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HUBUNGAN DUKUNGAN SOSIAL TERHADAP TERJADINYA *POST PARTUM BLUES* PADA PASIEN *POST OPERASI SECTIO CAESAREA* DI RSIA ANUGERAH *MEDICAL CENTRE* KOTA METRO TAHUN 2023

xvi + 71 halaman, 11 tabel, 2 gambar, 9 lampiran

ABSTRAK

Angka Kematian Ibu (AKI) di provinsi Lampung seluruhnya sebanyak 160 kasus dimana kasus kematian ibu hamil sebanyak 48 kasus, kematian ibu bersalin sebanyak 55 kasus dan kematian ibu nifas sebanyak 57 kasus. (Profil kesehatan provinsi Lampung, 2013). Proses pemulihan pada masa nifas memerlukan adaptasi postpartum yang merupakan peran dan tanggung jawab baru bagi setiap wanita setelah melahirkan. Peran dan tanggung jawab baru ini sering membuat ibu merasa tidak percaya diri dan mengalami stres. Kondisi ini dikenal dengan istilah *post partum blues*. Berdasarkan data wawancara di RSIA Anugerah Medical Centre Kota Metro, masih terdapat pasien *post sectio caesarea* yang mengalami *post partum blues* yang disebabkan oleh beberapa faktor diantaranya dukungan sosial. Tujuan penelitian ini adalah mengetahui hubungan antara dukungan sosial dengan terjadinya *post partum blues* pada pasien *post operasi sectio caesarea* di RSIA Anugerah Medical Centre Kota Metro Tahun 2023. Metode penelitian analitik *survey non eksperimen* dengan pendekatan *cross sectional*. Jumlah sampel 86 responden, waktu penelitian April - Mei 2023. Uji statistik yang digunakan adalah uji *chi square*. Hasil penelitian didapatkan 25 responden dengan dukungan sosial baik, dan 24 responden dengan dukungan sosial buruk. Sehingga didapatkan nilai $p\text{-value} = 0.039$ ($p < 0.05$) yang artinya terdapat hubungan antara dukungan sosial terhadap terjadinya *post partum blues* pada pasien *post operasi sectio caesarea* di RSIA Anugerah Medical Centre Kota Metro Tahun 2023. Peneliti menyarankan agar suami, keluarga, teman dan perawat memperhatikan kondisi psikologis pasien agar tidak terjadi hal-hal yang tidak diinginkan, namun harus memperhatikan faktor lain yang mempengaruhi *post partum blues*.

Kata kunci : *Sectio caesarea*, *Post partum blues*, Dukungan sosial

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THE RELATIONSHIP OF SOCIAL SUPPORT TO THE OCCURRENCE OF POST PARTUM BLUES IN POST OPERATING SECTIO CAESAREA PATIENTS AT RSIA ANUGERAH MEDICAL CENTER, METRO CITY, 2023
xvi + 71 pages, 11 tables, 2 pictures, 9 attachments

ABSTRACT

The total maternal mortality rate (MMR) in Lampung province is 160 cases, where there are 48 cases of maternal deaths, 55 cases of maternal deaths and 57 cases of postpartum maternal deaths. (Health profile of Lampung province, 2013). The recovery process during the puerperium requires postpartum adaptation which is a new role and responsibility for every woman after giving birth. These new roles and responsibilities often make mothers feel insecure and experience stress. This condition is known as post partum blues. Based on interview data at RSIA Anugerah Medical Center in Metro City, there are still post sectio caesarea patients who experience post partum blues caused by several factors including social support. The purpose of this study was to determine the relationship between social support and the occurrence of post partum blues in postoperative sectio caesarea patients at RSIA Anugerah Medical Center Metro City in 2023. Non-experimental survey analytic research method with a cross sectional approach. The number of samples is 86 respondents, the research time is April - May 2023. The statistical test used is the chi square test. The results of the study found 25 respondents with good social support, and 24 respondents with poor social support. So that a p-value = 0.039 ($p < 0.05$) is obtained, which means that there is a relationship between social support and the occurrence of post partum blues in postoperative sectio caesarea patients at RSIA Anugerah Medical Center Metro City in 2023. Researchers suggest that husbands, family, friends and nurses paying attention to the psychological condition of the patient so that unwanted things do not occur, but must pay attention to other factors that affect post partum blues.

Keywords : *Sectio caesarea, Post partum blues, Social support*
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