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## PARITY AND POST PARTUM DEPRESSION

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### Abstract

From the research that has been done in various places among others, Jakarta, Yogyakarta and Surabaya, found that the incidence of 11-30%, is a number that is not a bit that can not be left alone given the various negative impacts accompany it. This research type is quantitative research. With an observational analytic research design with Cross sectional approach and sampling using random sampling technique. The population in this research is postpartum patient at RSUD Kota Batam with amount of 1720. With slovin formula obtained sample 95 sample. The results were analyzed by frequency distribution and tested by chi square test. The results of the sample of 95 mothers were found to be 30 primiparous mothers (56.7%) of mothers experiencing postpartum depression (43.3%) of mothers without postpartum depression as well as 49 multiparous mothers obtained (18.4 %) mothers experienced postpartum depression (81.6%) of multipara mothers did not experience postpartum depression, and also grandemultipara mothers found (43.8%) of mothers had postpartum depression (56.3%) of grandemultipara mothers did not experience postpartum depression. The result of statistical test with chi-square test is obtained p value = 0.000 then p value <0,05, it can be concluded Ho is rejected, meaning there is a meaningful relationship between parity with post partum depression at RSUD Kota Batam

**Keywords** : Depression, post partum

## Paritas dan Depresi *Post Partum*

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### Abstrak

**Paritas dan Depresi *Post Partum*.** Dari penelitian yang telah dilakukan antara lain Jakarta, Yogyakarta dan Surabaya, ditemukan bahwa angka depresi *Post Partum* memiliki kejadian 11-30%, merupakan jumlah yang tidak sedikit yang tidak mungkin dibiarkan begitu saja mengingat berbagai dampak negatif yang menyertainya. Jenis penelitian ini adalah penelitian kuantitatif. Dengan desain penelitian analitik observasional dengan pendekatan *Cross sectional* dan pengambilan sampel menggunakan teknik pengambilan *random sampling*. Populasi dalam penelitian ini adalah pasien pasca melahirkan di RSUD Kota Batam dengan jumlah 1720. Dengan rumus slovin didapatkan sampel 95 sampel. Hasil penelitian dianalisis dengan distribusi frekuensi dan diuji dengan uji *chi square*. Hasil penelitian dengan jumlah sampel 95 ibu melahirkan didapatkan 30 ibu primipara (56,7%), ibu mengalami depresi postpartum (43,3%) ibu tidak mengalami depresi postpartum dan multipara (18,4%). Ibu mengalami depresi postpartum (81,6%), ibu multipara tidak mengalami depresi postpartum, dan juga 16 ibu grandemultipara (43,8%) ibu mengalami depresi postpartum (56,3%) ibu grandemultipara tidak mengalami depresi postpartum. Hasil uji statistik dengan *chi-square test* diperoleh nilai *p Value* = 0,000 maka nilai *p Value* < 0,05, dapat disimpulkan *H<sub>0</sub>* ditolak, artinya terdapat hubungan yang signifikan antara paritas dengan depresi *post partum* di RSUD Kota Batam

**Kata Kunci** : Depresi, *post partum*

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## Introduction

Parity is a term to indicate the number of pregnancies for a woman who gives birth to a viable baby in each pregnancy. The prevalence of grande-multiparity is still relatively high in developing countries, while in developed countries grande-multiparity is rarely found (Mgaya et al., 2013). The parity figure in Indonesia is still quite high. Parity is one of the risk factors for postpartum depression. Research at Point G National Hospital, Bamako, Mali which examined the risk of grande-multiparity in pregnancy from 1985 to 2003 illustrates that the population of mothers who gave birth who were classified as primiparity and multiparity was greater than the population of (Rojas et al., 2010). From research it is known that in western countries, postpartum depression is experienced by approximately 15-20% of women who give birth, both for the first time and subsequent ones. In Malaysia in 1995 it was known that 3.9% of mothers experienced postpartum depression, whereas in Singapore the incidence was only mothers who gave birth who were classified as primiparity and multiparity. classified as grande-multiparity with a ratio of three to one. Depression is a mood disorder characterized by deep and continuous melancholy and sadness resulting in loss of enthusiasm for life, no disturbance in assessing reality (Reality Testing Ability/RTA, still good), personality remains intact (no personality splitting/splitting). of personality) behavior can be disturbed but within normal limits (Hawari, 2008). Post partum

depression is a mood disorder that occurs in women during certain periods of their lives, namely during the postpartum period 1%. From research conducted in various places in the country in 1998-2001, including Jakarta, Yogyakarta and Surabaya, it was found that the incidence rate was 11-30%, which is not a small number which cannot be left alone considering the various negative impacts that accompany it (Elvira, 2006).

## Methodology

**Study Design.** This type of research is quantitative, with an observational analytical research design, in the form of a cross sectional approach that analyzes dependent and independent variables in the same period or at the same time (Azwar, 2014). The population in this study is all patients experiencing primiparous pregnancies, multipara and grandemultipara in Batam. The population in this study was 1720 mothers, this study used random sampling techniques based on inclusion and exclusion criteria, using the Slovin formula, namely 95. After that the data was analyzed univariately and bivariate by computer using the chi square statistical test.

## Results

Tabel 4.1

Paritas	Depression				total		P Value
	depress		Not depres		f	%	
	f	%	f	%			
Primipara	17	56,7	13	43,3	30	100	0,000
Multipara	9	18,4	40	81,6	49	100	
Grandemultipara	7	43,8	9	56,3	16	100	
Total	33	34,7	62	59,6	95	100	

Table 4.1 shows that in 95 mothers who gave birth, 30 mothers were primiparous, (56.7%) mothers experiencing postpartum depression and (43.3%) mothers not experiencing postpartum depression and also 49 multiparous mothers (18.4%) mothers experienced postpartum depression and (81.6%)

multiparous mothers did not experience postpartum depression, and also 16 grandemultiparous mothers found that (43.8%) mothers experienced postpartum depression (56.3%) grandemultiparous mothers did not experience postpartum depression.

Tabel 4.2

Paritas	frekuensi (f)	persentase (%)
Primipara	30	31,6
Multipara	49	51,6
Grandemultipara	16	16,8
Total	95	100,0

Based on table 4.2 it is known that of the 95 mothers, 30 mothers were of Primipara parity (31.6%), and 49 mothers were of Multiparous parity (51.6%), and 16 mothers were of Grandemultiparous parity (16.8).

## Conclusions

The results of the research on 95 mothers who gave birth were 30 primiparous mothers (31.6%), 49 multiparous mothers (51.6%), and 16 grandemultiparous mothers (16.8%). The results of this research are in line with research conducted by Cicilia Ninik Sulistiyani (2008) at Panti Wilasa Hospital Dr. Cipto Semarang Yakkum Semarang Branch also showed that the incidence of multiparous parity was high at 26

(51%). According to Manuaba (2009), based on the number, a woman's parity can be divided into: Nullipara, nullipara is a woman who has never given birth to any children. Primipara, primipara are women who have given birth once. Multipara, multipara are women who have given birth two to four times. Gandemultipara, grandemultipara are women who have given birth to 5 or more children and usually experience complications in pregnancy and childbirth. From the results of the study, it was found that 30 mothers who gave birth were primiparous mothers with (56.7%) mothers experiencing postpartum depression (43.3%) mothers who did not experience postpartum depression and also 49 multiparous mothers found (18.4%) mothers experienced postpartum depression (81.6%) multiparous mothers did not experience postpartum depression, and

also 16 grandemultiparous mothers (43.8%) mothers experienced postpartum depression (56.3%), grandemultiparous mothers did not experience postpartum depression. The results of statistical tests using the chi-square test obtained a p value = 0.000, so the p value <0.05, it can be concluded that Ho is rejected, meaning that there is a significant relationship between parity and postpartum depression. The results of this study are in line with research conducted by Munawaroh (2010) which stated that the research results showed that the majority of women who experienced postpartum depression had primiparous parity. Primiparas are women who give birth for the first time. For primiparous women, giving birth is their first experience, so they do not have the experience and readiness to become a mother.

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