

**PERSEPSI DAN PENGALAMAN BIDAN DALAM PELAKSANAAN SKRINING
KESEHATAN MENTAL PADA IBU HAMIL DI KABUPATEN BANTUL,
YOGYAKARTA: STUDI MIXED-METHODS**

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Article Info	ABSTRAK
<p>Article History: Received 16/02/2026. Revised - Accepted 10/03/2026.</p> <hr/> <p>Keywords: Bidan Ibu hamil Kesehatan mental Persepsi Pengalaman</p>	<p>Kesehatan Mental ibu hamil merupakan aspek penting namun sering kurang diperhatikan dalam pelayanan antenatal. Masalah kesehatan mental yang tidak ditangani selama kehamilan berdampak negatif bagi ibu dan anak. Meskipun terdapat rekomendasi nasional, penerapan skrining kesehatan mental oleh bidan di Indonesia masih belum konsisten, khususnya di wilayah pedesaan seperti Kabupaten Bantul, Yogyakarta. Penelitian ini bertujuan menganalisis persepsi dan pengalaman bidan terkait pelaksanaan skrining kesehatan mental pada ibu hamil serta mengidentifikasi faktor pendukung dan penghambat praktik tersebut. Penelitian ini menggunakan desain mixed-methods dengan pendekatan sequential explanatory. Data kuantitatif dikumpulkan melalui kuesioner terstruktur kepada 115 bidan dari puskesmas dan praktik mandiri. Tahap selanjutnya berupa wawancara mendalam dan diskusi kelompok terarah (FGD) dengan 12 bidan terpilih. Analisis kuantitatif dilakukan secara deskriptif, sementara data kualitatif dianalisis secara tematik., melibatkan 115 bidan melalui kuesioner terstruktur, dilanjutkan wawancara mendalam dan diskusi kelompok dengan 12 bidan. Hasil menunjukkan 89,6% bidan menyadari pentingnya skrining, namun hanya 14% melaksanakannya pada sebagian pasien. Hambatan utama meliputi keterbatasan waktu, kurangnya privasi, stigma pasien, minimnya pelatihan, ketiadaan instrumen standar, dan keterbatasan tenaga profesional. Kesimpulan menegaskan adanya kesenjangan antara persepsi positif dan praktik nyata, sehingga diperlukan dukungan institusional dan integrasi skrining ke dalam pelayanan antenatal rutin untuk meningkatkan kesehatan mental ibu.</p> <p>ABSTRACT</p> <p><i>Maternal mental health is a critical yet often overlooked component of antenatal care. Untreated mental health problems during pregnancy can have adverse consequences for both mother and child. Although national guidelines recommend mental health screening, its implementation by midwives in Indonesia remains inconsistent, particularly in rural areas such as Bantul Regency, Yogyakarta. This study aims to analyze midwives' perceptions and experiences regarding mental health screening during pregnancy and to identify enabling and constraining factors influencing implementation. A mixed-methods sequential explanatory design was employed. Quantitative data were collected through structured questionnaires administered to 115 midwives working in community health centers and private practices. This phase was followed by in-depth interviews and focus group discussions with</i></p>

12 selected midwives. Quantitative data were analyzed descriptively, while qualitative data were examined using thematic analysis. Findings indicate that 89.6% of midwives recognized the importance of screening; however, only 14% conducted screening for some patients. Major barriers included limited consultation time, lack of privacy, patient stigma, insufficient training, absence of standardized instruments, and limited availability of mental health professionals. The study highlights a gap between positive perceptions and actual practice, underscoring the need for institutional support and integration of mental health screening into routine antenatal services.

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