

**POLITEKNIK KESEHATAN TANJUNGPURUN  
JURUSAN KEPERAWATAN  
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**HUBUNGAN *BOUNDING ATTACHMENT* DENGAN KEJADIAN  
*POSTPARTUM BLUES* PADA PASIEN PASCA OPERASI *SECTIO  
CAESAREA* DI RSIA ANUGERAH MEDICAL CENTRE KOTA METRO  
TAHUN 2024**

xvi + 49 halaman + 5 tabel, 2 gambar, 12 lampiran

**ABSTRAK**

Prevalensi *postpartum blues* diseluruh dunia menurut WHO sekitar 3-8% dengan 50% terjadi pada usia produktif antara 20-50 tahun. Kasus *postpartum blues* masih sangat tinggi dan bervariasi sekitar 26-85% di Asia, dan di Indonesia meningkat menjadi 70-80% pada tahun 2020 (Annisa, 2022). Berdasarkan wawancara di RSIA Anugerah Medical Centre Kota Metro, masih terdapat pasien pasca operasi *sectio caesarea* yang mengalami *postpartum blues*. Penelitian ini bertujuan untuk mengetahui hubungan *bounding attachment* dengan kejadian *postpartum blues* pada pasien pasca operasi *sectio caesarea* di RSIA Anugerah Medical Centre Kota Metro Tahun 2024. Penelitian ini adalah penelitian kuantitatif dengan pendekatan *cross sectional* dengan jumlah sampel 75 responden, waktu penelitian pada 20 Februari – 01 Maret 2024. Hasil penelitian didapatkan 42 responden dengan *bounding attachment* tidak baik dan 5 responden tidak mengalami *postpartum blues*, serta 33 responden dengan *bounding attachment* baik dan 3 responden mengalami *postpartum blues*. Didapatkan nilai *p-value* = 0.000 ( $p < 0.05$ ) yang artinya terdapat hubungan *bounding attachment* dengan kejadian *postpartum blues* pada pasien pasca operasi *sectio caesarea* di RSIA Anugerah Medical Centre Kota Metro Tahun 2024. Klien diharapkan dapat mempererat hubungan kasih sayang kepada bayinya, yaitu dengan memperbanyak interaksi dengan bayi seperti dengan memberikan ASI secara DBF (*Direct Breastfeeding*), sentuhan ibu ke bayinya, kontak mata antara ibu dengan bayinya, dan suara dari ibu untuk bayinya.

Kata Kunci : *Sectio Caesarea, Postpartum Blues, Bounding Attachment*

Pustaka : 28 (2015-2023)

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Script, 06 May 2024**

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**THE RELATIONSHIP OF BOUNDING ATTACHMENT WITH THE  
INCIDENT OF POSTPARTUM BLUES IN PATIENTS POST CAESAREA  
SECTIO OPERATION AT RSIA ANUGERAH MEDICAL CENTER  
METRO CITY, 2024**

xvi + 49 page + 6 tables, 2 figures, 12 attachments

**ABSTRACT**

The prevalence of postpartum blues throughout the world according to WHO is around 3-8% with 50% occurring in the productive age group between 20-50 years. Postpartum blues cases are still very high and vary around 26-85% in Asia, and in Indonesia it will increase to 70-80% in 2020 (Annisa, 2022). Based on interviews at RSIA Anugerah Medical Centre Metro City, there are still patients after caesarean section surgery who experience postpartum blues. This study aims to determine the relationship between bounding attachment and the incidence of postpartum blues in patients after caesarean section surgery at RSIA Anugerah Medical Centre Metro City in 2024. This research is a quantitative study with a cross sectional approach with a sample size of 75 respondents, the research time was 20 February – 01 March 2024. The research results showed that 42 respondents had poor attachment bounding and 5 respondents did not experience postpartum blues, as well as 33 respondents with good attachment bounding and 3 respondents experienced postpartum blues. The p-value = 0.000 ( $p < 0.05$ ) was obtained, which means that there is a relationship between bounding attachment and the incidence of postpartum blues in patients after caesarean section surgery at RSIA Anugerah Medical Centre, Metro City in 2024. Clients are expected to be able to strengthen their loving relationship with their babies, namely by increase interaction with the baby, such as by providing breast milk via DBF, mother's touch to the baby, eye contact between the mother and the baby, and the mother's voice to the baby.

Keywords: Sectio Caesarea, Postpartum Blues, Bounding Attachment

References: 28 (2015-2023)