

Title : Psychological Adaptation of Nifas Mothers Who have
Babies with Congenital Abnormality
Name : Sari Eprina Nadeak
Std. ID Number : 091101056
Study Program : Nursing
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Abstract

A woman who undergoes psychological adaptation during the post-partum will take the risk of undergoing psychological hindrance. Post-partum depression has negative influence on stress in caring babies (Misri, et.al. 2010). One of the conditions which influence parents' attitude toward babies is their apprehensiveness about their babies' abnormality such as congenital abnormality. The samples comprised 18 respondents, taken by using total sampling technique through interviews and observation of mothers' behavior. The result of the study showed that all mothers' psychological adaptation was adaptive (100%) although there were some evaluation items which indicated maladaptive condition. It is recommended that the future researchers consider something which can influence the ability of mothers' psychological adaptation to the birth of babies with congenital abnormality, level of serious disease, occupation, fund resource, and so on.

Keywords: Psychological Adaptation, Congenital Abnormality

Judul : Adaptasi Psikologis Ibu Nifas yang Memiliki Bayi dengan Kelainan Kongenital
Nama : Sari Eprina Nadeak
NIM : 091101056
Jurusan : Keperawatan
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Abstrak

Wanita yang mengalami kesulitan adaptasi psikologi pada masa postpartum beresiko mengalami gangguan psikologis. Depresi postpartum berpengaruh negatif terhadap stres dalam pengasuhan bayi (Misri, dkk, 2010). Salah satu kondisi yang mempengaruhi sikap orang tua terhadap bayi adalah gelisah akan kenormalan bayinya seperti kelainan kongenital. Penelitian deskriptif ini bertujuan untuk mengetahui adaptasi psikologis ibu nifas yang memiliki bayi dengan kelainan kongenital. Dengan teknik *total sampling*, didapat sampel penelitian sebanyak 18 responden melalui wawancara dan observasi perilaku ibu. Didapatkan adaptasi psikologis ibu semuanya adaptif (100,0%), namun terdapat beberapa item penilaian yang menunjukkan kondisi maladaptif. Penelitian selanjutnya sebaiknya mempertimbangkan beberapa hal yang dapat mempengaruhi kemampuan adaptasi psikologis ibu terhadap kelahiran bayi kelainan kongenital seperti jenis kelainan kongenital, tingkat keparahan penyakit, pekerjaan, sumber dana, dan lain-lain.

Kata Kunci : Adaptasi psikologis, kelainan kongenital