

LITERATURE STUDY OF THE RELATIONSHIP OF HUSBAND'S SUPPORT WITH THE EVENT OF DEPRESSION IN POSTPARTUM MOTHERS**Aisyah Tita Rahmayuly¹, Muthia Mutmainnah², Fadliyana Ekawaty³**Program Studi Keperawatan Universitas Jambi^{1,2,3}Email: aisyahtry06@gmail.com**ABSTRACT**

Postpartum depression is a mental disorder that occurs in the first few days or weeks after giving birth. Psychiatric disorders in the form of unstable mood disorders, sadness, dysphoria and confusion with himself. Postpartum mental disorders can be mild called Baby Blues. If not treated properly, it can progress to Postpartum Depression. This study aims to determine the relationship of husband's support with the incidence of depression in postpartum mothers. This research method uses a literature study approach in the form of a literature review. Search articles using electronic based, such as Google Scholar, Researchgate and Garuda portal using Indonesian and English keywords. This is done to find articles that match the inclusion and exclusion criteria and then review the articles. There were 10 articles obtained from the screening results. The results of the analysis of the 10 articles analyzed, it was found that there was an influence of the relationship between husband's support and the incidence of depression in postpartum mothers. The justification from the results of this study is that mothers who get support from their husbands will feel comfortable, safe, respected, valued, needed, strong so that they can reduce the impact of depression on postpartum mothers. The conclusion of this study is that there is a significant relationship between the relationship of husband's support with the incidence of postpartum depression.

Keywords: Postpartum Depression, Husband's Support.

INTRODUCTION

According to the World Health Organization (WHO), the incidence of depression after giving birth is estimated for women who give birth and experience mild depression, around 10 per 1000 live births and moderate or severe postpartum depression around 30 to 20 per 1000 live births. The global incidence of postpartum depression reaches up to 10-15%.¹

The incidence of postpartum depression in Asia is quite high and varies between 26-85%. Meanwhile, in Indonesia the incidence rate is between 50-70% of women after giving birth. Research at several hospitals in Indonesia, such as at Haji Adam Malik Hospital, Medan in 2009, showed that of 50 spontaneously hospitalized postpartum mothers, 16% experienced postpartum depression. In 2017 at KIA Sadewa Hospital Yogyakarta, the incidence of postpartum depression was 7.7%. This indicates that the incidence of postpartum depression needs attention considering that there are still many incidents occurring in various regions.²

Postpartum depression is a mental disorder that appears a few days or in the first week after giving birth. Psychiatric disorders include unstable mood disorders, sadness, dysphoria and confusion with oneself (Kaplan et al., 2007). Postnatal mental disorders can be mild, called Baby Blues. If proper treatment is not carried out, it can progress to Postpartum Depression. In this condition, symptoms can persist for months or even more than 1 year (Kaplan et al., 2007). Postpartum Depression can have a negative impact on the mother, child, and family. Mothers who experience postpartum depression have reduced interest and skills in their baby, are unable to recognize the baby's needs, refuse to breastfeed the baby and want to hurt themselves, and can even hurt their own baby. Appetite disorders, sleep disorders, physical agitation or psychomotor slowing, weakness, feeling useless, difficulty concentrating.³

The effects of postpartum depression do not only occur in mothers, but can also occur in the mothers' babies. Babies will experience delays from various aspects, both in terms of cognitive, psychological, neurological and motor skills. Babies will also tend to be more fussy in response to seeking and getting attention from their mother.⁴ Factors that influence the success of the transition to becoming parents during this period Postpartum, namely, response to support from family and friends, the relationship between the experience of giving birth and hopes and aspirations, the experience of giving birth and raising other children and cultural influences. The large number of relatives who help

during pregnancy, childbirth and postpartum, will result in the burden felt by the mother being reduced, the social support factor received by the mother influences the occurrence of postpartum depression.⁵

Based on research conducted by Herlina in 2008, at DR Sardjito Hospital Yogyakarta, the results showed that there was a significant relationship between social support and the level of postpartum depression in postpartum mothers, apart from that it was also influenced by variables. Husband's support also influences postpartum depression, research conducted by Fairus shows a significant relationship between husband's support and the incidence of postpartum depression.⁶ Of the several factors that cause depression above, husband's support is thought to be the main cause of postpartum depression. This is because the husband is the closest person who is responsible for facilitating the emergence of a feeling of comfort, security, a sense of respect, a sense of worth, needed, strong, enthusiasm to complete pregnancy and childbirth well and happily.⁷

Based on the background described above, researchers are interested in examining "The relationship between husband's support and the incidence of depression in postpartum mothers". State the objectives of the work and provide an adequate background, avoiding a detailed literature survey or a summary of the results. Explain how you addressed the problem and clearly state the aims of your study. As you compose the introduction, think of readers who are not experts in this field. Please describe in narrative format and not use sub-chapters.

METHODS

This research method uses a literature study approach in the form of a literature review. Search for articles using electronic based, such as Google Scholar, Researchgate and the Garuda portal using Indonesian and English keywords. This is done to find articles that match the inclusion and exclusion criteria and then review the articles.

RESULTS

In this study, a total of 2,072 articles were screened again by looking at the contents of the entire text. The articles discussed the relationship between husband's support and the incidence of depression in postpartum mothers, so that 10 articles were obtained that met the literature study criteria.

Table 1. Literature Review Results

No	Researcher's name	Title	Results
1.	Hardiyanti Wardanah dan Pipit Feriani, 2021	The Relationship Between Husband's Support and Postpartum Maternal Depression Levels at the Samarinda Trauma Center Health Center	A total of 11 out of 147 respondents (7.5%) had support from their husbands and experienced postpartum depression. There were 136 out of 147 respondents (92.5%) who had support from their husbands and did not experience depression. As many as 11 out of 18 respondents (61.1%) did not get emotional and instrumental support from their husbands, while 7 out of 18 respondents (38.9%) had their husbands not support them and were not depressed. The research results based on the Fisher Exact test show p value = 0.001 < 0.05, meaning there is a relationship between husband's support and the level of postpartum maternal depression.
2.	Anindhita Yudha Cahyaningtyas, Estiningtya dan Noorlitasari, 2019	The Influence of Husband's Support on the Incidence of Postpartum Depression in Postpartum Mothers in Sukoharjo Regency	The results of this research show that the P value = 0.003. OR husband's support = 10,320, this means that postpartum mothers who lack support from their husbands have a 10,320 times risk of experiencing postpartum depression than mothers who receive good support from their husbands. The conclusion of this research is that there is an influence of husband's support on the incidence of postpartum depression.

3. Cindritsya Tolongan Grace E.C Korompis Minar Hutauruk, 2019	Husband's Support for Postpartum Depression	This research showed that 50 respondents experienced postpartum depression, there were 17 respondents who experienced postpartum depression. As many as 30 respondents (60%) received emotional support. As many as 20 respondents (40%) did not receive instrumental support and emotional support. The results of the Chi – Square test with a confidence level of 95% ($\alpha > 0.05$), show that there is a relationship between husband's support and the incidence of postnatal depression at the Tuminting Community Health Center. Where the value of $p = 0.04$ is smaller than the value of $\alpha = 0.05$.
4. Leviany Eka Rizty, Ratriana Y. E. Kusumiati, 2020	The Relationship between Social Support (Husband) and the Tendency of Postpartum Depression	The results of this research show a P value <0.05 . H0 is rejected and H1 is accepted, so the proposed hypothesis is accepted. From the calculation results, the coefficient of determination is 11.8%. This shows that the contribution of the variable level of husband's support to the tendency for post partum depression is 11.8% and 88.2% is determined by other factors. The higher the husband's support, the lower the postpartum depression and vice versa.
5. Lastr Mei Winarni, Esty Winarni ,Marthia Ikhlasiah STIKes Yatsi Tangerang, 2018	The Influence of Husband's Support and Bounding Attachment on the Psychological Condition of Postpartum Mothers in Tangerang District Hospital in 2017	Based on the results of this study, mothers whose psychological condition after childbirth was in the "Normal" category with good husband support was 61.2%. mothers whose postpartum psychological condition was in the "Normal" category with less good husband support was 11.2%. Mothers who experience the possibility of mild depression (Postpartum Blues) with good husband support are 17.2%. The Chi square test results stated that p test results $<P$ value 0.021. Mothers with good husband support have a 0.305 times risk of experiencing mild psychological disorders during the postpartum period, compared to mothers who lack husband support. Mothers really need husband's support when facing the difficult postpartum period.
6. Ni Ketut Alit Armini, Rr Dian Tristiana, Agnes Ose Tokan, 2017	<i>Husband's Support is Needed to Prevent Postpartum Depression</i>	The results of this research were that most respondents received the medium category for husband's support with a percentage of 42.9%. This shows that mothers who do not experience postpartum depression dominate there. It reached 69%. Respondents who received moderate levels of husband support did not experience postpartum depression. Spearman's research results Rho p-value = 0.000 ($\alpha < 0.05$) which means the hypothesis (H1) is accepted. There is a significant relationship between husband's support and cases of postpartum depression. The positive correlation coefficient value is $r = -0.600$, which means there is a strong correlation. If the husband's support is high, postpartum depression will not occur. The type of support most often provided by husbands is emotional

			support, providing reassurance, encouragement and affection after giving birth, being a good listener and understanding his wife's feelings of worry.
7.	Cucu Eka Pertiwi1, Ni Ketut Alit Armini, Eka Mishbahatul Mar'ah Has, 2021	Relationship between Family Support and Self-Efficacy with Postpartum Depression in Postpartum Mothers	The family support questionnaire showed that the majority of respondents had family support, 80 respondents (82.5%). The results of the Rho Spearmen statistical test show $p = 0.000$ and $r = -0.364$, which means there is a relationship between family support and the incidence of postpartum depression with a weak correlation coefficient. The correlation coefficient has a negative sign, which means that the relationship between family support and the incidence of postpartum depression is not in the same direction. The research results showed that 56 respondents (57.7%) who had high husband support did not experience postpartum depression. The higher the husband's support and self-efficacy, the lower the possibility of postpartum depression. Postpartum mothers who receive high levels of family support will feel cared for, loved, and can share their burdens, thereby reducing stress, which ultimately reduces postpartum depression.
8.	Tisandra Handini1, Puspitasari 2021	Safira Nunik Differences In Postpartum Maternal Depression Levels Based On Characteristics Of Maternal Age And Husband Support	ibu nifas (88,1%) dengan dukungan suami yang tinggi tidak berisiko mengalami depresi Ibu dengan dukungan suami yang rendah (63,6%) memiliki risiko depresi sedang Ibu dengan dukungan suami sedang (82,4%) berisiko mengalami depresi berat. Oleh karena itu, berdasarkan uji statistik dapat dikatakan bahwa terdapat perbedaan yang signifikan tingkat depresi postpartum berdasarkan dukungan suami ($p = 0,000$) hasil penelitian ini sebagian besar ibu nifas usia 26-30 tahun memiliki dukungan suami yang tinggi dan tidak berisiko mengalami depresi. Ada beberapa perbedaan yang signifikan antara tingkat depresi ibu postpartum berdasarkan usia. Ibu nifas pada kelompok usia 26-30 tahun tidak memiliki risiko depresi pascapersalinan, sedangkan kelompok usia 20-25 memiliki risiko tinggi. Ada perbedaan yang signifikan antara tingkat depresi ibu nifas berdasarkan dukungan suami. Ibu nifas tidak berisiko mengalami depresi ketika mendapat dukungan yang tinggi dari suami.
9.	Desti Purwati dan Asta Suci, 2019	The Relationship between the Husband's Role and the Level of Psychological Adaptation of Postpartum Mothers at Camar1 Arifin Achmad Hospital, Riau Province	The results of the analysis of the role of husband's relationship on the level of psychological adaptation, of the 12 respondents whose husband's role was satisfactory, 8 respondents (66.7%) had a level of psychological adaptation, and of the 10 respondents whose husband's role was less, 9 respondents (90.0%) had level of maladaptive psychology. The results of the chi square statistical test showed p value = 0.011 and the

				significance value was less than 5% (p value = 0.011 < 0.05) so that Ho was rejected and Ha failed to be rejected. So it can be concluded that there is a relationship between the role of the husband and the level of psychological adaptation of postpartum mothers. For postpartum mothers at Camar 1 Arifin Achmad Hospital, Riau Province, the OR value was 18,000, meaning that respondents whose husband's role was good were 18,000 times more likely to have adaptive psychology. On the other hand, a husband who has an unsatisfactory psychological role has the potential to make his wife psychologically maladaptive during the postpartum period.
10.	Mareta B Bakoli dan Veki E. Tuhana, 2021	Husband's Support During and After Childbirth in Kupang Regency		The results of the research show that there are 4 forms of husband support for wives during the postpartum period, namely, instrumental support, psychosocial support, emotional support. Each participant provided different support and had an impact on reducing the anxiety of postpartum mothers.

DISCUSSION

Based on research conducted by Cindritya T. et al, the results showed that there was a relationship between husband's support and the incidence of depression in postpartum mothers. This husband's support can be seen from the difference in levels of depression between mothers who receive good husband support and mothers who receive less husband support. This can be caused by the husband providing support such as paying attention to the wife after giving birth, giving more attention to the wife and being kind, always giving more attention to the wife, always being there when the mother gives birth and motivating the mother to remain a good mother to her baby. When mothers do not get good support from their husbands, it can cause depression. Depression in postpartum mothers is caused by the presence of endorphin hormones, which are natural morphine compounds produced by the body which experience a feeling of pleasure (euphoria). If you realize that endorphin hormones have decreased, the mother will experience depression or dysphoria or sadness. Hal ini sejalan dengan penelitian yang dilakukan oleh Hardiyanti W. dkk dengan hasil uji statistic *chi square* p=0,000 (p<0,05) yang artinya secara signifikan terdapat adanya hubungan dukungan suami dengan kejadian depresi pada ibu postpartum.

This is in line with research conducted by Anindhita Y et al where the results of bivariate analysis tests using logistic regression showed that there was an influence of husband's support on the incidence of depression in postpartum mothers. The OR value shows that postpartum mothers who receive less support from their husbands during the postpartum period have a 10,320 times risk of experiencing postpartum depression. The support provided is in the form of psychological assistance, in the form of motivation, attention and acceptance. The results of this research are in accordance with research conducted by Fairus and Widiyanti (2014), the results of husband's support as a variable which has OR= 6.016, meaning that postpartum mothers who do not receive husband's support have a 6.016 times chance of postpartum depression compared to postpartum mothers who receive husband's support.

Postpartum depression can have a negative impact on the mother, child, and family. Mothers who experience postpartum depression have reduced interest and skills in their baby, are unable to recognize the baby's needs, refuse to breastfeed the baby and want to hurt themselves, and can even hurt their own baby. Depression is a disease that causes disturbances in the feelings and emotions of individuals which are expressed as moods, which states that around 10% -15% of postpartum mothers experience postpartum depression. Husband's support is the most effective for mothers, to show that

husbands can effectively cope with sudden changes caused by childbirth and prevent postpartum depression.⁴¹

The husband's lack of support given to the mother, the husband does not give special attention, the husband lets the mother do the work and take care of the baby herself, the husband does not provide more motivation and support so that the mother is not confident in taking care of the baby or the role of a mother who will postpartum depression can occur.⁴⁸ According to Al Mutairi et al, (2017) the risk of mothers experiencing postpartum depression will increase with a lack of support from their husbands, thus support from husbands can help mothers to reduce the incidence of postpartum depression. Some women do not realize that they are experiencing a condition like this which can harm the mother and the development of her child.

Research conducted by Asmayanti (2017) showed that depression was more common in mothers who had less husband support, 11 people, 16.4%, and mothers who had sufficient husband support, the majority did not experience postpartum depression, 35 people, 52.2%, then for 13 mothers who had good husband support did not experience depression, 19.4%. Other research from Hanifah (2017) states that there is a relationship between husband's support and the incidence of postpartum depression in the work area of the Karanganyar Community Health Center, Karanganyar Regency in 2017 (p-value = 0.003; PR = 2.0; 95% CI= 1.246 – 3.211).

Research conducted by Hanifah (2017) stated that factors related to the incidence of postpartum depression include husband and family support. Postpartum mothers who have low husband support tend to experience depression, namely 24 people (66.7%). Meanwhile, postpartum mothers who have high husband support tend not to experience depression, namely 30 people (66.7%). Other research from Winarni (2017) states that mothers with good husband support have a 0.305 times risk of experiencing mild psychological disorders during the postpartum period, compared to mothers who lack husband support.

There are 4 forms of husband support, namely informational support, appreciation support, instrumental support and emotional support. Informational support that can be provided includes asking the mother about things she doesn't understand in caring for the baby, providing information facilities, and accompanying the mother when she receives counseling from health workers about her and her baby's health. Appreciative support that can be given is reminding the mother to meet the nutritional needs of the mother and baby, asking about the mother's condition, not prohibiting the mother from consuming food that is good for the mother and baby, and asking what problems the mother is experiencing during the postpartum period, instrumental support, namely support such as objects, money and energy and emotional support are behaviors related to feelings of calm, joy, belonging, affection, attention and listening.

This literature study found that on average the articles stated that emotional support is very influential for postpartum mothers because emotional support from husbands can help mothers to overcome changes that occur during the postpartum period and help mothers to reduce the risk of stress related to changes during the postpartum period. The husband's failure to provide support to the mother can result in the mother's mood becoming bad. With the many benefits arising from husband's support for postpartum mothers, nurses can empower husbands to provide support to mothers to help with coping mechanisms in overcoming psychological disorders experienced by mothers during postpartum. one way to introduce the mother's psychological changes and adaptation during the postpartum period to her husband from the antenatal care check-up, reminding the mother to listen to the mother's stories and complaints both during the antenatal and postpartum periods, as well as helping the mother contact health workers if she finds any psychological disorders during the postpartum period.

CONCLUSIONS

Based on the 10 articles that have been analyzed, the results show that there is an influence of husband's support on the incidence of depression in postpartum mothers. Mothers who get good husband support are less likely to experience depression. Meanwhile, mothers who do not receive support or have poor husband support can result in postpartum depression.

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