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THE RELATIONSHIP BETWEEN SOCIAL SUPPORT AND THE INCIDENCE OF POSTPARTUM BLUES IN POSTPARTUM MOTHERS IN THE KARANG TENGAH VILLAGE, SUKABUMI CITY

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ABSTRACT

Introduction: Postpartum blues is an emotional condition often experienced by postpartum mothers in the first week after delivery. Many factors influence the incidence of postpartum blues in postpartum mothers, one of which is social support. **Objective:** The purpose of this study was to determine the relationship between social support and the incidence of postpartum blues among postpartum mothers in Karang Tengah Village, Sukabumi City.

Methods: Correlational research with cross sectional approach. The study population was all postpartum women in Karang Tengah Urban Village, Sukabumi City and a sample of 30 people with purposive sampling technique.

Results: There is a relationship between social support and the incidence of postpartum blues in postpartum mothers ($p < 0.05$). **Conclusion:** There is a relationship between social support and the incidence of postpartum blues among postpartum mothers in Karang Tengah Village, Sukabumi.

Keywords: Social Support, Postpartum Blues.

INTRODUCTION

Pregnancy and childbirth are important moments in a woman's life. However, not all mothers experience happiness and euphoria after giving birth. Some mothers experience anxiety, stress, and even depression, known as postpartum blues (PPB) or baby blues, characterized by feelings of sadness, anxiety, anger, irritability, fatigue, or even feeling helpless (1)(2).

According to research conducted by the American College of Obstetricians and Gynecologists in 2020, around 70-80% of mothers worldwide experience postpartum blues in the first week after giving birth. Meanwhile, a study conducted by the Ministry of Health of the Republic of Indonesia also found that around 74% of postpartum mothers in Indonesia experienced symptoms of postpartum blues within 2 weeks after delivery (3).

Many factors can influence the UN, one of which is social support. Social support can be defined as resources that come from other people or the surrounding environment that can provide information, practical assistance, emotional support, and positive perceptions of individuals. Social support can come from partners, family, friends, coworkers, and communities (7). Social support plays an important role in an individual's mental and physical health. Social support can help individuals to reduce stress, increase self-confidence, and improve physical health (4). In addition, social support can also help individuals deal with problems and reduce the risk of mental health disorders such as depression and anxiety (5). This is supported by research (6) yang menyatakan bahwa terdapat which states that there is a relationship between social support and the incidence of postpartum blues in postpartum mothers.

Based on the above description, these factors play a role in the occurrence of PBB in postpartum mothers. Therefore, the purpose of this study was to determine the influence of factors affecting the occurrence of Postpartum Blues in Postpartum Mothers in Karang Tengah Urban Village, Sukabumi City.

METHODS

This type of research uses correlation with a cross sectional approach. The population of this study were all postpartum women in Karang Tengah Urban Village, Sukabumi City with a sample of 30 people using purposive sampling technique. The scale of answer value refers to Likert scale and Guttman scale. The instrument was valid and reliable. Data collection techniques using questionnaires. Data analysis used univariate analysis with mean, median, frequency distribution, and percentage of each category, bivariate analysis used chi square test.

RESULTS

1. OVERVIEW OF RESPONDENT CHARACTERISTICS

Table 1. Overview of Respondent Characteristics

No.	Respondent Characteristics	F	%
Age (year)			
1	≤ 28	17	56,7
	> 28	13	43,3
Pregnancy			
2	1	10	33,3
	2	12	40,0
	3	6	20,0
	4	2	6,7
Postpartum Day			
3	≤ 13	13	43,3
	> 13	17	56,7
Education			
4	Junior High School	5	16,7
	High School	22	73,3
	S1	3	10,0
Jobs			
5	Housewife	24	80,0
	Employees	6	20,0
Early rupture of membranes			
6	Yes	3	10,0
	No	27	90,0

Labor Wounds			
7	Episiotomy	9	30,0
	No Episiotomy	21	70,0
Induction of Labor			
8	Yes	3	10,0
	No Induction	27	90,0
Type of Labor			
9	SC	2	6,7
	Spontaneous	28	93,3

Table 1 shows that most of the respondents' characteristics in Karang Tengah Urban Village, Sukabumi City were ≤ 28 years old as many as 17 people (56.7%), pregnancy of the second child as many as 12 people (40.0%), postpartum was > 13 days as many as 17 people (56.7%), high school education as many as 22 people (73.3%), working as IRT as many as 24 people (80.0%), did not experience KPD as many as 27 people (90.0%), did not have episiotomy wounds as many as 21 people (70.0%), did not use induction as many as 27 people (90.0%), and gave birth spontaneously as many as 28 (93.3%).

2. UNIVARIATE ANALYSIS

Table 2: Univariate analysis

Variables	F	(%)
Social Support		
Not so good	11	36,7
Good	19	63,3
Total	30	100,0

Table 2 shows that most respondents have good social support, namely 19 people (63.3%) and a small proportion of respondents have poor social support, namely 11 people (36.7%).

3. BIVARIATE ANALYSIS

Table 3. Relationship between Social Support and the Incidence of Postpartum Blues in Postpartum Mothers

Social Support	Incidence of Postpartum blues				F	%	P-Value
	Postpartum blues	%	No Postpartum blues	%			
Not so good	8	72,7	3	27,3	11	100	0,029
Good	6	31,6	13	68,4	19	100	
Jumlah	14	46,7	16	53,3	100	100	

Based on the Chi Square statistical test results, the p-value was 0.029 (p-value < 0.05), which means that there is a relationship between social support and the incidence of postpartum blues in postpartum mothers in Karang Tengah Village, Sukabumi City.

DISCUSSION

The Relationship between Social Support and the Incidence of Postpartum Blues in Postpartum Mothers in Karang Tengah Urban Village, Sukabumi City

The results showed that there was a relationship between social support and the incidence of postpartum blues in postpartum mothers in Karang Tengah Urban Village, Sukabumi City.

The results of this study are in line with research (8) which states the influence of social support on the incidence of postpartum blues. Research by (9) also describes the same results in his research that there is an influence of social support on the incidence of postpartum blues. Research by (10) obtained similar results that there was an effect of social support on the incidence of postpartum blues in postpartum mothers significantly.

Husband's social support is an important factor that can cause postpartum blues in postpartum mothers. It is very necessary for a postpartum mother, because if the husband's support is good, it is unlikely that a postpartum mother will feel burdened by what happens to her. Research by (11) stated that husband's support must be given since the mother is in pregnancy, labor and postpartum. The attention given by the husband, the communication that is established, the attitude and behavior of a good husband can reduce the level of stress in the mother so as to avoid postpartum blues (12).

Social support that is also no less is social support that comes from the family. The incidence of postpartum blues in postpartum mothers can be prevented by social support from the family because support from the family can provide comfort and improve the welfare of the mother's psychological condition. So that the presence of parents or in-laws in the mother's environment can be a reinforcing factor and the mother avoids the incidence of postpartum blues. In contrast to postpartum mothers who do not get good family social support, there is a risk of feelings of worthlessness. Parents and in-laws can also provide moral assistance as experienced mothers so that mothers feel directed in taking care of the baby. Postpartum mothers who do not get this are likely to be overwhelmed in taking care of the baby and have an impact on psychological conditions resulting in postpartum blues (6).

CONCLUSIONS

The results showed that most respondents had good social support. The results showed that there was a relationship between social support and the incidence of postpartum blues in postpartum women.

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