

HUBUNGAN FAKTOR RISIKO SOSIAL TERHADAP KEJADIAN POSTPARTUM *BLUES* PADA HASIL SKRINING SELAMA TRANSISI PANDEMI COVID-19 DI KECAMATAN BANYUMANIK TAHUN 2022

SALWA TSABITAH ALTHAF MUJAB

Abstrak

Pandemi COVID-19 menuntut masyarakat untuk beradaptasi terhadap perubahan di berbagai aspek kehidupan, terutama dari aspek mental dan sosioekonomi. Pada wanita bersalin yang harus melalui tahapan adaptasi psikologis maternal, tuntutan adaptasi pandemi dapat memberi tekanan mental secara berlebihan. Hal ini berpotensi meningkatkan risiko wanita bersalin mengalami kejadian *postpartum blues*. Penelitian ini bertujuan menganalisis hubungan faktor risiko sosial selama masa transisi pandemi COVID-19 dengan kejadian *postpartum blues*, meliputi faktor risiko status marital, status pekerjaan diri dan pasangan, serta tingkat pendapatan keluarga. Melalui penelitian *cross-sectional*, diambil 39 responden dengan metode *consecutive sampling*, bertempat di empat fasilitas kesehatan Kecamatan Banyumanik bulan November sampai Desember 2022. Sebanyak 33,3% responden mengalami *postpartum blues*, sedangkan 66,7% tidak mengalaminya. Berdasarkan analisis *chi-square*, tidak ditemukan hubungan antara status pekerjaan diri ($p=0,727$), status pekerjaan pasangan ($p=1,000$), tingkat pendapatan keluarga ($p=0,908$) dengan kejadian *postpartum blues*, sedangkan hubungan untuk status marital tidak dapat ditentukan.

Kata kunci: faktor sosial, *postpartum blues*, skrining, transisi pandemi

**SOCIAL RISK FACTORS IN ASSOCIATION WITH POSTPARTUM
BLUES BASED ON SCREENING RESULTS DURING THE TRANSITION
PERIOD OF COVID-19 PANDEMIC IN BANYUMANIK 2022**

SALWA TSABITAH ALTHAF MUJAB

Abstract

The COVID-19 pandemic requires people to adapt to various aspect of life changes, especially emotional and socioeconomic aspects. For women in labor who must go through the stages of maternal psychological adaptation, the needs to adapt because of pandemic can give excessive emotional pressure. For this reason, there is a potential for an increased risk of postpartum women experiencing postpartum blues. This study aims to analyze the relationship between social risk factors, during the transition period of the COVID-19 pandemic, and the incidence of postpartum blues, including marital status, self-employment status and spouse's employment status, as well as family income levels. Through a cross-sectional study, 39 respondents were taken using consecutive sampling method, taking place in four health facilities in Banyumanik District from November to December 2022. As many as 33.3% of respondents experienced postpartum blues, while 66.7% did not. Based on chi-square analysis, there was no relationship between self-employment status ($p=0.727$), spouse's employment status ($p=1.000$), family income level ($p=0.908$) and the incidence of postpartum blues, while the relationship between marital status and the incidence of postpartum blues could not be determined.

Keywords: social factors, postpartum blues, screening, pandemic transition