



The Role of Social Support for Psychology of Postpartum Mothers in Tembelang Primary Health Care

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ABSTRACT

Postpartum depression affects around 10-15% of all new mothers, but can be up to 35% higher in the demographic group. In developing countries, the prevalence ranges from 5-25%. 4 One study found 19.2% of new mothers diagnosed with major or minor depression in the first three months postpartum, 7.1% of whom had major depression. In another study of 214 women, 86 of them had symptoms of depression (40.2%), but only 25 (11.7%) were significantly diagnosed as depressed. The number of postpartum mothers in the Tembelang Regional PKM is 47 starting from January to August 2018. This study is an analytical study using correlation analytic design regarding social support roles for postpartum psychology in the Jombang District Auction Area PKM. Test of bivariate data analysis using spearman rho The total sample in this study was 47 samples with a total sampling technique. From the analysis of this study it can be concluded that it shows that the model variable has p value <0.05. This means that the social support role variable has a significant relationship to postpartum psychology. It is expected that the results of this study can be used as input for basic health services in the work area associated with early screening for postpartum maternal disorders through postpartum visits.

Keywords: *Depression, Postpartum, Psychology*

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INTRODUCTION

Postpartum is the period after the birth of the baby and the time for the mother to restore her physical condition including the uterine and reproductive organs back to their pre-pregnancy state which lasts for six weeks. postpartum period). One variation of emotional disorders in postpartum women in the postpartum period is postpartum

depression. Postpartum depression often occurs (Zhou dkk., 2020), especially among women who have given birth for the first time (primiparous mothers).

Postpartum depression can result in short-term and long-term psychological disorders, not only in women who suffer but also in children and other family members (Armstrong et al, 2000). Apart from that, there can also be disturbances in the bond between mother and child, lack of attention from mothers in caring for, caring for and raising their children, children's difficulties in establishing social relationships with the environment and peers and marital conflicts (Kustjens & Wolke, 2001).

Postpartum depression affects approximately 10-15% of all new mothers, but can be higher up to 35% in this demographic group. In developing countries, the prevalence ranges from 5-25%. 4 One study found 19.2% of new mothers diagnosed with major or minor depression in the first three months postpartum, 7.1% of whom had major depression. In another study of 214 women, 86 of them had depressive symptoms (40.2%), but only 25 (11.7%) were actually diagnosed as having depression. Another survey stated that a third of women who were assessed with a risk limit for depression at eight months postpartum, still experienced depression 12-18 months later, and only 15% asked for help or were referred to a mental health professional. Postpartum depression is rarely diagnosed and is the most common postnatal complication and perinatal psychiatric disorder (Lu dkk., 2020), with the highest risk in first-year postpartum women (Li dkk., 2020). One study showed that there was a threefold increased risk of becoming depressed 3 to 6 months after the birth of a baby. Suffering women in society generally do not show symptoms of depression because they are afraid and ashamed of being thought that they are unable to carry out the role of a mother (Murphy dkk., 2021). Most sufferers who seek help come to health services, express little of their feelings of depression and only report physical symptoms that are felt to be bothersome. The role of nurses in the community and the involvement of professional health practitioners are needed to detect and prevent puerperal depression in the community (Puri dkk., 2020). This study aims to analyze differences in the risk of childbed depression between primiparas and multiparas based on the application of the Edinburgh Scale.

The aim of this research is to determine the role of social support on the psychology of postpartum mothers in PKM Tembelang Region, Jombang Regency.

RESEARCH METHODOLOGY

This research is an analytical study using a prospective design, regarding the role of social support and the psychology of postpartum mothers in PKM Tembelang Region, Jombang Regency. Population

There are 47 postpartum mothers in the PKM Tembelang Region, Jombang Regency. The sample uses Total Sampling. There are 47 postpartum mothers in the PKM Tembelang Region, Jombang Regency. Bivariate analysis was carried out using Spearman rho.

RESULT AND DISCUSSION

In the following, data is presented on the characteristics of respondents based on maternal age, parity, postpartum age, relationship with parents, occupation, postpartum complications, visits to midwives.

Table 4.1. Frequency Distribution General Description of Sample Characteristics

Kategori	Jumlah	Persentase (%)
Mother's age		
< 20 years	3	6,38%
20 – 35 years	40	85,1%
>35 years	4	8,51%
Parity		
1 time	14	29,7%
>1 time	26	55,3%
Puerperal Age		
day 1-7	1	21,2%
day 8-14	8	17,02%
day 15-21	15	31,9 %
day 22-40	23	48,9 %
Psychology of postpartum mothers		
yes	0	0 %
no	47	100 %
Relationship with Parents		
yes	1	2,12%
No	46	97,8%
Postpartum Complications		
yes	5	0,10 %
No	42	0,89 %
Work		
Civil servants	8	17%
Private	22	46%
Self-employed	16	34%
Etc	1	0,02%
Check with Midwife		
1 kali	7	0,14%
1 kali	21	0,44%
2 kali	20	0,42%

Source: Primary Data

Table 1 shows that the frequency of respondents based on mother's age in PKM Tembelang Region, Jombang Regency, the number of respondents in this study was mostly in the 20-35 year age group, namely 40 mothers or 85.1%. Based on the parity history of respondents, the majority of mothers were multiparous, namely 26 mothers (55.3%). The results of research on the characteristics of respondents based on postpartum age showed that the majority of respondents were mothers with a gestational age of 15-21 days, 23 mothers or 48.9%. Based on the psychology of postpartum mothers, all 47 mothers (100%) did not experience postpartum psychological disorders. Apart from that, almost all postpartum mothers' relationships with their parents did not experience problems, namely 46 mothers (97.8%). And almost the majority of mothers work in the private sector, 22 mothers (46%). Most of the mothers during the postpartum period checked with the midwife as many as 21 mothers (44%).

Social Support Role

This section will describe the results of the role of social support based on good and bad classifications. This data was obtained from the results of research that was conducted on 47 postpartum mothers at PKM Tembelang Region, Jombang Regency.

Table 4.2 Frequency Distribution of the Sample Role of social support in PKM Tembelang Region, Jombang Regency

Category	Amount	Percentage (%)
Good	47	100
Not good	0	0
Total	47	100

Source: Primary Data

The division into social support role groups is assessed based on filling in the results of the questionnaire. In this study, the role of social support was classified into 2, namely good (>62.5%), and poor (<62.5%).

Based on table 4.2, it can be explained that all postpartum mothers were supported by their families during the postpartum period, as many as 47 mothers (100%).

Postpartum Psychology

This section will describe the psychological outcomes of childbirth based on the classification of depression and not depression. This data was obtained from the results of research that was conducted on 47 postpartum mothers at PKM Tembelang Region, Jombang Regency.

Table 4.3 Frequency Distribution of Postpartum Psychology Samples in PKM Tembelang Region, Jombang Regency.

Category	Amount	Percentage (%)
Depresi	16	34
Tidak Depresi	31	66
Total	47	100

Sumber : Data Primer

The division into postnatal psychology groups was assessed based on filling in the results of the Edinburgh Postnatal Depression Scale (EPDS) questionnaire. In this study, postpartum psychology was classified into 2, namely EPDS score <10 = no depression and EPDS score ≥ 10 depression

Based on table 4.3, it can be explained that the majority of postpartum mothers did not experience depression during the postpartum period, 31 mothers (66%).

Bivariate Analysis of the Role of Social Support for Respondents' Postpartum Psychology at PKM in the Tembelang Region, Jombang Regency in August-September 2018

The following will describe in detail the role of social support for postpartum psychology in PKM Tembelang Region, Jombang Regency using Bivariate Spearman rho analysis.

Table 4.4 Bivariate Analysis of the Occurrence of the Role of Social Support in Respondents' Postpartum Psychology at PKM in the Tembelang Region, Jombang Regency in August-September 2018

			Psikologi	_EPDS
Spearman's rho	Psikologi	Correlation Coefficient	1.000	-.369*
		Sig. (2-tailed)		.011
		N	47	47
	EPDS	Correlation Coefficient	-.369*	1.000
		Sig. (2-tailed)	.011	
		N	47	47

*. Correlation is significant at the 0.05 level (2-tailed).

The results of the analysis in table 4 show that the model variable has a p value <0.05 . This means that the social support role variable has a significant relationship to postpartum psychology.

CONCLUSION

Based on the results of the research and described in detail in the discussion, it can be concluded that based on the results of bivariate analysis of the two variables of the role of social support, the results of Spearman Rho which have been corrected have a p

value of 0.011 (<0.05), which means that there is a relationship The role of social support in postpartum psychology.

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