

Program Studi Keperawatan Program Sarjana

Universitas Widya Husada Semarang

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ABSTRAK

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HUBUNGAN DUKUNGAN SUAMI DENGAN ADAPTASI PSIKOLOGIS IBU NIFAS DI RSUD DR GONDHO SUWARNO UNGARAN

XVI + 75 halaman + 2 gambar + 11 tabel + 17 lampiran

Latar Belakang masa nifas merupakan masa penting bagi seorang ibu dimana pada masa itu terjadi perubahan fisik maupun psikologis yang memerlukan dukungan dari orang terdekat terutama suami. Dukungan suami berperan sangat penting saat ibu melewati masa nifas yang merupakan salah satu masa sulit yang dialami seorang wanita dan tak jarang saat mengalami depresi *post partum*. Depresi *post partum* sering terjadi karena berbagai faktor diantaranya kurangnya dukungan dari orang terdekat terutama suami. Namun dalam hal ini dukungan yang harus diberikan tidak berupa materi tetapi juga dukungan emosional yang harus dipenuhi agar kondisi fisik maupun psikologis ibu tetap normal. Tujuan dari penelitian ini adalah untuk mengetahui apakah terdapat hubungan yang signifikan antara dukungan suami dengan adaptasi psikologis ibu nifas di RSUD Dr. Gondho Suwarno Ungaran.

Metode Penelitian ini menggunakan metode penelitian kuantitatif deskripsi korelasional dengan menggunakan pendekatan *cross sectional*. Pengambilan sampel penelitian menggunakan teknik *purposive sampling* dengan jumlah responden sebanyak 61 orang. Analisa data menggunakan uji statistik *Rank Spearman*.

Hasil Penelitian diketahui bahwa hasil uji statistik dan tabulasi data yaitu (22,9%) kategori dukungan suami tidak mendukung dan kondisi tidak adaptif, (4,9%) dukungan suami tidak mendukung dan kondisi psikologis adaptif, (11,4%) dukungan suami mendukung dengan kondisi psikologis tidak adaptif, (60,8%) kategori dukungan suami mendukung dengan adaptasi psikologis adaptif. Berdasarkan uji *rank spearman* diperoleh nilai p value = 0.000 yang lebih kecil dari (0.05).

Kesimpulan dari hasil penelitian ini terdapat hubungan antara dukungan suami dengan adaptasi psikologis ibu nifas di RSUD Dr. Gondho Suwarno Ungaran.

Kata kunci : dukungan suami, adaptasi psikologis ibu nifas.

Daftar Pustaka : (2019 – 2024)

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ABSTRACT

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RELATIONSHIP BETWEEN HUSBAND'S SUPPORT AND PSYCHOLOGICAL ADAPTATION OF POSTPARTUM MOTHERS AT DR. GONDO SUWARNO UNGARAN HOSPITAL

XVI + 75 pages + 2 figures + 11 tables + 17 attachments

Background the postpartum period is an important period for a mother where physical and psychological changes occur that require support from those closest to her, especially her husband. Husband's support plays a very important role when the mother goes through the postpartum period, which is one of the difficult times experienced by a woman and often experiences postpartum depression. Postpartum depression often occurs due to various factors, including lack of support from those closest to her, especially her husband. However, in this case, the support that must be given is not in the form of material but also emotional support that must be met so that the mother's physical and psychological condition remains normal. The purpose of this study was to determine whether there is a significant relationship between husband's support and the psychological adaptation of postpartum mothers at Dr. Gondho Suwarno Ungaran Hospital.

Method this study uses a quantitative descriptive correlational research method using a cross-sectional approach. The research sample was taken using a purposive sampling technique with a total of 61 respondents. Data analysis used the Spearman Rank statistical test.

Result it is known that the results of statistical tests and data tabulation are (22.9%) the category of husband's support is not supportive and non-adaptive conditions, (4.9%) husband's support is not supportive and adaptive psychological conditions, (11.4%) husband's support is supportive with non-adaptive psychological conditions, (60.8%) the category of husband's support is supportive with adaptive psychological adaptation. Based on the Spearman rank test, the p value = 0.000 is obtained which is smaller than (0.05).

Conclusion from the results of this study, there is a relationship between husband's support and psychological adaptation of postpartum mothers at Dr. Gondho Suwarno Ungaran Regional Hospital.

Keyword : husband's support, psychological adaptation of postpartum mothers.

Bibliography: (2019-2024)