



The Relationship Between Husband's Support and Coping with the Occurrence of Baby Blues Syndrome in Postpartum Mothers

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ABSTRACT

"Baby blues syndrome" refers to the symptoms of postpartum depression experienced by new mothers. The severity of postpartum depression is often exacerbated by the absence of a loving and supportive partner. The purpose of this study was to determine The Relationship between Husband Support and Coping with the Occurrence of Baby Blues Syndrome in Postpartum Mothers in Pangkahwetan Village, Ujung Pangkah Sub-district. The research method used was quantitative research with a cross-sectional approach. From a total population of 35 people, 33 participants were randomly selected using basic random sampling procedures. Statistical analysis was conducted using the Chi-Square test. The results of the study found a significant relationship between the coping ability of postpartum mothers and the frequency of baby blues, as well as the support provided by the husband. The Chi-Square test showed a significant association with a threshold of $0.007 < 0.05$ for husband support. The p-value for coping ability was 0.033, which was above the significance level of 0.05, indicating a less strong correlation in this area. In conclusion, this study highlighted the important role of husband support in reducing postpartum depressive symptoms. However, the coping abilities of postpartum women showed a weaker correlation with the frequency of baby blues. Future studies should consider a larger sample size and include qualitative methods to gain deeper insights into the emotional and psychological experiences of new mothers. Baby blues syndrome" describes the postpartum depression symptoms experienced by mothers. Postpartum depression is getting worse when there is no loving and supportive partner. The researchers in this cross-sectional quantitative study aimed to learn more about the experiences of new mothers facing sadness after giving birth in Pangkahwetan Village, Ujung Pangkah Sub-district. There were 35 people became the population of this research, and 33 people were selected randomly using basic random sampling procedures for this study. Statistical analysis used the Chi-Square test. According to this research, women's coping abilities after giving birth and the frequency of baby blues were correlated, as was the presence of the husband's support. The Chi-Square test measured the husband's acceptance, with a significance threshold of $0.007 < 0.05$. The coping p-value of 0.033 was greater than the significance level of 0.05.

Keywords: *Baby Blues Syndrome, Husband Support, Coping.*

ABSTRAK

"Sindrom baby blues" mengacu pada gejala depresi pascapersalinan yang dialami oleh ibu baru. Tingkat keparahan depresi pascamelahirkan sering kali diperparah dengan tidak adanya pasangan yang penuh kasih dan mendukung. Tujuan dari penelitian ini adalah untuk mengetahui Hubungan Dukungan Suami dan Koping dengan Kejadian Sindrom Baby Blues pada Ibu Postpartum di Desa Pangkahwetan Kecamatan Ujung Pangkah. Metode penelitian yang digunakan adalah penelitian kuantitatif dengan pendekatan cross sectional. Dari total populasi sebanyak 35 orang, 33 partisipan dipilih secara acak dengan menggunakan prosedur basic random sampling. Analisis statistik dilakukan dengan menggunakan uji Chi-Square. Hasil penelitian menemukan adanya hubungan yang signifikan antara kemampuan koping ibu pasca melahirkan dengan frekuensi terjadinya baby blues, begitu juga dengan dukungan yang diberikan suami. Uji Chi-Square menunjukkan hubungan yang signifikan dengan ambang batas $0,007 < 0,05$ untuk dukungan suami. Nilai p-value untuk kemampuan koping adalah 0,033, yang berada di atas tingkat signifikansi 0,05, yang mengindikasikan korelasi yang kurang kuat di area ini. Kesimpulannya, penelitian ini menyoroti peran penting dukungan suami dalam mengurangi gejala depresi pascapersalinan. Namun, kemampuan koping ibu pascamelahirkan menunjukkan korelasi yang lebih lemah dengan frekuensi baby blues. Penelitian di masa depan harus mempertimbangkan jumlah sampel yang lebih besar dan menyertakan metode kualitatif untuk mendapatkan wawasan yang lebih dalam tentang pengalaman emosional dan psikologis para ibu baru.

Kata Kunci: *Baby Blues Syndrome, Dukungan Suami, Koping.*

INTRODUCTION

The postpartum period, also known as the recovery period, is six weeks or 42 days (Susanti & Sulistiyanti, 2019). Women sometimes experience emotional disorders after giving birth, one of which is baby blues syndrome (Wulandari, 2019). Baby blues is a psychological manifestation of moderate postpartum depression that can appear at any time after birth, but most often appears between the third and fourth days after birth and reaches its peak between the fifth and fourteenth days after birth (Maulana, 2019).

Almost 70% of women experienced postpartum depression in 2017 (Upadhyay, et al., 2017). Researchers in Indonesia, Sweden, Australia, and Italy found that the Edinburgh Postnatal Depression Scale (EPDS) questionnaire showed that 73% of mothers experienced baby blues syndrome (Febriyanti et al., 2021).

Various internal and external conditions can cause baby blues. It explains several internal factors, including the mother's age at marriage, the number of children she had, birth method, openness to having more children, career, and ability to deal with stress. However, social and cultural norms as well as partner and family support are considered external factors (Murbiah & Oktariani, 2017). Mothers and families are greatly influenced by the amount of social assistance they receive. Husbands play an important role in supporting mothers from pregnancy to birth. According to Wulandari, (2019), mothers after giving birth are more vulnerable to greater risks, especially because they do not have the support of their husbands. Not many people know that the stress experienced by mothers after giving birth can cause baby blues syndrome. If the mother does not receive proper care, she is at risk of developing psychosis, which in turn can lead to the death of the baby due to the inability to care for or love the baby (Pavitta et al., 2020).

Mothers who have just given birth also need to have strong coping skills so they can adapt to their new environment. The term "coping" is a term that is often used when doing something. The thoughts or actions a person takes to deal with internal and external problems are called "coping." Coping is considered self-protection from positive and negative coping, according to research (Lestari & Bebasari, 2022). This research aimed to find out more about baby blues syndrome, as well as how it was related to the support provided by partners and coping methods.

METHODS

The research method used was quantitative research with a cross-sectional approach. From a total population of 35 people, 33 participants were randomly selected using basic random sampling procedures. Permission forms and questionnaires will be given to postpartum mothers regarding to husband's support, how to overcome the problems, and the occurrence of baby blues. Data was analyzed using the chi-square test to obtain a p-value of less than 0.0. The Health Research Ethics Committee of the Faculty of Health, Universitas Muhammadiyah Gresik investigated this research following the ethics code of (No. 172/KET/II.3.UMG/KEP/A/2022).

RESULTS

Table 1. Research conducted in December 2022 in Pangkahwetan Village, Ujung Pangkah Sub-district, Gresik District, with a sample size of 33 mothers, tested the relationship between husband's support and the occurrence of baby blues syndrome in this population.

Husband's Support	The Occurrence of Baby Blues				Total	
	Not experienced		Experienced		n	%
	n	%	n	%		
Good	3	60.0	2	40.0	5	100
Poor	1	3.6	27	96.4	28	100
Total	4	12.1	29	87.9	33	100

Table 1 shows that 33 mothers did not receive husband support during pregnancy, 27 mothers (or 96.4% of the total) experienced "baby blues", while 3, or 60% of mothers said that they did not experience "baby blues" because they received adequate emotional support. significantly from their husbands.

According to the Fisher's Exact Test statistical test, which produced a p-value between 0.007 and 0.05, the data further showed that mothers in Pangkahwetan Village were more likely to suffer from baby blues if their husbands did not provide emotional support.

Table 2. Results of a cross-tabulation study on the occurrence of baby blues syndrome and coping strategies among postpartum mothers in Pangkahwetan Village, Ujung Pangkah Sub-district, Gresik District, December 2022 (n=33).

Coping	The Occurrence of Baby Blues				Total	
	Not experienced		Experienced		n	%
	n	%	n	%		
Adaptive	4	26.7	11	73.3	15	100
Maladaptive	0	0.0	18	100	18	100
Total	4	12.1	29	87.9	33	100

Table 2 shows that more than 11 mothers, or 73.3% of the total, experienced adaptive coping mechanisms and baby blues, while 18 mothers admitted to experiencing maladaptive coping mechanisms. In Pangkahwetan Village, Ujung Pangkah sib-district, there was a relationship between maternal coping and the frequency of baby blues. This was shown by the Fisher Exact Test statistical test. The standard Chi-Square test did not meet the p-value of 0.033–0.05.

DISCUSSION

The Relationship between Husband's Support and the Occurrence of Baby Blues Syndrome in Postpartum Mothers in Pangkahwetan Village, Ujung Pangkah Sub-district

All mothers experienced baby blues, except for two whose husbands were very supportive, but all mothers, except one, whose husbands did not provide enough support, experienced baby blues. In contrast, 60% of mothers who did not receive significant support from their husbands reported not experiencing baby blues. This group was even smaller than the group in which men were most helpful, as there was only one mother (3.6% of the total). The extent of support provided by a partner was associated with the emergence of baby blues. In Pangkahwetan Village, Ujung Pangkah Sub-district, there was a relationship between husband's support and a low frequency of baby blues syndrome in new mothers. With a likelihood ratio of 40,500, if there was no husband's support, the possibility of developing baby blues syndrome was 40 times greater, with a p-value of $0.007 < 0.05$.

When a mother felt her body was weak and her faith is not strong enough to worship, she was more likely to use ineffective coping tactics than to use effective tactics with the help of her husband. Women whose husbands provide significant financial and emotional support tend to live happier lives, have higher self-esteem, and view the future with optimism (Lestari & Bebasari, 2022).

Based on research by Samria & Haerunnisa, (2021) results were obtained from 40 respondents, the majority (15/6) experienced postpartum blues and the rest (19/25%) did not, and 11/27 (or 27%) received support from their husbands and 4/ 10 (10%) showed no correlation between husband's support and the occurrence of postpartum blues in urban areas.

If mothers had a supportive social network, they were less likely to experience sadness after giving birth. Most mothers experienced physical and emotional weakness after giving birth, and they needed support from their husbands to improve it. The type of support she provided includes mental and physical care, as well as help with household tasks. Mothers were less likely to be affected by postnatal depression with this kind of help. If a woman does not receive emotional support from her partner, the chances of experiencing baby blues increase by forty percent.

The Relationship between Coping and the Occurrence of Baby Blues in Postpartum Mothers in Pangkahwetan Village, Ujung Pangkah Sub-district

Based on the number of mothers who experienced baby blues, 11 (73.3%) used adaptive coping methods, while only 4 (26.7%) did not experience baby blues. In contrast, 18 mothers (100%) used maladaptive coping strategies to deal with baby blues, and all mothers experienced baby blues. The onset of baby blues could be prevented with preventive

measures. The results of the Fisher's Exact Test statistical test, with a p-value of 0.033 - 0.05, showed a relationship between postpartum mothers' coping and cases of baby blues syndrome in Pangkahwetan Village, Ujung Pangkah Sub-district. Chi-square test requirements, with an odds ratio value of 0.733.

Coping was facing internal and external problems. Coping was considered self-protection from positive and negative coping, according to research (Lestari & Bebasari, 2022).

Based on research by Samria & Haerunnisa, (2021) found that one of the main causes of postpartum depression was a lack of support from the partner. This was because depending on the husband's support was a good reactive way to deal with stress and prevent stress.

A mother might have many sources of power, one of which was the rituals and myths she carried out to maintain her values. Some mothers believed that blessed water with prayer could protect their children from harm, but other mothers believed the same thing.

CONCLUSION

The results of the analysis and discussion showed that there was a relationship between husband's support and coping with baby blues syndrome in mothers who had just given birth in Pangkahwetan Village, Ujung Pangkah Sub-district. This research suggested that further research be conducted on the theme of postpartum blues. Further application of this research provided recommendations for providing education about baby blues syndrome. Because the research results showed that mothers and families did not have sufficient knowledge or knowledge about baby blues syndrome.

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