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## Research Article

# Factors Affecting the Incidence of Postpartum Blues in Postpartum Women in the Karang Tengah Urban Village Area, Sukabumi City

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### Abstract

**Aims:** This study was to determine the factors that influence the incidence of postpartum blues in postpartum mothers in Karang Tengah Urban Village, Sukabumi City.

**Methods:** Correlational research with cross sectional approach. The study population was all postpartum mothers in Karang Tengah Urban Village, Sukabumi City and a sample of 30 people using purposive sampling technique.

**Results:** There was an effect of social support, coping stress, socioeconomic status, and gender roles on the incidence of postpartum blues in postpartum mothers ( $p < 0.05$ ). There is a simultaneous influence of social support, coping stress, socioeconomic status, and gender roles on the incidence of postpartum blues in postpartum women ( $p < 0.05$ ).

**Conclusion:** Postpartum blues incidence in postpartum mothers in Karang Tengah Urban Village Area of Sukabumi City is influenced by social support, coping stress, socioeconomic status, and gender roles.

### Keywords:

**Gender Role, Postpartum Blues, Social Support, Socioeconomic Status, Stress Coping**

## INTRODUCTION

Pregnancy and childbirth are significant milestones in a woman's life. Nevertheless, not every woman has feelings of joy and ecstasy following childbirth. Postpartum blues, also known as baby blues or postpartum depression, is a condition where some moms suffer feelings of melancholy, worry, anger, irritability, exhaustion, or helplessness (1,2).

According to research conducted by the American College of Obstetricians and Gynecologists in 2020, around 70-80% of mothers worldwide experience postpartum blues in the first week after giving birth. Meanwhile, a study conducted by the Ministry of Health of the Republic of Indonesia also found that around 74% of postpartum mothers in Indonesia

experience symptoms of postpartum blues within 2 weeks after delivery (3). Many factors can influence, one of which is social support. Social support plays an important role in an individual's mental and physical health. Social support can help individuals to reduce stress, increase self-confidence, and improve physical health (4). In addition, social support can also help individuals deal with problems and reduce the risk of mental health disorders such as depression and anxiety (5). This is supported by research (6) relationship between social support and the incidence of postpartum blues in postpartum women. In addition to social support, coping stress can also affect the incidence of End Stage Renal Disease in postpartum women. Postpartum mothers who have maladaptive coping stress will have more difficulty dealing with

changes that occur both role changes and changes in body conditions so that they tend to feel incapable, helpless, not confident, and unhappy. This can increase the risk of postpartum blues (1).

Furthermore, a factor that influences the incidence of Postpartum Blues is socioeconomic status. Low socioeconomic status can have a negative impact on an individual's physical and mental health (7). In the context of maternal and child health, socioeconomic status can affect the access and quality of health services received by mothers and children. Individuals with low socioeconomic status tend to have more limited access to quality health services and have a higher risk of experiencing complications during pregnancy, childbirth, and postpartum (8). This is supported by research (9) which states that there is a relationship between economic status and the incidence of postpartum blues in postpartum women. Gender roles are also one of the factors that influence the incidence of Postpartum Blues in postpartum women. The patriarchal tradition that is still dominant in many cultures, makes the role of postpartum mothers more focused on child care and household responsibilities, while the role of the father or partner is more focused on earning family income (8). These unbalanced and stereotypical gender roles may influence the incidence of ESD in postpartum women. Postpartum women who feel burdened with household tasks and feel that they do not receive enough

support from their partners or family may increase the risk of PPB (9). Based on the above description, these factors play a role in the occurrence of Postpartum Blues in postpartum mothers. Therefore, the purpose of this study was to determine the influence of factors affecting the occurrence of Postpartum Blues in Postpartum Mothers in Karang Tengah Urban Village, Sukabumi City.

## METHODS

This research methodology employs correlation analysis in conjunction with a cross-sectional study design. The study was carried out between January and June 2023. The study's population consisted of all postpartum mothers residing in Karang Tengah Village, Sukabumi City. A sample of 30 individuals was selected using the purposive selection technique. The answer value scale encompasses both Likert scale and Guttman scale. The instrument exhibited both validity and reliability. Methods for gathering data through the use of questionnaires. The data were examined by univariate analysis, which involved calculating the mean, median, frequency distribution, and percentage for each category. Bivariate analysis was conducted using the chi-square test, while multivariate analysis employed logistic regression. The research has received ethical approval from STIKES Sukabumi under the reference number 000027/KEP STIKES SUKABUMI/2023.

## RESULTS

### 1. Overview Characteristics of Respondent

Table 1. 1. Overview Characteristics of Respondent

No	Characteristics of Respondents	F	%
1	<b>Age (year)</b>		
	≤ 28	17	56,7
	> 28	13	43,3
2	<b>Pregnancy</b>		
	1	10	33,3
	2	12	40,0

	3	6	20,0
	4	2	6,7
<b>3 Postpartum Day</b>			
≤ 13		13	43,3
> 13		17	56,7
<b>4 Education</b>			
Junior High School		5	16,7
High School		22	73,3
Bachelor's degree		3	10,0
<b>5 Occupation</b>			
Housewife		24	80,0
Employee		6	20,0
<b>6 Early rupture of membranes</b>			
Yes		3	10,0
No		27	90,0
<b>7 Labor Wounds</b>			
Yes		9	30,0
No		21	70,0
<b>8 Induction of Labor</b>			
Yes		3	10,0
No		27	90,0
<b>9 Type of Birth</b>			
Sectio Caesarean		2	6,7
Spontaneous labor		28	93,3

Table 1 shows that most of the respondents' characteristics in Karang Tengah Urban Village, Sukabumi City were ≤ 28 years old as many as 17 people (56.7%), pregnancy of the second child as many as 12 people (40.0%), postpartum was > 13 days as many as 17 people (56.7%), 22 people (73.3%) had high school education, 24 people (80.0%) worked as housewives, 27 people (90.0%) did not experience KPD, 21 people (70.0%) did not have episiotomy wounds, 27 people (90.0%) did not use induction, and 28 people (93.3%) gave birth spontaneously.

## 2. Univariate Analysis

**Table 2. Univariate Analysis**

Variables	F	(%)
<b>Social Support</b>		
Less	11	36,7
Good	19	63,3
<b>Stress Coping</b>		
Less	14	46,7
Good	16	53,3
<b>Socioeconomic Status</b>		
Less	13	43,3
Good	17	56,7
<b>Gender Role</b>		
Less	10	33,3
Good	20	66,7

<b>Incidence of Postpartum Blues</b>		
Yes	14	46,7
No	16	53,3
<b>Total</b>	<b>30</b>	<b>100,0</b>

Based on table 2 shows that most respondents have good social support, namely 19 people (63.3%) and a small proportion of respondents have poor social support, namely 11 people (36.7%). Most respondents had good stress coping, namely 16 people (53.3%) and a small proportion of respondents had poor stress coping, namely 14 people (46.7%). Most respondents had good socioeconomic status, namely 17 people (56.7%) and a small proportion had poor socioeconomic status, namely 13 people (43.3%). Most respondents had good gender roles, namely 20 people (66.7%) and a small proportion had unfavorable gender roles, namely 10 people (33.3%). Most respondents did not experience postpartum blues, namely 16 people (53.3%) and a small proportion experienced postpartum blues, namely 14 people (46.7%).

### 3. Bivariate Analysis

**Table 3. The Effect of Social Support on the Incidence of Postpartum blues in Postpartum Mothers**

<b>Social Support</b>	<b>Incidence Of Postpartum Blues</b>				<b>F</b>	<b>%</b>	<b>P-Value</b>
	<b>Yes</b>	<b>%</b>	<b>No</b>	<b>%</b>			
Less	8	72,7	3	27,3	11	100	0,029
Good	6	31,6	13	68,4	19	100	
<b>Total</b>	<b>14</b>	<b>46,7</b>	<b>16</b>	<b>53,3</b>	<b>100</b>	<b>100</b>	

Based on the results of the Chi Square statistical test, the p-value of 0.029 (p-value <0.05) means that there is an influence of social support on the incidence of postpartum blues in postpartum women in Karang Tengah Village, Sukabumi City.

**Table 4. The Effect of Stress Coping on the Incidence of Postpartum blues in Postpartum Women**

<b>Stress Coping</b>	<b>Incidence Of Postpartum Blues</b>				<b>F</b>	<b>%</b>	<b>P-Value</b>
	<b>Yes</b>	<b>%</b>	<b>No</b>	<b>%</b>			
Less	10	71,4	4	28,6	14	100	0,011
Good	4	25	12	75	16	100	
<b>Total</b>	<b>14</b>	<b>46,7</b>	<b>16</b>	<b>53,3</b>	<b>100</b>	<b>100</b>	

Based on the results of the Chi Square statistical test, the p-value of 0.011 (p-value <0.05) means that there is an effect of coping stress on the incidence of postpartum blues in postpartum women in Karang Tengah Village, Sukabumi City.

**Table 5. Effect of Socioeconomic Status on the Incidence of Postpartum blues in Postpartum Women**

<b>Socio-economic Status</b>	<b>Incidence Of Postpartum Blues</b>				<b>F</b>	<b>%</b>	<b>P-Value</b>
	<b>Yes</b>	<b>%</b>	<b>No</b>	<b>%</b>			
Less	9	69,2	4	30,8	13	100	0,030
Good	5	26,4	12	70,6	17	100	
<b>Total</b>	<b>14</b>	<b>46,7</b>	<b>16</b>	<b>53,3</b>	<b>100</b>	<b>100</b>	

Chi Square statistical test showed a p-value of 0.011 (p-value <0.30), which means that there is an effect of socioeconomic status on the incidence of postpartum blues in postpartum women in Karang Tengah Urban Village, Sukabumi City.

**Table 6. The influence of gender roles on the incidence of postpartum blues in postpartum mothers**

Gender roles	Incidence Of Postpartum Blues				F	%	P-Value
	Yes	%	No	%			
Less	8	80	2	20	10	100	0,010
Good	6	30	14	70	20	100	
<b>Total</b>	<b>14</b>	<b>46,7</b>	<b>16</b>	<b>53,3</b>	<b>100</b>	<b>100</b>	

Based on the results of the Chi Square statistical test, the p-value of 0.011 (p-value <0.10) means that there is an influence of gender roles on the incidence of postpartum blues in postpartum women in Karang Tengah Village, Sukabumi City.

#### 4. Multivariate Analysis

**Table 7. Simultaneous Effect of Social Support, Coping Stress, Socioeconomic Status and Gender Role on Postpartum Blues Among Postpartum Mothers**

Variables	B	P-Value	OR
<b>Social Support</b>	3,314	0,034	27,489
<b>Stress Coping</b>	3,753	0,025	42,661
<b>Socioeconomic Status</b>	2,935	0,073	18,816
<b>Gender Role</b>	4,273	0,040	71,715
<b>Constant</b>	-8,332	0,010	0,000

*R Square = 0,790*

Based on table 11, the R Square of 0.790 (Nagelkerke R Square) means that social support, coping stress, socioeconomic status and gender roles contribute to influencing the incidence of postpartum blues in postpartum mothers in Karang Tengah Urban Village, Sukabumi City by 79% and the remaining 21% is influenced by other factors not examined. The results of multivariate logistic regression analysis showed that there were three variables that significantly influenced the incidence of postpartum blues in postpartum mothers, namely the variables of social support, coping stress and gender roles, and there was one variable as a confounding variable, namely the socioeconomic status variable.

The most dominant variable influencing the incidence of postpartum blues among postpartum mothers in Karang

Tengah Urban Village, Sukabumi City was the gender role variable. Gender role variable had OR = 71.715, meaning that postpartum mothers with good gender roles had a 71.715 times greater chance of not having postpartum blues than postpartum mothers with poor gender roles.

## DISCUSSION

### 1. The Effect of Social Support on the Incidence of Postpartum Blues in Postpartum Mothers in Karang Tengah Urban Village, Sukabumi City

The results showed that there was an effect of social support on the incidence of postpartum blues in postpartum mothers in Karang Tengah Urban Village, Sukabumi City. The results of this study are in line with research (10) which states the influence of social support on the incidence of postpartum blues.

Research by (11) also describes the same results in its research that there is an influence of social support on the incidence of postpartum blues. Research by (12) obtained similar results that there was an influence of social support on the incidence of postpartum blues in postpartum mothers significantly.

Husband's social support is an important factor that can cause postpartum blues in postpartum mothers. It is very necessary for a postpartum mother, because if the husband's support is good, it is unlikely that a postpartum mother will feel burdened by what happens to her. Research by (13) states that husband support must be given since the mother is in pregnancy, labor and postpartum. Attention given by husbands, established communication, good attitudes and behavior of husbands can reduce stress levels in mothers so as to avoid postpartum blues (14). Social support that is also no less is social support that comes from the family. The incidence of postpartum blues in postpartum mothers can be prevented by social support from the family because support from the family can provide comfort and improve the welfare of the mother's psychological condition. So that the presence of parents or in-laws in the mother's environment can be a reinforcing factor and the mother avoids the incidence of postpartum blues. In contrast to postpartum mothers who do not get good family social support, there is a risk of feelings of worthlessness. Parents and in-laws can also provide moral assistance as experienced mothers so that mothers feel directed in taking care of the baby. Postpartum mothers who do not get this are likely to be overwhelmed in taking care of the baby and have an impact on psychological conditions resulting in postpartum blues (6).

## 2. Influence of Stress Coping on the Incidence of Postpartum Blues among

### Postpartum Mothers in Karang Tengah Urban Village, Sukabumi City

The results showed that there was an effect of stress coping on the incidence of postpartum blues in postpartum mothers in Karang Tengah Urban Village, Sukabumi City. The results of this study are in line with research conducted by (15) that stress coping affects the incidence of postpartum blues. Research by (16) in her study also stated that stress coping influenced the incidence of postpartum blues in postpartum mothers. The research is supported by (17) in his research stated that postpartum blues can be influenced by maternal stress coping.

The stress experienced by postpartum mothers occurs due to feelings of not being able to complete the responsibilities of being a mother such as caring for the baby, breastfeeding, resting and others. The mother's condition will improve if there is a feeling of being able to overcome these problems and stress levels will decrease. Regarding the stimulus model of stress, when a person feels that they fail to adjust to existing situations or demands, it can have a bad impact, one of which is stress. Stress that occurs in postpartum mothers can trigger postpartum blues. Therefore, good coping stress is needed in mothers to overcome stress so that postpartum blues does not occur (18). Stress coping consists of two main focuses, namely a problem focus which is a way of dealing with stress or threats directly and a focus on emotions, which is coping with situations of perceived threats by controlling responses. Stress coping can affect the incidence of postpartum blues in postpartum mothers. If the mother has good stress coping, it will have a positive impact on reducing the level of stress in the mother so as to minimize the occurrence of postpartum blues (19).



### 3. Influence of Socioeconomic Status on the Incidence of Postpartum Blues in Postpartum Mothers in Karang Tengah Urban Village, Sukabumi City

The results showed that there was an influence of socioeconomic status on the incidence of postpartum blues among postpartum mothers in Karang Tengah Urban Village, Sukabumi City. The results of this study are similar to research conducted by (20) which in the study stated that socioeconomic status is an external factor that can affect the occurrence of postpartum blues. This is also in line with research by (19) that socioeconomic status affects the incidence of postpartum blues. Research by (1) also states similar results that there is an influence of social economic status on the incidence of postpartum blues in postpartum women.

Socioeconomic status affects the incidence of postpartum blues in postpartum mothers. If the socioeconomic status in the family is not supportive, it can trigger stress, which can affect the mother's emotional level and increase depression. This socioeconomic status is directly related to the high need for care for babies, so that the birth of a baby that should bring happiness can turn into pressure because the needs are not fulfilled (20). Family income can affect the ability of postpartum mothers to access health services and affect purchasing power for baby needs. If there is financial instability, it can cause stress in the mother because she is worried about not being able to meet the needs of the baby. Meanwhile, the level of education can affect how much information the mother receives and determine the mother's understanding in caring for the baby. If the mother feels that she does not have enough knowledge related to baby care, there is a risk of feeling unable to carry out her duties as a mother. This can affect the mother's psychological condition. A mother's psychological well-

being may also be compromised in the absence of supportive environmental conditions and proper sleep patterns. The above conditions if not handled properly can lead to postpartum blues. Low socioeconomic status will make it difficult for mothers to manage household needs, as well as the needs of their babies including the cost of childbirth, baby care and maternal care. Such conditions can interfere psychologically with postpartum mothers such as the emergence of concerns related to the inability to meet important needs for the family, especially the baby, such as nutritious food and health care. This can exacerbate the incidence of postpartum blues (1).

### 4. Influence of Gender Roles on the Incidence of Postpartum Blues in Postpartum Mothers in Karang Tengah Urban Village, Sukabumi City

The results showed that there was an influence of gender roles on the incidence of postpartum blues among postpartum mothers in Karang Tengah Urban Village, Sukabumi City. The results of this study are in line with the statement (21) that gender roles can influence the incidence of postpartum blues. Research conducted by (22) also explained similar results that postpartum blues is influenced by gender roles.

Women who act as mothers have a very important position in every child's development. In addition, the role of a mother is also very influential in the family environment. If in the family environment the role of a mother is not good, it will have a negative impact on her family life. Likewise, in conditions where postpartum mothers, if the gender role as a mother has not been formed, there is a risk of increased stress such as the inability to adapt to a new identity as a mother accompanied by various kinds of tasks and responsibilities that are not easy. This can be exacerbated if the mother is not surrounded by love and



support from the surrounding environment such as husband and family (21). Role changes that occur in mothers certainly require adaptation, these changes generally include emotional and social changes. Psychological adaptation is a very vulnerable or risky change in postpartum mothers, because it requires a professional attitude given the increased responsibility of mothers after the presence of a newborn baby. Mothers who are unable to adapt to their new role are at risk of experiencing psychological disorders or what is often called postpartum blues (22).

## CONCLUSION

The results showed that most respondents had good social support, good stress coping, good socioeconomic status, good gender roles, and the incidence of postpartum blues was not. The results showed that there was an effect of social support on the incidence of postpartum blues in postpartum women. The results showed that there was an effect of coping stress on the incidence of postpartum blues in postpartum women. The results showed that there was an effect of socioeconomic status on the incidence of postpartum blues in postpartum women. The results showed that there was an influence of gender roles on the incidence of postpartum blues in postpartum mothers. The results showed that there was an influence of the most dominant variable affecting the incidence of postpartum blues in postpartum mothers in this study was the gender role variable, meaning that postpartum mothers with good gender roles had no chance of postpartum blues than postpartum mothers with poor gender roles.

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