

DAFTAR PUSTAKA

- Amalina. 2019. Hubungan Antara Penggunaan Media Sosial Instagram Dan Maternal Self-Efficacy Pada Ibu Primipara. *E-Jurnal Manajemen Universitas Udayana*, 4(3), 1–21. https://media.neliti.com/media/publications/112355-ID-pengaruh-struktur-aktiva-ukuran-perusaha.pdf%0Aacholar.google.es/scholar?hl=es&as_sdt=0%2C5&q=Funcionalidad+Familiar+en+Alumnos+de+1°+y+2°+grado+de+secundaria+de+la+institución+educativa+parroquial+“Peq
- Andari & Ayuningrum. 2019. Pengalaman Persalinan Pertama Dengan Riwayat Menikah Dini Di Kelurahan Pagar Dewa Kota Bengkulu. *Journal of Chemical Information and Modeling*, 53(9), 1689–1699.
- Andriati, R. 2019. Perbedaan Pengaruh Pemberian Terapi Relaksasi Autogenic Terhadap Penurunan Tingkat Nyeri Pada Pasien Post Operasi Sectio Caesaria Di Rumah Sakit Buah Hati Ciputat. *Edu Dharma Journal: Jurnal penelitian dan pengabdian masyarakat*, 3(2), 9. <https://doi.org/10.52031/edj.v3i2.11>
- Anggraeni, N. P. D. A., Herawati, L., Widyawati, M. N., & Arizona, I. K. L. T. 2020. The Effect of Exercise on Postpartum Women’s Quality of Life: A Systematic Review. *Jurnal Ners*, 14(3), 146. <https://doi.org/10.20473/jn.v14i3.16950>
- Apriani, L. A., & Faiqah, S. 2017. Pengaruh Metode Pijat Endorphine Terhadap Tingkat Kecemasan Ibu Nifas Di Wilayah Kerja Puskesmas Gunung Sari Tahun 2017 The Effect of Endorphine Massage Method on the Level of Anxiety of Postpartum Mothers in Local Government Health Center of Gunung Sari o. *Journal Kedokteran Yarsi*, 25(3), 163–171.
- Ayu, L., Nur, I., & Ungsianik, T. 2019. *Dissatisfaction with the husband support increases childbirth fear among Indonesian primigravida* &. 29(Insc 2018).
- Ayuningtyas, D., & Rayhani, M. 2018. *Analisis Situasi Kesehatan Mental Pada Masyarakat Di Indonesia Dan Strategi Penanggulangannya Analysis Of Mental Health Situation On Community In Indonesia And The Intervention Strategies Pendahuluan Kesehatan mental atau kesehatan jiwa merupakan aspek pe*. 9(1), 1–10.
- Banualawo, A., Tinungki, Y. L., & Rambli, C. A. 2021. Asuhan Keperawatan Ketidaknyamanan Pasca Partum Di Ruang Dahlia Rumah Sakit Umum Daerah Liun Kendage Tahuna. *Jurnal Ilmiah Sesebanua*, 5(1), 14–22.

<https://doi.org/10.54484/jis.v5i1.355>

Bentelu, F. E. M., Kundre, R., & Bataha, Y. B. 2015. *Perbedaan tingkat kecemasan dalam proses menyusui antara ibu primipara dan multipara di rs pancaran kasih gmim manado*. 7.

California Task Force. 2017. *A Report from the California Task Force on the Status of Maternal Mental Health Care*. April. <https://www.calhospital.org/sites/main/files/file-attachments/report-cataskforce-proofv7.pdf>

Catatan Keperawatan RS. Polri, 2021.

Delavari, M., & Mohammad-alizadeh-charandabi, S. 2018. The relationship between maternal – fetal attachment and maternal self-efficacy in Iranian women : a prospective study. *Journal of Reproductive and Infant Psychology*, 6838, 1–10. <https://doi.org/10.1080/02646838.2018.1436753>

Ekarini, N. L. P., Krisanty, P., & Suratun, S. 2018. Pengaruh Relaksasi Autogenik terhadap Tingkat Kecemasan dan Perubahan Tekanan Darah pada Pasien Riwayat Hipertensi. *Jkep*, 3(2), 108–118. <https://doi.org/10.32668/jkep.v3i2.206>

Fallon, V. 2021. *Validasi bentuk pendek penelitian 12-item Skala Kecemasan Postpartum untuk digunakan selama krisis global dengan lima terjemahan*. 9.

Fallon, V., Halford, J. C. G., Bennett, K. M., & Harrold, J. A. 2016. The Postpartum Specific Anxiety Scale: development and preliminary validation. *Archives of Women's Mental Health*, 19(6), 1079–1090. <https://doi.org/10.1007/s00737-016-0658-9>

Fallon, V., Silverio, S. A., Davies, S. M., Christiansen, P., Aparicio-García, M. E., Bramante, A., & Chen, P. 2021. *A validation of the Postpartum Specific Anxiety Scale 12-item research short-form for use during global crises with five translations*. 9, 1–12.

Fathi, F., & Mohammad-alizadeh-charandabi, S. 2018. Maternal self-efficacy , postpartum depression , and their relationship with functional status in Iranian mothers. *Women & Health*, 58(2), 188–203. <https://doi.org/10.1080/03630242.2017.1292340>

Guvenc, G., Yesilcinar, İ., Ozkececi, F., Öksüz, E., Ozkececi, C. F., Konukbay, D., Kok, G., & Karasahin, K. E. 2020. Anxiety, depression, and knowledge level in postpartum women during the COVID-19 pandemic. *Perspectives in Psychiatric Care*, October, 1–10. <https://doi.org/10.1111/ppc.12711>

Guzzo, K. B., & Hayford, S. R. 2020. *Pathways to Parenthood in Social and Family*

Contexts : Decade in Review , 2020. 82(February), 117–144.
<https://doi.org/10.1111/jomf.12618>

Hikmah dkk. 2019. *Self efficacy ibu hamil trimester iii dengan tingkat kecemasan dalam menghadapi persalinan*. 5(2).

Juanita, F., & Suratmi, S. 2016. Peningkatan Durasi Pemberian Asi pada Ibu Post Partum Melalui Relaksasi Autogenic Training. *Jurnal Keperawatan Indonesia*, 19(1), 24–32. <https://doi.org/10.7454/jki.v19i1.430>

Kementerian Kesehatan RI, 2018. Hasil Utama Riset Kesehatan Dasar. *Kemntrian Kesehatan Republik Indonesia*, 1–100.
<http://www.depkes.go.id/resources/download/info-terkini/hasil-risikesdas-2018.pdf>

Kim, H. sil, & Kim, E. J. 2018. Effects of Relaxation Therapy on Anxiety Disorders: A Systematic Review and Meta-analysis. *Archives of Psychiatric Nursing*, 32(2), 278–284. <https://doi.org/10.1016/j.apnu.2017.11.015>

Lowdermilk, Perry, Cashion, A. 2016. *Maternity & Women's Health Care 11 editions*.

Macelina, L. A., Rachmawati, I. N., Kurniawati, W., Program, N. S., & Indonesia, U. 2020. *Supportive Postpartum Care Reduces Postpartum Anxiety in Mothers with Twins: A Pilot Study*. 18, 149–156.
<https://doi.org/10.31965/infokes.Vol18Iss2.475>

Manalu, A. B., Siagian, N. A., Yanti, M. D., Yessy, P. A., Barus, D. T., & Purba, T. J. 2021. Pengaruh pemberian relaksasi autogenik terhadap tingkat kecemasan ibu primigravida di bpm kurnia kecamatan deli tua kabupaten deli serdang. *Jurnal Dopler*, 5(1), 6–13.

Marcelina, L. A., Rachmawati, I. N., & Kurniawati, W. 2020. *Postpartum Supportive Care Increases Breastfeeding Effectiveness in Mothers With Twins : Evidence Based Nursing Practice*. 30(Ichd), 50–53.

Marwick, K. F., & Birrell, S. 2017. *Crash Course Psychiatry 1e Indonesian Edition*. Elsevier Health Sciences.

Milani, H. S., Amiri, P., Mohseny, M., Abadi, A., Vaziri, S. M., & Vejdani, M. 2021. *Perawatan di rumah pascapartum dan pengaruhnya terhadap kesehatan ibu : Uji klinis*. 1–6.

Mulati Erna. 2020. *Pedoman Pelayanan Bagi Ibu Hamil, Bersalin, Nifas, Dan Bayi Baru Lahir di Era Pandemi COVID-19*. 3–4.
[https://www.ibi.or.id/media/Materi Webinar IBI - USAID Jalin](https://www.ibi.or.id/media/Materi%20Webinar%20IBI%20-%20USAID%20Jalin)

Covid19/Kementerian Kesehatan_COVID_19_Pedoman.pdf

- My, D. X., & Karen, D. X. 2021. Access to Maternal Mental Health Services : Trends in State Legislation. *Journal of Pediatric Health Care*, 32(6), 644–647. <https://doi.org/10.1016/j.pedhc.2018.08.007>
- Nova, S. N., & Zagoto, S. 2020. Gambaran Pengetahuan Ibu Nifas Tentang Adaptasi Psikologis Pada Masa Nifas Di Klinik Pratama Afiyah Pekanbaru Tahun 2019. *Al-Insyirah Midwifery: Jurnal Ilmu Kebidanan (Journal of Midwifery Sciences)*, 9(2), 108–113. <https://doi.org/10.35328/kebidanan.v9i2.674>
- Peper, E., Harvey, R., & Lin, I.-M. 2019. Mindfulness Training Has Elements Common to Other Techniques. *Biofeedback*, 47(3), 50–57. <https://doi.org/10.5298/1081-5937-47.3.02>
- Potter, P. A., Perry, A. G., Stockert, P. A., & Hall, A. M. 2017. *Fundamentals of Nursing Vol 1- 9th Indonesian Edition* (E. Novieastari, K. Ibrahim, Deswani, & S. Ramdaniati (Ed.)).
- Putri, N. K. S. E., & Hastutik. 2019. Hubungan Tingkat Pendidikan Ibu Dengan Breastfeeding Self Efficacy Di Wilayah Kerja Puskesmas Bulu Kabupaten Sukoharjo. *Jurnal Ilmiah Maternal*, 3(1). https://ejurnal.stikesmnhk.ac.id/index.php/jurnal_ilmiah_maternal/article/view/732/0
- Rachmawati, Marcelina, P. 2021. *Hubungan Dukungan Sosial Dengan Self-Efficacy*. 6(2), 160–172.
- Ramirez-Garcia, M. P., Leclerc-Loiselle, J., Genest, C., Lussier, R., & Dehghan, G. 2020. Effectiveness of autogenic training on psychological well-being and quality of life in adults living with chronic physical health problems: A protocol for a systematic review of RCT. *Systematic Reviews*, 9(1), 1–9. <https://doi.org/10.1186/s13643-020-01336-3>
- Rianti, 2018. *Hubungan Karakteristik Ibu Nifas Dengan Kejadian Post Partum Bluesdi Klinik Bersalin Bromo Medan Tahun 2018*.
- Rihi, P., Muniroh, M., & Susilawati, D. 2020. Relaxation Therapy on The Level of Anxiety of Post Sectio Caesarea: A Literature Review. *STRADA Jurnal Ilmiah Kesehatan*, 9(2), 1687–1693. <https://doi.org/10.30994/sjik.v9i2.520>
- Rosida, L., Imardiani, I., & Wahyudi, J. T. 2019. Pengaruh Terapi Relaksasi Autogenik Terhadap Kecemasan Pasien Di Ruang Intensive Care Unit Rumah Sakit Pusri Palembang. *Indonesian Journal for Health Sciences*, 3(2), 52. <https://doi.org/10.24269/ijhs.v3i2.1842>
- Sekarhani, 2019. Hubungan Antara Dukungan Sosial Dan Maternal Self- Efficacy

Pada Ibu Primipara. *E-Jurnal Manajemen Universitas Udayana*, 4(3).
https://media.neliti.com/media/publications/112355-ID-pengaruh-struktur-aktiva-ukuran-perusaha.pdf%0Aacholar.google.es/scholar?hl=es&as_sdt=0%2C5&q=Funcionalidad+Familiar+en+Alumnos+de+1°+y+2°+grado+de+secundaria+de+la+institución+educativa+parroquial+“Peq

Sulastrri. 2018. *Pengaruh teknik relaksasi autogenik terhadap tingkat kecemasan ibu hamil di bpm lismarini dan bpm kustirah Palembang tahun 2018.*

Susilowati. T., Pramana, N., & Muis, S. F. 2019. Intervensi Non Farmakologi Terhadap Kecemasan Pada Primigravida. *Jurnal Ilmiah Permas: Jurnal Ilmiah STIKES Kendal*, 9(3), 181–186.
<https://doi.org/10.32583/pskm.9.3.2019.181-186>

Tambaru. 2020. *Pengaruh kecemasan pandemi covid-19 terhadap pengeluaran asi ibu post partum di bidan praktik mandiri hj. Rusmawati di muara badak.*

Thapa, S. B., Mainali, A., Schwank, S. E., & Acharya, G. 2020. Maternal mental health in the time of the COVID-19 pandemic. *Acta Obstetricia et Gynecologica Scandinavica*, 99(7), 817–818.
<https://doi.org/10.1111/aogs.13894>

Tim Pokja SDKI DPP PPNI, 2018. *Standar Diagnosis Keperawatan Indonesia (SDKI), Edisi 1, Jakarta, Persatuan Perawat Indonesia.*

Tim Pokja SIKI DPP PPNI. 2018. *Standar Intervensi Keperawatan Indonesia (SIKI), Edisi 1, Jakarta, Persatuan Perawat Indonesia.*

Tim Pokja SLKI DPP PPNI. 2018. *Standar Luaran Keperawatan Indonesia (SLKI), Edisi 1, Jakarta, Persatuan Perawat Indonesia.*

Wahyuningsih, J. W. 2019. Hubungan dukungan keluarga dengan kejadian kecemasan postpartum. *Jurnal kebidanan indonesia.*, vol 10 no, 30–38.

WHO. 2017. *Gender and Women's Mental Health.*
https://www.who.int/mental_health/resources/gender/en/

Wijayanti, L. 2020. Pengaruh Autogenik Relaksasi Dan Aroma Terapi Cendana Terhadap Tekanan Darah Pada Lansia Hipertensi. *Jurnal Keperawatan Sekolah Tinggi Ilmu Kesehatan Kendal*, 12(3), 413–420.

Yan, H., Ding, Y., & Guo, W. 2020. Mental Health of Pregnant and Postpartum Women During the Coronavirus Disease 2019 Pandemic: A Systematic Review and Meta-Analysis. *Frontiers in Psychology*, 11(November), 1–12.
<https://doi.org/10.3389/fpsyg.2020.617001>