

ABSTRAK

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Program Studi : Ilmu Komunikasi

Judul :

PELUKAN VIRTUAL IBU: WACANA SURSA IBU TENTANG KESEHATAN MENTAL MATERNAL DI FORUM FACEBOOK MOTHERHOPE INDONESIA

(xiv + 116 halaman: 21 gambar; 6 tabel)

Menjadi Ibu adalah sebuah peran dan tanggung jawab baru yang menggiring Perempuan pada situasi krisis yang penuh tekanan. Sebuah tekanan yang kompleks karena melibatkan permasalahan fisik, hormonal, dan sosial yang harus Ibu hadapi, termasuk praktik patriarki dalam keluarga berupa sikap absensi kehadiran Ayah atau Suami di masa pasca persalinan. Isu terkait kesehatan mental maternal menjadi sebuah wacana yang banyak digulir dalam ruang-ruang komunikasi, termasuk dalam ranah digital di forum dalam grup Facebook MotherHope Indonesia.

Penelitian ini menggunakan pendekatan kualitatif dengan metode penelitian Analisa Wacana oleh Van Dijk. Pengumpulan data penelitian dilakukan dengan data primer, yaitu wawancara dan observasi non-partisipan, serta data sekunder berupa studi kepustakaan dan dokumentasi. Wawancara dilakukan kepada pendiri sekaligus admin grup Facebook MotherHope Indonesia, psikolog klinis dewasa, dan bidan.

Hasil penelitian menunjukkan bahwa implikasi dari paham patriarki di keluarga hadir dalam sikap enggan Suami yang memicu degradasi mental Ibu sehingga Ibu membuka suara tertekannya ke ruang forum grup Facebook untuk merilis rasa stress dan mendapatkan dukungan virtual dari komunitas sesamanya. Walau pada akhirnya suara Ibu yang tertulis dalam forum grup ini tampil tidak utuh karena terpotong oleh kebijakan-kebijakan komunitas di ruang digital.

Kata kunci: Kesehatan Mental Maternal, Komunitas Digital Ibu, Forum Online Dukungan Ibu, Wacana Kritis Ibu, Patriarki dalam Keluarga

Referensi:

ABSTRACT

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Study Program : Communication Sciences

Title :

Mother's Voice Discourse on Maternal Mental Health on MotherHope Indonesia Facebook Forum

MOTHER'S VIRTUAL HUGS: THE VOICE DISCOURSE OF MATERNAL MENTAL HEALTH ON MOTHERHOPE INDONESIA FACEBOOK FORUM

(xiv + 116 pages: 21 pictures; 6 Tables)

The joy of being a mom can sometimes be disturbed by difficult situations in life. Motherhood is a new role and responsibility that leads women to stressful crisis situations. A complex pressure caused by physical, hormonal, and social changes that the mothers should deal with it, including the practice of patriarchy in the family in the form of absenteeism from the presence of the father or husband during the *postpartum* period. Issues related to maternal mental health have become a discourse that is widely circulated in communication platforms, including in the digital realm in forums in the MotherHope Indonesia Facebook group.

This study uses a qualitative approach with the research method of Discourse Analysis by Van Dijk. The research data was collected using primary data, namely interviews and non-participant observations, as well as secondary data in the form of library research and documentation. Interviews were conducted with the founder and admin of the MotherHope Indonesia Facebook grup, adult clinical psychologists, and midwives.

The results show that the implication of patriarchal understanding in the family is present in the husband's reluctance which triggers the mental degradation of the mother so that the mother opens her depressed voice to the Facebook grup forum room to release stress and get virtual support from her fellow community. Even though in the end, the voice of Mrs. written in this forum grup appeared incomplete because it was cut off by community policies in the digital space

Keywords: Maternal Mental Health, Mothers Digital Community, Mothers Online Support Grup, Mother's Critical Discourse, Patriarchy in the Family

Reference: