

## ABSTRACT

Maura Kanugraha, Ratih. 2012. *The Relationship Between Adjustment And Tendency of the Baby Blues Syndrome Leaning On Postpartum Mother*. Thesis, Faculty of Psychology of Universitas Islam Negeri Maulana Malik Ibrahim, Malang.

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Pregnancy, giving a birth and postpartum are moments where traumas should be happened to every mother that can be give much pressure for women. Each woman should adapt her self with all over transformation by themselves, and requirements of it. Their The problems responses are different by each of them from one another. Part of them can well adapting her self but not for some then become reason of what it's called as Baby Blues syndrome. A psychology disorders how they treat their child. the others cannot do that. They have a psychological disorder namely baby blues syndrome. The purpose of this research are knowing a adjustment levels of a mother who has a syndrome adaptation who has baby blues syndrome. Than; to know the syndrome leaning of the probably that syndrome to mother who giving a birth. And, and to describe responsibility the correlation between adjustment and trend leaning of baby blues the syndrome.

Self adaptation is a dinamic and continue process about mentality responses and habitual behaviors, which are self efforts to obtain harmony, create balancing for self, the other person and environment. While Baby Blues Syndrome is a short emotion stability periodic which most woman feels after they give birth. This symptom appear in first week after give birth normally or caesarean section and they get 8 until 12 point on EPDS scale. This research use Moment Product of Karl Pearson qualitative method, specially about correlation. This method can explain each variable. Thirty people who has baby blues syndrome became respondent.

The other side, this research use product moment analysis from Karl Pearson to know relationship between adjustment and that syndrome. The results show that there's no has no significant correlation between self-adapting and the syndrome leaning. It can be seen from correlation coefficient correlation value ( $r_{xy}$ ) between adjustment and baby blues syndrome leaning which is are -0,141 and with  $p = 0,456 > 0,05$ . The summary of this research are is that there is no significant relation between self adaptation and tendency of baby blues syndrome leaning.