

**INCREASED KNOWLEDGE IN EFFORTS PREVENTION OF
POSTPARTUM DEPRESSION THROUGH
"KEPOTEK AIR"**

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EXECUTIVE SUMMARY

This final project with an extensive media development target information and education (KIE) and applied intellectual property rights (HKI) to media kie products or works produced. The subject project is Ms. Nifas.

The project aims to prevent postpartum depression, increase mother's knowledge of positive activities, motivate her to perform cognitive behavior therapy and help keep her physically healthy.

Postpartum depression is one of the common psychological disorders experienced by nifas's mother. The incidence of postpartum depression in Indonesia is 18.7,37%.

Postpartum depression efforts by administering therapy. One of the methods used is cognitive behavioral therapy. Practicing positive habits is one way in cognitive behavior therapy. Positive activities can be carried out in such ways as; Cooking, planting, caring for yourself, exercising and engaging in worship.

The kind of coverage to be produced would be exponential. The article "Kepotek Air" discusses positive habits through a combination of cognitive behavioral therapy methods and dzscrooge's prayer.

Key word: *Depression Postpartum, Cognitive Behavioral Therapy*