

ABSTRAK

Judul : **Praktik Pemberian ASI Eksklusif, Pelaksanaan Inisiasi Menyusui Dini (IMD), Status Gizi Anak dan Pengetahuan Gizi pada Kasus Depresi Ibu Pasca Melahirkan**
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Program Studi : **Gizi**

VI Bab, 73 Halaman, 17 Tabel, 3 Grafik, 10 Lampiran.

Latar Belakang : Depresi pasca melahirkan adalah gangguan mood yang mengakibatkan kekhawatiran hingga ketakutan yang berlebih yang berlangsung selama beberapa hari atau hingga berbulan – bulan bahkan bertahun – tahun. Depresi pasca melahirkan dapat disebabkan oleh faktor demografi, faktor psikologi, faktor hormonal, dan faktor obstetrik.

Tujuan : Mengetahui perbedaan praktik pemberian ASI eksklusif, pelaksanaan IMD, status gizi anak, dan pengetahuan pada ibu yang mengalami depresi pasca melahirkan dan tidak mengalami depresi pasca melahirkan.

Metode Penelitian : Observasional deskriptif melalui pendekatan *cross sectional*, sampel dibagi menjadi dua kelompok yaitu kelompok depresi pasca melahirkan dan tidak depresi pasca melahirkan dengan 134 responden. Penelitian dilakukan dengan wawancara langsung dan pengukuran antropometri berupa berat badan, kemudian analisis menggunakan analisis univariat dan bivariat. Analisis bivariat menggunakan uji t-test independent dan uji *man withney*.

Hasil : Terdapat perbedaan praktik pemberian ASI eksklusif antara ibu yang mengalami dan tidak mengalami depresi pasca melahirkan dengan ($p=0,029$). Terdapat perbedaan pelaksanaan Inisiasi Menyusui Dini (IMD) antara ibu yang mengalami dan tidak mengalami depresi pasca melahirkan dengan ($p=0,015$). Tidak terdapat perbedaan status gizi anak antara ibu yang mengalami dan tidak mengalami depresi pasca melahirkan dengan ($p=0,995$). Tidak terdapat perbedaan pengetahuan gizi antara ibu yang mengalami dan tidak mengalami depresi pasca melahirkan dengan ($p=0,354$).

Kesimpulan : Praktik pemberian ASI eksklusif dan pelaksanaan IMD ada perbedaan antara ibu yang mengalami dan tidak mengalami depresi pasca melahirkan, status gizi anak dan pengetahuan gizi tidak adanya perbedaan antara ibu yang mengalami dan tidak mengalami depresi pasca melahirkan. Disarankan ibu dengan depresi pasca melahirkan berbagi apa yang dirasakan kepada orang terdekat.

Kata kunci : Depresi pasca melahirkan, ASI eksklusif, Inisiasi Menyusui Dini (IMD), status gizi anak, pengetahuan gizi.

Daftar bacaan : 74 (1991-2017)

ABSTRACT

Title : *Eksklusif Breastfeeding Practice, Initiation Of Breastfeeding Early, Children's Nutrition Status, and Nutritional Knowledge Case of Mother Postpartum Depression*
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Study Program : *Nutrition*

VI Chapter, 73 Pages, 17 Tabels, 3 Grapichs, 10 Appendix.

Background : *Postpartum depression is a mood disorder that results in worries to excessive fear that lasts for several days or months or even years. Postpartum depression can be caused by demographic factors, psychological factors, hormonal factors, and obstetric factors.*

Aim : *Knowing the differences in the practice of exclusive breastfeeding, the implementation of IMD, children's nutritional status, and knowledge in mothers who and do not experience postpartum depression.*

Method : *Descriptive observations through a cross sectional approach, the samples were divided into two groups, namely the postpartum depression group and not postpartum depression with 134 respondents. The study was conducted by direct interview and anthropometric measurements in the form of weight, then the analysis used univariate and bivariate analysis. Bivariate analysis used an independent t-test and man withney test.*

Results : *There were differences in the practice of exclusive breastfeeding between mothers who experienced and did not experience postpartum depression with ($p = 0.029$). There were differences in the implementation of Early Breastfeeding Initiation between mothers who experienced and did not experience postpartum depression with ($p = 0.015$). There was no difference in nutritional status of children between mothers who experienced and did not experience postpartum depression with ($p = 0.995$). There was no difference in knowledge of nutrition between mothers who experienced and did not experience postpartum depression with ($p = 0.354$).*

Conclusion : *There are differences in the practice of exclusive breastfeeding and the implementation of early breastfeeding between mothers who experience and do not experience postpartum depression, there is no difference in children's nutritional status and knowledge of nutrition between mothers who experience and do not experience depression in childbirth. It is recommended that mothers with postpartum depression share what is felt with those closest to them.*

Keywords : *Postpartum depression, exclusive breastfeeding, Early Breastfeeding Initiation (IMD), children's nutritional status, nutritional knowledge.*

Reading list: 74 (1991-2017)