTING SELF-EFFICACY PADA IBU POSTPARTUM  
SECTIO CAESAREA**

**TESIS**



**PROGRAM STUDI S2 ILMU KEBIDANAN  
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## ABSTRAK

### HUBUNGAN KADAR HORMON KORTISOL SERUM TERHADAP PARENTING SELF-EFFICACY PADA IBU POSTPARTUM SECTIO CAESAREA

LEZA FIDYAH RESTIANA

Persalinan dengan *sectio caesarea* (SC) dapat memicu terjadinya peningkatan *hypothalamic pituitary adrenal* (HPA) Axis dan berdampak pada pelepasan kortisol oleh korteks adrenal. Hormon kortisol meningkat ketika tubuh merasakan setiap jenis respon yang terjadi baik fisik maupun psikologis sehingga memicu stimulus stres dan meningkatkan sekresi *adrenocorticotropic hormone* (ACTH). Hal tersebut dapat menyebabkan perubahan *mood* ibu yang akan berpengaruh pada *parenting self efficacy* (PSE) dan juga dapat menurunkan keyakinan ibu dalam merawat bayi baru lahir. Penelitian ini bertujuan untuk mengetahui hubungan kadar hormon kortisol serum dan PSE pada ibu postpartum SC.

Jenis penelitian menggunakan metode analitik korelatif dengan desain *cross-sectional* terhadap 26 ibu postpartum SC di RST. Dr. Reksodiwiryo pada bulan Maret-Juni 2020 dengan teknik *consecutive sampling*. Kadar hormon kortisol serum diukur menggunakan metode ELISA di Laboratorium Kultur Sel Fakultas Farmasi Universitas Andalas dan perhitungan skor PSE menggunakan kuesioner Salonen. Hasil penelitian menggunakan uji korelasi *Spearman*.

Hasil penelitian menunjukkan median kadar hormon kortisol serum pada ibu postpartum SC adalah 621,9 ng/ml. Rerata±standar deviasi skor PSE adalah  $6,1 \pm 1,04$ . Uji korelasi *Spearman* antara kortisol dengan PSE menunjukkan nilai  $p=0,38$  dan nilai  $r=-0,177$ .

Berdasarkan hasil penelitian ini dapat disimpulkan bahwa tidak terdapat hubungan yang bermakna antara kadar hormon kortisol serum dan skor PSE pada ibu postpartum SC.

**Kata Kunci :** *Kortisol, Parenting Self Efficacy, Sectio Caesarea.*

## ABSTRACT

### CORRELATION OF SERUM CORTISOL HORMONE LEVEL TO PARENTING SELF-EFFICACY (PSE) IN POSTPARTUM MOTHERS WITH SECTIO CAESAREA (SC)

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Delivery by caesarean section (SC) can trigger an increase in the hypothalamic pituitary adrenal (HPA) axis and have an impact on the release of cortisol by the adrenal cortex. The hormone cortisol increases when the body feels any kind of response that occurs both physically and psychologically so that it triggers a stress stimulus and increases the secretion of adrenocorticotropic hormone (ACTH). This can cause various problems in postpartum mothers. One of them is changes in the mother's mood which will affect the care of her baby, parenting self efficacy (PSE) and can also reduce the mother's confidence in caring for newborns. This study aims to determine the correlation between cortisol and PSE in postpartum mothers with SC.

This type of research used correlative analytic method with cross-sectional design on 26 postpartum women with SC in Dr. Reksodiwiryo Hospital in March-June 2020 with consecutive sampling technique. Cortisol levels were measured using the ELISA method in Cell Structure Laboratory of the Faculty of Pharmacy, Andalas University and PSE scale using Salonen questioner. The results of the study used the Spearman correlation test.

The results showed that the median cortisol levels in postpartum women with SC were 621,9 ng/ml. The mean level of PSE was  $6.1 \pm 1.04$ . The results of the study with the Spearman correlation test between cortisol levels and PSE shows with a value of  $p=0.38$  and value of  $r=-0,177$ .

It can be concluded that there is no significant correlation between serum cortisol levels and PSE in postpartum women with SC.

**Keywords:** *Cortisol, Parenting Self Efficacy, Sectio Caesarea.*