

GAMBARAN TINGKAT STRES IBU POSTPARTUM DI WILAYAH KERJA PUSKESMAS SEWON I DAN II KABUPATEN BANTUL TAHUN 2026

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ABSTRAK

Latar Belakang: World Health Organization (WHO) menyebutkan bahwa (10%) ibu postpartum mengalami gangguan mental, dengan stres postpartum sebagai salah satu faktor utama. Di Indonesia, prevalensi depresi postpartum mencapai (27%), dengan (57%) ibu postpartum mengalami gejala *baby blues* yang umumnya didahului oleh stres postpartum. Di Kabupaten Bantul (32,4%) ibu postpartum mengalami depresi postpartum. Stres postpartum yang tidak terdeteksi dan tidak ditangani dapat berkembang menjadi gangguan psikologis yang berat, sehingga perlu dilakukan identifikasi tingkat stres pada ibu postpartum.

Tujuan: Mengetahui gambaran tingkat stres ibu postpartum di Wilayah Kerja Puskesmas Sewon I dan II Kabupaten Bantul Tahun 2026.

Metode: Penelitian deskriptif kuantitatif dengan pendekatan *cross sectional* pada 40 ibu postpartum hari ke 1 sampai 42 menggunakan teknik total sampling. Data dikumpulkan menggunakan kuesioner karakteristik responden (usia, paritas, pendidikan, pekerjaan, jenis persalinan, dan status tempat tinggal) serta *Perceived Stress Scale*. Analisis data dilakukan secara deskriptif menggunakan distribusi frekuensi dan persentase.

Hasil: Ibu postpartum pada penelitian ini paling banyak proporsinya pada usia 20–35 tahun, multipara, berpendidikan menengah, tidak bekerja, dengan jenis persalinan normal, serta tinggal bersama keluarga inti. Tingkat stres ibu postpartum sebagian besar berada pada kategori stres rendah sebanyak (52,5%), stres sedang sebanyak (32,5%), dan stres tinggi sebanyak (15,0%).

Kesimpulan: Sebagian besar ibu postpartum di Wilayah Kerja Puskesmas Sewon I dan II mengalami tingkat stres rendah (52,5%).

Kata Kunci: tingkat stres, ibu postpartum.

**DESCRIPTION OF POSTPARTUM MOTHERS STRESS LEVELS
IN THE WORKING AREA OF SEWON I AND II PUBLIC HEALTH
CENTERS IN BANTUL REGENCY, 2026**

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ABSTRACT

Background: World Health Organization (WHO) reports that 10% of postpartum mothers experience mental health disorders, with postpartum stress being one of the main contributing factors. In Indonesia, the prevalence of postpartum depression reaches 27%, with 57% of postpartum mothers experiencing baby blues symptoms, which are generally preceded by postpartum stress. In Bantul Regency, 32.4% of postpartum mothers experience postpartum depression. Undetected and untreated postpartum stress can develop into severe psychological disorders, making it necessary to assess stress levels in postpartum mothers.

Objective: To determine the profile of stress levels among postpartum mothers in the service areas of Sewon I and II Community Health Centers, Bantul Regency, in 2026.

Method: A quantitative descriptive study with a cross-sectional design was conducted on 40 postpartum mothers from day 1 to day 42 using total sampling. Data were collected using a questionnaire on respondent characteristics (age, parity, education, occupation, mode of delivery, and residential status) as well as the Perceived Stress Scale. Data analysis was performed descriptively using frequency distributions and percentages.

Results: The majority of postpartum mothers in this study were aged 20–35 years, multiparous, had a secondary education, were unemployed, had a vaginal delivery, and lived with their nuclear family. The stress levels of postpartum mothers were predominantly in the low stress category (52.5%), followed by moderate stress (32.5%) and high stress (15.0%).

Conclusion: The majority of postpartum mothers in the service areas of Sewon I and II Community Health Centers experienced low stress levels (52.5%).

Keywords: Stress levels, postpartum mothers.