

Research Article

Association of Husband Support and Postpartum Blues in Postpartum Women

Hubungan antara Dukungan Suami dan Gangguan Postpartum Blues pada Perempuan Pascamelahirkan

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Abstract

Objective: To determine the association of husband support and postpartum blues in postpartum women.

Methods: This was a cross-sectional study. Respondents are collected from postnatal women at the Pontianak St. Antonius Hospital, with random sampling. Retrieval of data use a research questionnaire. Data were analysed univariately and bivariate using the Chi-Square test method.

Result: Of the 96 respondents, 5.2% were <20 years old, 49% were in the 20-30 years age group, and 45.8% were > 30 years old. For parity data, 38.5% were primiparous women and 61.5% were multiparous women. As for employment status, 68.8% are in the unemployed group, and 31.2% are in the working group. 47.9% of respondents received inadequate husband support, and 52.1% respondents received adequate husband support. While 44.8% of respondents experienced postpartum blues, 55.2% did not. The results of the bivariate analysis showed a significant relationship between husband support and postpartum blues with $p=0.042$ and $OR=2.331$.

Conclusions: We found a significant relationship between husband support and postpartum blues disorder.

Keywords: family, husband support, postpartum blues.

Abstrak

Tujuan: Untuk mengetahui hubungan dukungan suami dengan gangguan postpartum blues pada perempuan pascamelahirkan.

Metode: Penelitian ini adalah penelitian analitik observasional dengan studi potong lintang, yang dilakukan di Rumah Sakit Santo Antonius Pontianak pada perempuan pascamelahirkan dengan metode pengambilan sampel acak sederhana. Dukungan suami diukur dengan menggunakan kuesioner Dukungan Suami dan PPB diukur dengan menggunakan kuesioner Edinburgh Postnatal Depression Scale (EPDS). Data dianalisis dengan menggunakan uji kaidrat.

Hasil: Dari 96 responden, sebanyak 5,2 % berada pada usia <20 tahun, 49% berada pada kelompok usia 20-30 tahun, dan 45.8% berada pada usia >30 tahun. Untuk data paritas, 38,5% adalah perempuan primipara dan 61,5% adalah perempuan multipara. Sementara untuk status pekerjaan, 68.8% adalah kelompok tidak bekerja dan 31,2% adalah kelompok bekerja. Responden yang mendapat tingkat dukungan suami yang kurang ada sebanyak 47,9% dan dukungan suami yang baik ada 52.1%. Responden yang mengalami PPB ada sebanyak 44,8% dan yang tidak mengalami PPB ada sebanyak 55,2%. Terdapat hubungan yang bermakna antara dukungan suami PPB dengan nilai $p=0,042$ dan OR sebesar 2,331.

Kesimpulan: Terdapat hubungan yang bermakna antara dukungan suami dan PPB.

Kata kunci: dukungan suami, gangguan postpartum blues, keluarga.

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INTRODUCTION

The period of pregnancy and birth (post-partum) is a dramatic episode for a woman, both from a biological, physical, and psychological point of view. Several adjustments are needed by women in dealing with these new activities and roles in the first weeks and months after giving birth. Some women manage to adjust well, but there are others who are unsuccessful and experience psychological disorders with a set of symptoms that researchers and clinicians confirm as Postpartum Blues (PPB) or Maternity Blues Disorder.¹

When PPB is not handled properly, it will cause uncomfortable feelings for women who experience it, which also has a bad impact, especially for those closest to them, especially the relationship between husband and wife. Husband's support is the biggest factor in triggering PPB. This is because husband's support is an important coping strategy in times of stress and serves as a stress preventive strategy.²

Social support is physical and psychological comfort provided by friends or family members. Meanwhile, good social support has its own benefits for individuals who receive it. Particularly for pregnant women, good family support is proven to provide good pregnancy outcomes, such as babies with ideal weight and improved quality of pregnancy life itself. Research stated that pregnant women who receive adequate social support will improve their behavior in maintaining their health.³ In contrast, women who do not get good social support are more likely to suffer from antenatal depression or other mood disorders.

The purpose of this study was to determine whether there is a relationship between husband's support and postpartum blues disorders in postpartum women at Santo Antonius Hospital, Pontianak. This study is expected to provide information for other researchers and to develop this research topic so that it can be widely used.

METHODS

This was a cross sectional study. Data were collected in June-August 2019. The target population in this study were all post-partum women at Santo Antonius Hospital, Pontianak. The research sample was 96 respondents, using simple random sampling method.

The dependent variable (dependent) from

this study is postpartum blues disorder. The independent variable (independent) of this study is husband's support. The data was collected by the researcher by asking selected respondents to fill out the informed consent form, then the researcher and research assistant conducted interviews with the respondents using a husband's support questionnaire and the Edinburgh Postnatal Depression Scale (EPDS). The data is then processed and analyzed univariately and bivariately with the chi-square test.

RESULTS

Table 1. Subject Characteristics

Subject characteristic		n	%
Age (y o)	<20	5	5.2
	20-30	47	49.0
	>30	44	45.8
Parity	Primiparous	37	38.5
	Multiparous	59	61.5
Employment Status	Unemployed	66	68.8
	Employed	30	31.2

Interpretation : Most respondents are between the age of 20-30 years old, multiparous, and unemployed.

Table 2. Husband Support

Husband support	n	%
Poor	46	47.9
Good	50	52.1

Table 3. Postpartum Blues

Postpartum blues	n	%
Yes	43	44.8
No	53	55.2

Husband's Support and Postpartum Blues

Our study showed that there is a relationship between husband's support and PPB, meaning that postpartum women who have a poor level of husband's support will be more likely to experience PPB than post-partum women who have a good level of husband's support. In the postpartum group of women who experienced PPB, there were 26 women who received poor husband support (55.3%) and 17 women who experienced PPB and had a good husband's support level (34.7%). There were 21 women who did not experience PPB who had a poor level of husband support (44.7%). Meanwhile, there were 32 women who did not experience PPB and had a good level of husband's support (65.3%).

DISCUSSION

Subject characteristics data taken from this study are age, parity and work status of respondents. For age data, it was found that the largest number of respondents was in the 20-30 year age group as many as 47 people (49%). Meanwhile, for parity data, the largest group was respondents who had given birth before giving birth (multiparous) as many as 59 people (61.5%). As for work status, the group of respondents was dominated by the unemployed group as many as 66 people (68.8%).

If it is related to the age of the respondents in this study, the largest age group is young. From this study the age group that experienced the most PPB was the 20-30 year age group as many as 19 people from all the incidence (44.2%). Most women at a young age do not yet have qualified experience and mature mindset, so they do not understand the new role they will play as a mother. PPB affects as many of 13% of adult women⁴ but also affects adolescent and younger mothers. There is evidence that the prevalence may be even higher in adolescents.^{5,6}

Furthermore, the job characteristics of this study showed that most respondents do not work. The responsibility of being a parent is still believed to be the main responsibility of a mother. This thinking can influence a woman's decision, whether she wants to play a dual role as a working mother and woman, or if her child is the focus of her life. From this study, the unemployed women group was the dominant group who experienced PPB, as many as 31 people from all PPB incidents (72.1%). These results are also supported by research at the University of Nebraska regarding postpartum depression in 434 respondents, of the 97 women who experienced depression, 54% were in the unemployed group.⁷

From this study, the group of primiparous women (who gave birth for the first time) were dominant, which was 23 of the total incidence of PPB (53.5%). Regarding the characteristics of the number of children, primiparous women have a tendency to experience anxiety disorders compared to multiparous women because primiparous women have no experience of childbirth and caring for children, while multiparous women have previously had experience of childbirth and caring for babies.

Based on data on husband's support, postpartum mothers who received good support from their husbands were higher than those who received support from their poor husbands. This can happen because pregnancy and childbirth are happy events that are seen as gifts for husband and wife.

The results showed that 50 respondents (52.1%) had good husband support and 46 respondents (47.9%) were less supported by their husbands. This result is also supported research at Puskesmas Gatak Sukoharjo where most of the data shows that husbands support themselves after giving birth, that husbands have attention and love for their wives, husbands feel responsible in carrying out the husband's role.⁸ The amount of support from the environment, especially the husband given to the wife, is an important factor in influencing the wife so that there is no pressure to change roles after giving birth.⁹

Husband's support is influenced by various factors such as intimacy, self-esteem, and social skills. Husband's support is more influenced by intimacy than other aspects of social interaction, the more intimate a person is, the greater the support one gets. Based on the research data, it can be concluded that almost half of the incidence of PPB in post-partum mothers at Santo Antonius Hospital (44.8%). This result is consistent, which states that with support and a sense of satisfaction in marriage, a wife will be better able to cope with sadness or other emotional changes that she may experience during pregnancy and childbirth.¹⁰

CONCLUSION

The results of this study have generally answered questions about the relationship between husband support and postpartum blues in postpartum women. The results of this study indicate that there is a significant relationship between husband's support and PPB, with a value of $p = 0.042$ ($p < 0.05$) and $OR = 2.331$. These results indicate that postpartum women who get a poor level of husband's support have a 2.331 times greater chance of experiencing postpartum blues than postpartum women who have a good level of husband's support.

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