

CORRELATION OF SOCIAL SUPPORT WITH THE OCCURRING OF POST PARTUM DEPRESSION

Hafsah¹, Subki², Myrna Lestari³, Ernita⁴

¹²³⁴ Aceh Ministry of Health Health Polytechnic (Midwifery Study Program, North Aceh Regency, Aceh Province)
Corresponding Author: hafsahusman932@gmail.com

ABSTRACT

Women are prone to experiencing depression, especially in the postpartum phase. The postpartum period refers to the postpartum phase, where the reproductive organs and body systems undergo the process of returning to their pre-pregnancy form. This period begins immediately after the baby is born and lasts up to 6 weeks (40 days). This study aims to determine the relationship between social support and postpartum events. This research uses a quantitative research design with cross sectional techniques. The research focused on postpartum mothers who lived in the Mainland Work Area Health Center, North Aceh Regency. The sample was determined using a simple random sampling method, namely 60 respondents using the Slovin formula. The results of the research show that there is a relationship between social support ($p\text{-value } 0.001 < 0.05$) and the incidence of postnatal depression in the Pasir Tanah Community Health Center working area.

Keywords: Depression; Postpartum; Social Support.

Copyright © 2024 Authors



This work is licensed under a Creative Commons Attribution Share Alike 4.0

INTRODUCTION

Pregnant women tend to experience increased anxiety, which can result in psychological disorders, including anxiety, stress, insomnia, depression, or post-traumatic stress disorders. Psychological health disorders during pregnancy increase the risk to the fetus in the form of poor fetus development, premature birth, or LBW. The fundamental causes include restricted access to healthcare, a dearth of social support from different sources, and worries about their own and the fetus's health in the event that they get the illness. Pregnant women benefit from social support in coping with life's stresses. (Molgora et al. 2022).

Women are vulnerable to experiencing depression, especially during the postpartum period. The postpartum period is the period after giving birth, which is the period when the reproductive organs and body systems return to their pre-pregnancy levels, starting from the time the

baby is born until 6 weeks (40 days) (Pebryatie et al. 2022).

Every mother in labor is expected to give birth with the support of qualified medical staff at a health service facility as of 2015 in order to guarantee that she receives health services in accordance with standards. Because of this, the indicators of birth help by health workers have been replaced in the Ministry of Health's Strategic Plan for 2020–2024 with the determination that childbirth supported by health workers in health service facilities (PF) is one of the indicators of family health efforts. (PN) (Ministry of Health of the Republic of Indonesia, 2021). Pregnant women who have never had a pregnancy check-up with a health worker have a 2.4 times higher risk of depression compared to those who have had a pregnancy check-up with a health worker (Lin et al. 2022)

According to (Namutebi et al. 2023), the incidence of post partum blues in Indonesia is higher compared to the incidence in Asia, around

50-70% after childbirth, 5% to more than 25% of mothers after 59 births can progress to postpartum depression. the only one in East Java got 30% (Liu et al., 2020)..

The goal of family development is to build wholesome, well-functioning households. A healthy home is not the only prerequisite for a quality family; each member's health is also important. By meeting dietary demands and maintaining family members' health, the family contributes to maximizing the growth, development, and productivity of all of its members. Mothers and children are vulnerable groups within the family unit. This has to do with the stages of the mother's pregnancy, delivery, and postpartum period as well as the child's growth and development. For this reason, it is crucial that Indonesia prioritize maternity and child health initiatives for the country's health development. (Ministry of Health of the Republic of Indonesia, 2022).

The prevalence rates of psychiatric problems during pregnancy and postpartum in industrialized nations are roughly 12% for women who satisfy the criteria for one of the following conditions: major depressive disorder, manic episode, generalized anxiety disorders, social phobia, and specific phobia. Mental health issues throughout the prenatal time also differ depending on the pregnancy. One study discovered that the occurrence of anxiety during pregnancy, as measured by the Hospital and Anxiety Depression Scale (HADS), remained consistent across all three trimesters. However, another study focused on the occurrence of depression during pregnancy. The rate is significantly elevated from 12 – 16 weeks (6.1%) compared to the third trimester (4.4%). (Khosravi et al. 2022). The World Health Organization (WHO) emphasizes the crucial role of mental health in overall well-being through their statement "There is no health without mental health." This underscores the significance of mental health issues and their substantial impact on nations with inadequate healthcare resources and finances. In order to establish successful preventative care programs for maternal mental health, healthcare practitioners need a precise characterization of each significant aspect. Christin,

The World Health Organization (WHO) Member States are dedicated to carrying out the "Comprehensive Mental Health Action Plan 2013–2030" with the objective of enhancing mental health through the reinforcement of efficient leadership and governance, the provision of comprehensive, integrated, and responsive community-based care, the implementation of strategies for promotion and prevention, and the strengthening of information, evidence, and research systems. The "Mental Health Atlas 2020" research conducted by the WHO revealed insufficient advancement towards the agreed action plan targets in 2020. (Qi et al. 2022)

According to research, the incidence of postnatal depression is 1 to 2 per 1000 births. In addition, about 25% of first-time mothers experience severe postpartum depression, while the figure is about 20% for mothers giving birth to subsequent children. (Syamantha Putri et al. 2023). Based on this research, symptoms of postpartum depression include gloomy mood, reduced interest or pleasure in activities, eating and sleeping disorders, physical restlessness or slowed movements, weakness, feelings of worthlessness, impaired concentration, and possibly suicidal thoughts.

One good solution to overcome this problem is to carry out early detection of postpartum depression. Early detection of postpartum depression is very important to prevent or worsen the symptoms. Mothers suffering from postnatal depression require comprehensive and optimal care from various stakeholders, including family, those closest to them, and health professionals from various discipline

The Aim Of This Research Is To Determine The Relationship Of Social Support (Variable X) With The Incident Of Post Partum Depression (Variable Y).

METHOD

This research is a type of qualitative research with a correlational approach. Correlational research aims to understand the relationship between variable Y and variable Y (Hanach et al. 2023).

Location and time of research

The study was conducted at the Tanah Pasir Community Health Center Work Area in the North Aceh Regency over the period of April to June 2023..

Population and samples

The study included a cohort of 151 postpartum women residing in the work area of the Tanah Pasir Community Health Center., North Aceh Regency, from January to May 2023. This research sample used an accidental sampling technique, with 60 respondents using the Slovin group.

RESULT AND DISCUSSION

This research is correlation research, the results of correlation calculations will be interpreted using an interpretation table. Interpretation to price or coefficient correlation in a conventional way.

Table 1. Interpretation to price or coefficient correlation

Coefficient correlation r	Interpretation
0.80 – 1.00	Very High
0.60 – 0.80	High
0.40 – 0.60	Medium
0.20 – 0.40	Low
0.00 – 0.20	Very low

Beside That, For interpret price r (coefficient correlation) so can consulted (compared) with price r product criticism moments (table r).

1. Respondent Characteristics

Table 2. Distribution of Respondent Characteristics in the Working Area of Tanah Pasir Health Center, North Aceh Regency, 2023

No	Respondent Characteristics	Amount	(%)
1	Age		
	< 20 Years	-	0
	20 – 35 Years	57	95
	> 35 Years	3	5
2	Education		
	Low	1	1.7
	Intermediate	56	93.3
	Tall	3	5

3	Work		
	Doesn't work	57	95
	Work	3	5
4	Income		
	< Provincial Minimum Salary	53	88.3
	> Provincial Minimum Salary	7	11.7
5	Numbers of children		
	1 person	8	13.3
	2 – 5 People	52	86.7
	> 5 People	-	0
	Total	60	100

In Table 4.1 it can be seen that from 50 respondents, the majority of respondents aged 20 - 35 years were 57 people (95%); based on educational characteristics, most of them had low education, 56 people (93.3%), job characteristics, the majority of respondents were not working. as many as 57 people (95%), the attributes of monthly family income are mostly < Provincial Minimum Salary as many as 53 people (88.3%), while the parity characteristics are mostly 2 - 5 children as many as 52 people (86.7%).

2. Social Support Family

Table 3. Distribution of Respondents Based on Social Support in the Working Area of Tanah Pasir Health Center, North Aceh Regency in 2023.

NO	CATEGORY	AMOUNT	%
1	Good	38	63.3
2	Not enough	22	36.7
	Total	60	100

Table 3 shows 38 people in the excellent category (63.3%) and 22 in the poor category (36.7%).

3. Post Partum Depression

Table 4. Distribution of Respondents Based on Postpartum Depression in Work Areas Tanah Pasir Health Center, North Aceh Regency in 2023

NO	CATEGORY	AMOUNT	%
1	Depression	14	23.3
2	Not	46	76.7

depressed		
Total	60	100

Table 4.4 shows that there were 14 respondents in the depression category (23.3%), and 46 people in the non-depression category (76.7%).

Bivariate analysis

Table 5. presents the correlation between social support and postpartum depression in the working area of Tanah Pasir Health Center, located in North Aceh Regency in the year 2023.

Social Support	Postpartum Depression						P Value
	Depres sion		Not depres sed		Total		
	n	%	n	%	%		
Good	0	0	38	100	38	100	0,000
Not enough	14	63.6	8	36.4	22	100	

Table 4.6 shows that husband support is good and not experience postpartum depression as many as 38 respondents (100%), whereas whose husband support is lacking and experiencing postpartum depression, as many as 14 people (63.6%), while those who do not experience postpartum depression as many as 8 people (36.4%).

The chi-square test yielded a statistically significant result with a p-value of 0.000, indicating an association between social support and postpartum depression in the Tanah Pasir Community Health Center Working Area, North Aceh Regency, in 2023..

DISCUSSION

Support for family and husband is very large; it influences the mother's behavior and decisions, especially about service health. This matters to the theory that Individuals grow up in an environment with different social needs and information about several things, information obtained underlying confidence about the consequences of behavior, about hopes normative from the environment, and possible obstacles that prevent them from behavior based on their intentions. (Adams et al. 2023)

Most of the respondents do not experience postpartum depression (76.7%), p This Can influenced by several factors, such as personal respondents or factor environment. On research, this, in part, big support husband is good (63.3%) According to Molgora 2022, Kar tries to analyze behavior health with dotted reject that behavior. That is a function from (1). Someone's intentions for an Act are connected with health or maintenance health (behavioral intention). (2). Support social from public surroundings (social support). (3). There is or no information about health or facility health (accessibility of information). (4). Autonomy is personal, concerned about taking action or decision (personal autonomy). (5). Possible situation For Act or No act (action situation). (Molgora et al. 2022) The study conducted by Moll et al. in 2023, titled "Relationships between Mother's Characteristics and Husband's Support with the Risk of Postpartum Blues in Postpartum Mothers," revealed significant findings. Out of the respondents, a majority (73.3%) did not experience symptoms of postpartum blues, while nearly half (26.7%) of the respondents did experience symptoms of postpartum blues. The bivariate analysis reveals a statistically significant association between education ($p=0.00$), parity ($p=0.00$), and support from the husband ($p=0.00$) with the likelihood of experiencing postpartum blues. To summarize, there is a correlation between education, parity, and support in connection to the likelihood of postpartum blues in moms after giving birth.. (Moll et al. 2023).

Research (2020) with the title "Relationships Support Family with Postpartum Depression Levels at IA Moeis Regional Hospital Samarinda" obtained results using the Chi-square test, then H_0 is rejected so that statistically there is concluded that There is a significant relationship between variable support family with level depression in postpartum mothers at IA Moeis Regional General Hospital Samarinda with level error (α) 0.05, the p-value obtained significant (0.04) which means $p\text{-value} < 0.05$. Thus it is recommended for the subject to always communicating the personal condition experienced after giving birth to the family, especially to the husband, so as to minimize the incidence of post partum blues at a higher level. Husbands should

provide physical and psychological support to mothers who have just given birth so that mothers are able to adapt to the phases of role changes they are experiencing, thus avoiding the emergence of post partum blues or other mental problems.

CONCLUSION

Based on the research conducted, it can be concluded that Based on the results of statistical tests using the chi-square correlation test between social support variables (family/husband) and postpartum.

Therefore, based on these results, of course good social support from family/husband is very good to help minimize the occurrence of postnatal depression. It is hoped that health workers, especially midwives at the Tanah Pasir Community Health Center, will increase their education to mothers about maternal and infant health and postpartum mothers to be more active in seeking information and consulting with health workers, especially midwives, regarding the mother's condition. after giving birth.

REFERENCE

- Adams, Yenupini Joyce, Michelle Louise Miller, John Stephen Agbenyo, Ethel Emeffa Ehla, and Grace Anne Clinton. 2023. "Postpartum Care Needs Assessment: Women's Understanding of Postpartum Care, Practices, Barriers, and Educational Needs." *BMC Pregnancy and Childbirth* 23(1):1–12. doi: 10.1186/s12884-023-05813-0.
- Hanach, Nivine, Hadia Radwan, Randa Fakhry, Cindy Lee Dennis, Wegdan Bani issa, Moez Al Islam E. Faris, Reyad Shaker Obaid, Suad Al Marzooqi, Charbel Tabet, and Nanne De Vries. 2023. "Prevalence and Risk Factors of Postpartum Depression among Women Living in the United Arab Emirates." *Social Psychiatry and Psychiatric Epidemiology* 58(3):395–407. doi: 10.1007/s00127-022-02372-1.
- Khosravi, Shahla, Farah Babaey, Parvin Abedi, Zohreh Mazaheri Kalahroodi, and Saeideh Sadat Hajimirzaie. 2022. "Strategies to Improve the Quality of Midwifery Care and Developing Midwife-Centered Care in Iran: Analyzing the Attitudes of Midwifery Experts." *BMC Pregnancy and Childbirth* 22(1):1–11. doi: 10.1186/s12884-022-04379-7.
- Lin, Kuan Yin, Yi Ju Tsai, Jeng Feng Yang, and Meng Hsing Wu. 2022. "Physical Therapists' Experiences and Perceptions of Antepartum and Postpartum Care." *BMC Pregnancy and Childbirth* 22(1):1–15. doi: 10.1186/s12884-022-04484-7.
- Molgora, Sara, Emanuela Saita, Maurizio Barbieri Carones, Enrico Ferrazzi, and Federica Facchin. 2022. "Predictors of Postpartum Depression among Italian Women: A Longitudinal Study." *International Journal of Environmental Research and Public Health* 19(3). doi: 10.3390/ijerph19031553.
- Moll, Marciana Fernandes, Aldo Matos, Giovanna Beirigo Borges, Carla Aparecida Arena Ventura, Fabiana Cristina Pires Bernardinelli, and Tayná da Silva Martins. 2023. "Occurrence and Factors Associated with Postpartum Depression in the Urban Area of Brazil." *Enfermeria Global* 22(1):156–66. doi: 10.6018/eglobal.525191.
- Namutebi, Mariam, Gorrette K. Nalwadda, Simon Kasasa, Patience A. Muwanguzi, Cynthia Kuteesa Ndikuno, and Dan K. Kaye. 2023. "Readiness of Rural Health Facilities to Provide Immediate Postpartum Care in Uganda." *BMC Health Services Research* 23(1):1–16. doi: 10.1186/s12913-023-09031-4.
- Pebryatie, Elit, Seung Chun Paek, Penchan Sherer, and Natthani Meemon. 2022. "Associations Between Spousal Relationship, Husband Involvement, and Postpartum Depression Among Postpartum Mothers in West Java, Indonesia." *Journal of Primary Care and Community Health* 13. doi: 10.1177/21501319221088355.
- Qi, Weijing, Yan Liu, Huicong Lv, Jun Ge, Yucui Meng, Nan Zhao, Fuqing Zhao, Qing Guo, and Jie Hu. 2022. "Effects of Family Relationship and Social Support on the Mental Health of Chinese Postpartum Women." *BMC Pregnancy and Childbirth* 22(1):1–10. doi: 10.1186/s12884-022-04392-w.
- Syamantha Putri, Alifa, Tri Wurisastuti, Indri Yunita Suryaputri, and Rofingatul Mubasyiroh. 2023. "Postpartum Depression in Young Mothers in Urban and Rural Indonesia." *Journal of Preventive Medicine and Public Health* 56(3):272–81. doi: 10.3961/jpmph.22.534.