

PENGARUH PROGRAM PSIKOEDUKASI TERHADAP KEJADIAN *BABY BLUES* PADA IBU *POSTPARTUM* DI KECAMATAN CIOMAS, KABUPATEN BOGOR

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Abstrak

Prevalensi kejadian *baby blues* di dunia masih tinggi. Kejadian *baby blues* di Indonesia sendiri mencapai 1 sampai 2 per 1000 kelahiran. Penelitian ini bertujuan untuk mengetahui pengaruh program psikoedukasi terhadap kejadian *baby blues* pada ibu *postpartum* di Kecamatan Ciomas, Kabupaten Bogor. Penelitian ini adalah penelitian kuantitatif *pre-experimental* dengan rancangan *one-group pre-test* dan *post-test* yang dilaksanakan pada bulan Juni 2024 dengan sampel yaitu 15 ibu *postpartum* yang dipilih menggunakan teknik *purposive sampling*. Pengumpulan data menggunakan instrumen *Edinburgh Postnatal Depression Scale* (EPDS), serta dianalisis menggunakan uji *paired T-test*. Hasil penelitian menunjukkan nilai signifikansi sebesar $0,009 < 0,05$ dengan t statistik $3,055 > 2,145$ (t tabel). Sehingga, dapat disimpulkan bahwa terdapat pengaruh program psikoedukasi terhadap kejadian *baby blues* pada ibu *postpartum* di Kecamatan Ciomas, Kabupaten Bogor. Berdasarkan hasil penelitian, penulis merekomendasikan kepada fasyankes di wilayah Kecamatan Ciomas, Kabupaten Bogor untuk membuat program psikoedukasi secara berkala untuk ibu hamil selama masa kehamilan ataupun memberikan rujukan untuk mendatangi fasyankes yang menyediakan jasa psikolog, agar mencegah ibu mengalami *baby blues*.

Kata Kunci: *Baby Blues*, Psikoedukasi, *Edinburgh Postnatal Depression Scale* (EPDS)

THE EFFECT OF PSYCHOEDUCATION PROGRAM ON THE INCIDENCE OF BABY BLUES IN POSTPARTUM MOTHERS AT CIOMAS DISTRICT, BOGOR REGENCY

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Abstract

The prevalence of baby blues in the world is still high. The incidence of baby blues in Indonesia reaches 1 to 2 per 1000 births. This study aims to determine the effect of a psychoeducation program on the incidence of baby blues in postpartum mothers in Ciomas District, Bogor Regency. This research is pre-experimental quantitative research with a one-group pretest and post-test design, which was carried out in June 2024 with a sample of 15 postpartum mothers selected using a purposive sampling technique. Data were collected using the Edinburgh Postnatal Depression Scale (EPDS) instrument and analyzed using the paired T-test. The research results show a significance value of $0.009 < 0.05$ with t statistics of $3.055 > 2.145$ (t table). So, it can be concluded that there is an influence of the psychoeducation program on the incidence of baby blues in postpartum mothers in Ciomas District, Bogor Regency. Based on the research results, the author recommends that health facilities in the Ciomas District area, Bogor Regency, create regular psychoeducation programs for pregnant women during pregnancy or provide referrals to go to health facilities that provide psychologist services in order to prevent mothers from experiencing baby blues.

Keywords: *Baby Blues, Psychoeducation, Edinburgh Postnatal Depression Scale (EPDS)*