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**PENGARUH PSIKOEDUKASI TERHADAP TERJADINYA POST
PARTUM BLUES PADA IBU POST SECTIO CAESAREA DI RSIA
ANUGERAH MEDICAL CENTRE KOTA METRO TAHUN 2024**

(xvii + 61 halaman, 8 tabel, 2 gambar, 7 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. Proses pemulihan 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 pengaruh psikoedukasi terhadap terjadinya *post partum blues* pada ibu *post sectio caesarea* di RSIA Anugerah Medical Centre Kota Metro Tahun 2024. Metode penelitian eksperimen semu (*quasy-eksperimen*) dengan rancangan *non-equivalent control group design*. Jumlah sampel 75 responden, waktu penelitian 21 Februari – 01 Maret 2024. Uji statistik yang digunakan adalah uji *T-independent*. Hasil penelitian menunjukkan pada kelompok intervensi yang diberikan psikoedukasi dengan rata-rata 12,05. kelompok kontrol dengan rata-rata 14,18. Sehingga didapatkan hasil analisis menggunakan uji t-independent didapatkan hasil *p value* 0,000 ($p < 0.05$) yang artinya terdapat pengaruh psikoedukasi terhadap terjadinya *post partum blues* pada ibu *post operasi sectio caesarea* di RSIA Anugerah Medical Centre Kota Metro Tahun 2024.

Kata kunci : *Sectio caesarea*, *Post partum blues*, Psikoedukasi

Daftar pustaka : 38 (2014 s.d 2022)

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THE INFLUENCE OF PSYCHOEDUCATION ON THE OCCURRENCE OF POST PARTUM BLUES IN MOTHERS POST CAESAREA SECTIO AT RSIA ANUGERAH MEDICAL CENTER METRO CITY, 2024.

(xvii + 61 pages, 8 tables, 2 pictures, 7 attachments)

ABSTRACT

The total maternal mortality rate (MMR) in Lampung province is 160 cases, of which there are 48 cases of deaths of pregnant women, 55 cases of maternal deaths and 57 cases of deaths of postpartum mothers. The recovery process during the postpartum period 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 stressed. This condition is known as *post partum blues*. Based on interview data at RSIA Anugerah Medical Center Kota Metro, there are still post caesarean section patients who experience *post partum blues* which is caused by several factors including social support. The aim of this research is to determine the effect of psychoeducation on the occurrence of *post partum blues* in mothers *post caesarean section* at RSIA Anugerah Medical Center Kota Metro in 2024. The research method was quasi-experimental (quasi-experiment) with a non-equivalent control group design. The total sample was 75 respondents, research time 21 February – 01 March 2024. The statistical test used was the T-independent test. The research results showed that the intervention group received psychoeducation with an average of 12.05. control group with an average of 14.18. So that the results of the analysis using the independent t-test obtained a p value of 0.000 ($p < 0.05$), which means that there is an influence of *psychoeducation on the occurrence of post partum blues* in mothers *post caesarean section* surgery at RSIA Anugerah Medical Center Metro City in 2024.

Keywords: Sectio caesarea, Post partum blues, Psychoeducation

Bibliography: 38 (2014 to 2022)