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Relationship Husband and Midwives Support with Post Partum Blues at Maternity Clinic X District Deli Serdang Indonesia Year 2019 Elly Indrani Harahap, Samsider Sitorus Abstract:

Introduction: Postpartum Blues are sadness or depression after childbirth, appearing temporarily that was about 2-10 days since the birth of the infant. The purpose of the research was know the support relationship of husband and midwives support with the occurrence of post partum blues at the maternity clinic X Deli Serdang in 2019. Research method: Analytical research method with cross sectional design. The time of research was conducted in January-May 2019. The population of this research is the mother of the post partum in maternity clinic X. Samples amounting to 33 people post partum mother, research purpose to know the relationship husband and midwives support with post partum Blues in the maternity X Deli Serdang year 2019. Data Analysis was conducted univariate with frequency distribution and bivariate using Chi-square statistical test.

Research results: the research post partum Blues event number 66.7%, husband's support frequency distribution 57.6%, distribution support midwives 69.7%, relationship post partum Blues with husband's support  $p= 0.000$  and relationship post partum blues with midwives support  $p= 0.003$  Statistical test results was husband and midwives support relationship with post partum blues in maternity clinic X Deli Serdang year 2019. Advice:

expected to midwives who work to hold mother pos partum class and present husband as companion post partum mother. Need to provide counseling on post partum Blues to mother, husband and family in maternity clinic X Deli Serdang

### 1. Introduction

Pregnancy and childbirth are normal events that occur in life, there are some stressful mothers because they are caused by the change of feelings experienced by mothers during pregnancy where it was difficult to accept infant attendance and changes in Mother's body.

This was what leads to a stressful mother called the post partum blues. Mothers do not know the normal psychological up, emotional changes, and adjustments of the process of pregnancy, childbirth and post partum. Post Partum Blues is a sadness or depression after childbirth, appearing temporarily was about two days to two weeks from the birth of the infant. Some adjustments are required by mothers to face new activities and roles as

mothers during the first weeks or months after childbirth, both physical and psychological (Marmi, 2017). Maternal depression after childbirth can attack anyone, regardless of age, job type, socio-economic level, education. Almost all mothers who are newly born can be attacked by this disorder. This depression can take **a short while**, there are even years.

Mothers are experiencing the post partum Blues case, are in need of the roles of husbands and family members. Further action should be considered, namely consultation on midwives, doctors or psychologists (Fitriyani, 2015). A depressed mother because post partum blues can have a negative impact on babies when they are not directly handled.

This impact will make post partum blues a good topic. The incidence rate of **the post partum** blues in Asia was high and greatly varies between 26-85%, while in Indonesia **the number of** post-partum Blues is about 50-70% of all mothers who give birth. **On average,**

50-70% of mothers after childbirth show the early symptoms of post partum blues, but these symptoms can disappear slowly due to good adaptation and support from husbands, parents and families. The results of the research of Fitrah and Siska, 2017 causes of post partum Blues are not yet known for certain, but are thought to be caused by various factors, such as biological changes, stress and social or environmental causes. Changes in the hormone levels of estrogen, progesterone, corticoid trephine and endorphin and prolacine are

alleged to be supporting factors for postpartum blues. Social and environmental factors that can become supporting factors occur post partum blues such as pressure in marital relationships and family relationships, history of premenstrual syndrome, anxiety and fear of childbirth and **poor adjustments to** the role of mother childbirth.

**2. Research Methods** Methods: Analytical research method with cross sectional design. The study was conducted in January-May 2019. **The** problem of research that husband support and midwives support with post partum blues in maternity clinic X.

Research population of all mothers post partum at maternity clinic X. Samples amounted to 33 mothers post partum. **The** purpose of research to know the support relationship of

husband and midwives with post partum Blues in maternity X district of Deli Serdang year 2019. analysis data of univariate and bivariate using chi-square statistical test. **3. Research**

Results Based on the table above the majority of post partum mothers occur post partum blues 22 people (66.7%). According to the table above postpartum majority less get support husband 19 people (57.6%). Based on the table above the majority is lacking the support of midwives 23 people (69.7%). Based on the table above the husband support less 19 people, the majority experienced postpartum blues which was 18 people (94.7%), while the support of good husband was 4 people (28.6%) Postpartum Blues, Chi Square statistical test obtained the value of  $p < 0.001$  there was a meaningful relationship between husband's support with post partum blues. OR = 0.074 means that the postpartum mother who lacks support for husband 0.74 times will the post partum blues. Based on the table above the support of the midwives was less than 23 people, the majority of the Blues postpartum is 19 people (82.6%), the test of Chi square statistics IE 0.003 there is a relationship between midwives support with post partum blues. OR = 0.248 means the mother of post partum lacking the support of midwives 0.248 experienced post partum blues.

#### 4. Discussion

Post partum mothers who experienced post partum blues less husband support at Maternity Clinic X of District Deli Serdang year 2019. Friedman's Research (2010) supports not only psychological support but physiological, appraisal, information, and financial support was indispensable to the post partum mother. Husband's support was a crucial coping with strategy when experiencing stress as a preventive strategy to reduce stress and negative consequences. Husband's support was indispensable by the post partum mother. The husband of the post partum mother let his wife do his own job after giving birth, the husband does not understand how the role of the post partum mother, because the husband does not know that the need for support when mother was disfiguring and post partum. Post Partum blues will make this circumstance caused by a change of feeling the mother was still hard to accept her role. The mother of post partum tends to be a sensitive person, so it takes understanding, support the attention of the husband or family. The support and attention of the husband will be a positive support so as not to postpartum blues for the mother of post partum. The results of this research in line with the results of Fitrah and Siska (2017), statistical test

obtained p-value 0.000 (Ho rejected and Ha accepted), can be concluded there was a meaningful relationship average mother post partum lack of support husband. Postpartum mothers at 1 Maternity Clinic X District Deli Serdang Year 2019, the post partum mother lacks the support of midwives. Midwives play an important role in helping mothers and their husbands to prepare physical, social, emotional, and psychological in the face of pregnancy, childbirth, and postpartum, so as not to post partum blues because of the parenthood. The efforts that health personnel can do to prevent post partum blues on the post partum mother by providing care that facilitates mothers to adapt to the changes that occur. Mothers who have undergone post partum blues need psychological support like other physical needs that must be met. Mother Post partum desperately needs support and attention from husband to help mother in gaining confidence and self-esteem as a wife. The husband's support is given to the post-partum mother in a good form of cooperation, 2as well as providing moral and emotional support. The husband's attention makes the wife feel more confident, that she was not only right to be a wife, but the wife will also be happy to be the mother of the child she has made (Adhim, M. F 2002). This research in line with Fitrah and Dila (2017), statistical test  $p = 0.000$ ,  $p \leq 0.05$  (Ho rejected and Ha accepted), there was a relationship that the average mother post partum lacks the support of midwives. At this research  $p = 0.003$  value  $p \leq 0.05$  there was a relationship between 1midwives support with post partum blues. Based on the results of the research of Hutagaol (2010) Post partum blues was a mild mood disorder syndrome that is often disregarded by postpartum mothers and health officers. Post partum Blues develop into a depression even psychosis, which can develop poorly on mothers who are experiencing problems of support relationship of health officers as well as husband support. Healthcare personnel support is required by post partum mothers, for example by providing adequate and inadequate information about 2the process of pregnancy, childbirth until the time of the post partum including the complications that will arise Healthcare personnel support to handle the post-partum Blues case and prevent it from being found anymore 1post partum Blues events. The results of the study gained less husband support. The husband does 2not

want to accompany his wife during childbirth and post partum, to the health worker to provide information to the husband that the support of husband and health officers on the postpartum mother was very important. More active health officers provide clear information or health education about mother post partum or signs of post partum blues on mother post partum and give support to husbands to be more active accompany mothers during childbirth, post partum or take care of babies. 5. Conclusions and suggestions From the results of the research that has been done, it can be concluded the following: The postpartum mother lacked the support of husband and the support of midwives at Maternity Clinic X. There was a relationship between husband support and midwives with post partum blues in maternity X District Deli Serdang Year 2019. Advice for health workers, especially midwives to be more active in providing health education to the husband to make up pregnant women during childbirth, in Maternity Clinic X District Deli Serdang

References

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