

**HUBUNGAN PERUBAHAN CITRA DIRI DENGAN KEJADIAN STRESS PADA IBU  
POSTPARTUM DI WILAYAH KERJA PUSKESMAS BASUKI RAHMAT KOTA  
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**SKRIPSI**



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## **ABSTRAK**

*The cause of stress is the lack of support for adjustments needed by women to deal with their activities and their new role as a mother after childbirth. Stress reaction caused by changes in body image of mothers is in the form of anxiety. The problem in this study is that there are still many post partum mothers who experience stress due to changes in self-image experienced after delivery. This study aims to determine changes in self-image with the incidence of stress of post partum mothers in the Working Area of Public Health Centre Basuki Rahmad in Bengkulu City in 2018. The research method used in this study is analytic using cross-sectional design. The samples taken in this study were 37 post partum mothers in the Working Area of Public Health Centre Basuki Rahmad in Bengkulu City in 2018. The sampling technique used in this study is Total Sampling technique. The results showed that most of the respondents (54.1%) had poor self image changes, almost most (45.9%) experienced mild stress, and a small proportion of the respondents (18.9%) experienced moderate stress. There is a significant relationship between Self-Image Changes and Stress Occurrence of Post Partum Mothers in the Working Area of Public Health Centre Basuki Rahmad in Bengkulu city in 2018. The researcher suggests that this study would become an additional information material on the Relationship between Self Image Changes and Stress Occurrence of Post Partum Mothers in the Working Area of Public Health Centre Basuki Rahmad in Bengkulu city in 2018.*

**Keywords: Self-Image Changes, Stress Occurrence, Post Partum Mother References:  
23 (2010-2017)**