

PROCEEDING

The 1st International Nursing and Health Sciences Symposium
(INHSS)

*“Adapting to New Habits: Strengthening Interprofessional
Collaboration and Embracing Innovative Measures to Improve
Quality of Healthcare Services”*

Malang, 13th – 15th November 2020

Publisher:

School of Nursing
Faculty of Medicine
Universitas Brawijaya





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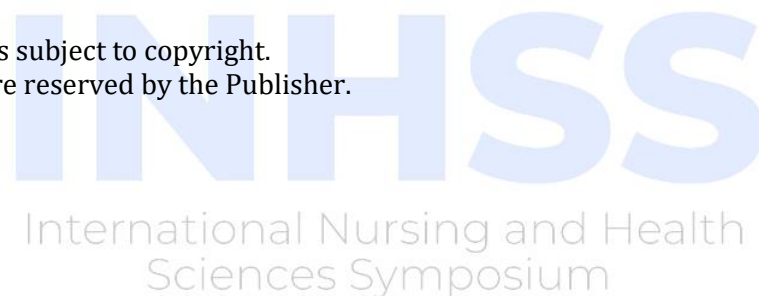
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INHSS
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FOREWORD

The 1st International Symposium of Public Health (3rd ISOPH), was successfully held in collaboration with School of Nursing and Nutrition Department, Faculty of Medicine, Universitas Brawijaya, Malang, East Java, Indonesia, at virtual conference using Zoom Apps from 13th-15th November 2020. More than one-hundred participants from 5 countries gathered to discuss knowledge related to collaboration between professions in patient care and ensuring food security during the application of the new normal. The articles contained in this Proceedings cover a wide range of topics including: nursing sciences, nutritional issues as well as other health sciences related topics. Thank you to all committee for their encouragement in preparation of these proceedings.

1st INHSS Committe



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Literature review: relationship between social support and postpartum blues incident

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Abstract

After giving birth, every woman has new roles and responsibilities. These new roles and responsibilities often make mothers feel insecure and experience stress. This condition makes the mother becomes more sensitive and this condition is known as baby blues or postpartum blues. Many factors can lead to postpartum blues, one of them is social support. This literature review aims to determine the relationship between social support and the postpartum blues incident. The literature was searched using databases including Google Scholar, and Scientific Publication Journals. There are 6 articles, each of which represents the relationship between social support and the postpartum blues incident. The results of 6 articles say indicate that Social Support is related to the Postpartum Blues Incident. In conclusion, based on the analysis conducted, it shows that there is a relationship between social support and the incidence of postpartum blues.

Keywords: social support, incident, postpartum blues

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Background

Postpartum Period is a time of all female reproductive organs after birth returned to its original state as before pregnancy(1). The recovery process during the puerperium is called postpartum adaptation. Post partum adaptations consist of physiological and psychological adaptations. Psychological adaptation in postpartum mother started when she started taking care of her baby. This is a new role and responsibility for every woman after giving birth(2). In this situation mothers often feel insecure and experience stress due to new roles and responsibilities. She felt sad and desperate because not able to care for babies well. This condition makes mothers become more sensitive. This condition is known as baby blues or postpartum blues. Postpartum blues appear in the first to second week after delivery and peaks on days three to five. In Asia, the incidence of baby blues or postpartum blues is quite high and varies between 26-85%, while in Indonesia the incidence of baby blues or postpartum blues is between 50-70% of post partum women (3).

It is not certain what the cause of Postpartum blues(4). Internal factors and external factors suspected to affect the occurrence of postpartum blues. Internal factors include hormonal fluctuations, psychological and personality factors, a history of previous depression, cesarean section delivery, unplanned pregnancies, and mothers who breastfeed and have difficulty breastfeeding and mothers who have no experience caring for babies(5). Meanwhile, external factors include social support, the condition and quality of the baby, and the husband's mental status(4).

Postpartum blues mothers should be identified early on and treated adequately, if the mother's condition is stressful, it will release adrenaline and cortisol which will inhibit the production of the hormones prolactin and oxytocin so that it will affect the production and production of breast milk(6). Social support from family, friends and midwives / health workers affects the incidence of postpartum blues(7). This is in line with the results of research from previous studies that social support can influence the incidence of postpartum blues(8)(9). The purpose of this study was to determine the relationship between social support and postpartum blues incident.

Methods

In this study, a search was carried out using databases including Google Cendikia, and Scientific Publications Journals. The purpose of this article is to review the problem of Postpartum Blues. The keyword used for literature research is "social support in postpartum blues incident". The method used in searching for articles in English and Indonesian is relevant to the topic. Search was conducted using Google Scholar and PubMed. The keywords used are "social support", "incident", "postpartum blues". Articles obtained in the reviews to choose articles that match the criteria and obtained 6 national article which would then be in review.

The research article entitled "Social Support for Postpartum Primipara Mothers Against the Incidence of Postpartum Blues". In this research method using cross sectional study conducted in RSKIA Bandung in November 2018 - January 2019 with consecutive sampling technique sampling. A sample of 106 postpartum mothers day 1-7, all types of delivery, mothers are fully aware, able to read and write. Data collection using the Edinburgh Postnatal Depression Scale (EPDS) instrument and the postpartum support system questionnaire and family coping questionnaire. Data analysis using chi-square analysis. The results showed that the p value of 0.007 (p



<0.05) means that there is a relationship between social support and the incidence of postpartum blues among primiparous mothers at RSKIA Bandung(8).

The research article entitled The Relationship Between Mother Characteristics, Infant Conditions and Husband's Social Support with Postpartum Blues in mothers with SC births at the Ahmad Yani Metro General Hospital. Analytical research design with a cross sectional approach, the population in this study were all mothers who gave birth by Sectio Cessaria (SC) at Ahmad Yani Metro General Hospital in 2014. The sample to be taken is all mothers who gave birth in June 2014 as many as 35 people. The statistical test results obtained p-value = 0.002 ($p < 0.05$), it can be concluded that there is a significant relationship between husband's support and the incidence of postpartum blues at Ahmad Yani Metro General Hospital(10).

The research article entitled Post Partum Blues, The Importance of Social Support and Marriage Satisfaction in Primipara Mother. The subjects in this study were all women aged 18-35 years who had given birth to their first child in the Madiun district with babies aged 3-14 days totaling 35 primiparous mothers. The measuring instrument for Post Partum Blues given to primiparous mothers is the Edinburgh Postnatal Depression Scale (EPDS) and the social support scale used in this study compiled by Cohen (2000). Hypothesis testing is done using multiple regression analysis techniques. Research Results Social support with the tendency of post partum blues found a significance of 0.901 ($p > 0.05$), meaning that there is a relationship between social support and the tendency of post partum blues(11).

A research article entitled Psychological Factors Affecting Postpartum Blues. Data were collected by using a Likert scale which is based on the theories of the variables. Social support scale composed of a kind of social support are delivered Cohen and Syme (1985) is the support of information, emotional support, instrumental support, and support assessment or support, then use the instrument scale postpartum Edinburgh Postnatal Depression Scale (EPDS). The research instrument was then tested on as many as 25 subjects With the specific criteria of the research subjects, namely mothers who have babies aged 4-7 days, the mother's pregnancy is the first pregnancy, and is 20-40 years old. The simple linear test results show that there is a relationship between social support and the postpartum blues ($R = 0.549$; $p < 0.05$)(4).

The research article entitled Factors related to the incidence of postpartum blues in postpartum mothers in the Nuri Room at Bhayangkara Hospital, Makassar with 54 respondents who met the inclusion and exclusion criteria using incidental sampling techniques. The way of collecting data using a questionnaire consisting of questions based on the literature used. The independent variables include the type of delivery, parity, and family support with the dependent variable being the post partum blues incident. Data were processed and analyzed using SPSS for Windows with Chi-square statistical test with Fisher exact test alternative. The results showed that husband and family support was very important in preventing the postpartum blues(12).

Research article entitled Risk Factors for Postpartum Blues events in Palembang with cross-sectional design to the mother postpartum day 3 to 2-14 in 90 respondents with cluster random sampling technique Proportionale. The research instrument used standard instruments, namely the EPDS (Edinburgh Postnatal Depression Scale) instrument and the statistical tests used were chi-square and logistic regression. The



results of the study, there are 6 variables that have significance for the incidence of postpartum blues and family support is in the 5th position ($p = 0.009$; $OR = 5.323$)(9).

Results

From the results of the literature that has been obtained, there is no difference from the results of the research that has been done. Similar results were obtained that there is a relationship between social support to the incidence of postpartum blues. These results are in line with previous research which states that there is a relationship between social support and the postpartum blues with a P value of $0.001 < 0.05$ (13).

Discussion

Sources of social support expected by postpartum mothers can come from husbands, family, friends, neighbors and health workers due to unstable physical and psychological conditions(7). Good social support will improve the psychological well-being of the mother(14). Postpartum mothers who lack the support of her husband and family can lead to postpartum blues(15). Support provided by the family can provide comfort and calm, so that it can be a source of strength for postpartum mothers(16).

Social support can be in the form of emotional support, instrumental support, and reward support. Forms of social support given to the mother emotionally aims to increase self-esteem mother and mother feel good like, show a sense of caring and concern by assisting mothers during childbirth and entertaining when the mother sad / cry. forms of instrumental support, help the mother in caring for and nurturing the baby, help with the housework or meet the needs of mothers, in support of the award is to give praise or appreciate the efforts of a mother in caring for the baby and take care of household chores, so the mother becomes more zeal in carrying out his new role as a mother and feel she is significant / valued(17).

The more there is social support, it will minimize the impact of the appearance of the post partum blues symptoms(11). If the social support received by the mother is lacking and not treated immediately, it will increase the incidence of postpartum blues which can lead to postpartum depression(18).

Social support shown to have a relationship with the incidence of postpartum blues. With social support, it can have a big impact on a mother's confidence in her new role. The greater the support given by the husband, the family, and those around it the better the psychological condition of the mother. This will prevent incidence of postpartum blues.

Conclusion

Conclusions based on the analysis conducted by the authors of some of the literature, concluded that social support can prevent the incidence of postpartum blues.

Declaration Section

1. The submitted manuscript has never been published elsewhere in print or electronic format and is not being by other publications or electronic media.
2. Funding comes from the first author, namely Muliatul Jannah, S.ST., M. Biomed.



3. Muliatul Jannah, S.ST., M. Biomed dan Hanifatur Rosyidah, S.SiT., MPH as authors and supervisors who have taken the time to provide guidance until the preparation on this publication is complete.
4. All authors have read and approved the final manuscript.

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