

ABSTRAK

Penelitian ini adalah penelitian studi kasus yang bertujuan untuk mengetahui bagaimana kelekatan yang terbentuk antara bayi dan ibu dengan riwayat gejala depresi pasca melahirkan. Pengambilan data dilakukan dengan wawancara dan observasi pada tiga orang ibu yang memiliki riwayat gejala depresi pasca melahirkan dan bayi yang berusia 28 bulan, 24 bulan, dan 20 bulan dari tiga orang ibu tersebut. Desain observasi terstruktur mengadaptasi prosedur pengukuran yang dilakukan oleh Ainsworth (1978), yaitu *The Strange Situation*. Penentuan subjek penelitian menggunakan sampling dengan tipe *extreme or deviant case*.

Kredibilitas hasil penelitian dicapai dengan dua cara, yaitu konfirmasi data dengan subjek dan triangulasi yang meliputi triangulasi data (mengambil sumber-sumber data yang berbeda sebagai data pendamping), triangulasi peneliti (disertakannya peneliti lain sebagai observer pendamping), dan triangulasi metode (dipakainya dua metode yang berbeda untuk meneliti hal yang sama).

Hasil menunjukkan bahwa pola kelekatan yang aman ditemukan pada subjek Ibu Dw dan Ibu Sr. Berbeda dari kedua subjek yang lain, subjek Ibu Ys memiliki pola kelekatan yang cenderung melawan (: muncul indikator perilaku kelekatan yang melawan selain kelekatan yang aman). Perbedaan pola kelekatan yang terbentuk pada ketiga subjek dapat dilihat melalui reaksi bayi ketika ibu dan bayi berpisah, reaksi bayi ketika ibu kembali hadir, dan kedekatan antara bayi dan ibu. Gejala depresi pasca melahirkan yang dialami ibu tidak serta merta mempengaruhi kelekatan yang terbentuk antara bayi dan ibu. Kelekatan tersebut dipengaruhi oleh kualitas pengasuhan berupa responsivitas ibu terhadap kebutuhan bayi (kesempatan ibu untuk merawat bayi) dan kehadiran ibu untuk merespon kebutuhan bayi. Penelitian ini juga menunjukkan pentingnya dukungan keluarga yang proporsional bagi ibu yang menunjukkan gejala depresi pasca melahirkan dengan komunikasi efektif antara ibu dan keluarga.

Kata kunci: riwayat depresi pasca melahirkan, kualitas pengasuhan, kelekatan antara ibu dan bayi

ABSTRACT

This research was a case study research which objective was to know how the attachment between the baby and the mother with post partum depression history. The data were taken by interviews and observations toward three mothers with post partum depression history and their own baby age 28 months, 24 months, and 20 months. The structure observation design which was done adopted the measuring procedure done by Ainsworth (1978), The Strange Situation. The research subject was determined by using extreme or deviant case type sampling.

The credibility of the result of this research was achieved in two ways, member checking and triangulation. The triangulations done in this research were data triangulation, that was taking different data resources as the accompany data; researcher triangulation, which enclosed another researcher as the accompany observer, and the method triangulation where two different methods were applied to examine the same thing, that was interview and observation.

This study showed that the secure attachment was revealed in subject Ibu Dw and Ibu Sr. whereas Ibu Ys the attachment pattern tended to be resistant attachment (: beside resistant attachment behavior indicator, showed secure attachment behavior indicator too). The diversity of the attachment pattern among the three subjects could be observed through the babies' reactions when the babies separated with their mothers, the babies' reactions when their mothers come back, and the intimacy between the babies and their mothers. Post partum depression symptoms which experienced by the mother did not straightly influence the attachment between the baby and the mother. The attachment was influenced by the quality of the care giving, that was responsivity of the mother to the needs of the baby (the chance of the mother to care her babies) and the mother existence to respond the needs of the baby. This research also revealed the importance of the proportional family support for the mother which could be achieved by effective communication between the mother and the family.

Keyword: post partum depression history, quality of caregiving, attachment between the mother and the baby