

HUBUNGAN USIA DAN PARITAS IBU HAMIL DENGAN KESEHATAN MENTAL DI RSKIA UMMI KHASANAH TAHUN 2023

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ABSTRAK

Latar Belakang Masalah: Masalah kesehatan mental selama kehamilan merupakan masalah kesehatan masyarakat utama yang perlu ditangani dengan serius. Sebanyak 10%- 20% wanita mengalami penyakit mental selama kehamilan dan pasca melahirkan di seluruh dunia. Masalah kesehatan mental ibu selama kehamilan memberikan dampak buruk terhadap ibu dan anak yang akan dilahirkan. Terhadap anak yang akan dilahirkan antara lain persalinan prematur, berat lahir rendah dan komplikasi neonatal dini.

Tujuan Penelitian: untuk mengetahui hubungan usia dan paritas ibu hamil dengan kesehatan mental ibu hamil di RSKIA Ummi Khasanah

Metode Penelitian: Desain penelitian survei analitik dengan pendekatan *cross-sectional*. Populasi adalah Ibu hamil di Poli kandungan RSKIA Ummi Khasanah, sampling menggunakan teknik *non probability sampling* dengan metode *consecutive sampling* dengan jumlah sampel 110 Ibu hamil yang di analisis secara univariat dan bivariat. Instrumen yang digunakan adalah kuesioner *Self Reporting Questionnaire* (SRQ)–29.

Hasil Penelitian: Karakteristik dalam penelitian ini menunjukkan bahwa responden sebagian besar bekerja, gaji UMR, hubungan suami baik, tidak mengalami kekerasan rumah tangga dan sebagian besar kesehatan mental ibu hamil di RSKIA Ummi Khasanah yaitu sehat jiwa. Hasil uji statistik menunjukkan ada hubungan usia ($p\ 0,006 < 0,05$) dan paritas ($p\ 0,000 < 0,05$) dengan kesehatan mental ibu hamil di RSKIA Ummi Khasanah.

Kesimpulan: Ada hubungan bermakna usia dan paritas dengan kesehatan mental ibu hamil dan tidak ada hubungan paritas dengan kesehatan mental ibu hamil di RSKIA Ummi Khasanah.

Kata Kunci: *Usia, Paritas, Ibu Hamil, Kesehatan Mental*

THE RELATIONSHIP BETWEEN AGE AND PARITY OF PREGNANT WOMEN WITH MENTAL HEALTH IN RSKIA UMMI KHASANAH IN 2023

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ABSTRACT

Background: Mental health problems during pregnancy are a major public health issue that needs to be taken seriously. As many as 10%-20% of women experience mental illness during pregnancy and postpartum worldwide. Maternal mental health problems during pregnancy have an adverse impact on the mother and the child to be born. For the child to be born include preterm labor, low birth weight and early neonatal complications.

Purpose: To determine the relationship between age and parity of pregnant women with the mental health of pregnant women at Ummi Khasanah Hospital.

Methods: This study used an analytical survey research design with a cross-sectional approach. The population in this study was pregnant women in the obstetric clinic of RSKIA Ummi Khasanah, sampling using non-probability sampling techniques with consecutive sampling method with a total sample of 110 pregnant women who were analyzed univariately and bivariately. The instrument used was the Self Reporting Questionnaire (SRQ)-29.

Results: The characteristics in this study show that the majority of respondents work, have a minimum salary, have a good relationship with their husbands, do not experience domestic violence and the mental health of most pregnant women at RSKIA Ummi Khasanah is mentally healthy. The results of statistical tests show that there is a relationship between age ($p\ 0.006 < 0.05$) and parity ($p\ 0.000 < 0.05$) with the mental health of pregnant women at RSKIA Ummi Khasanah.

Conclusion: There is a significant relationship between age and parity with mental health of pregnant women at Ummi Khasanah Hospital.

Keywords: *Age, Parity, Pregnant Womeny, Mental Health*