

PROVIDING EDUCATION ABOUT POSTPARTUM BLUES

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Abstract

Puerperal services are standard health services for mothers from 6 hours to 42 days after delivery by health workers. The service is carried out in the puerperal period because it is a time of crisis for both the mother and the baby. The prevalence of postpartum blues events varies worldwide. The prevalence of postpartum blues in Tanzania is 80% while in Japan it is 8%. This is due to the lack of different diagnosis criteria and research methodologies in each study, in Asia, the prevalence of postpartum depression is between 3.5%- 63.3% where Malaysia and Pakistan rank the lowest and highest. The purpose of this devotion is to improve the mother's understanding of postpartum blues. The solution to the problems faced by the community, especially postpartum mothers, is by providing counseling about postpartum blues. The targeted output of this community service activity is an increase in the understanding of postpartum blues.

Keywords: Postpartum Blues

INTRODUCTION

Puerperal services are standard health services for mothers from 6 hours to 42 days after delivery by health workers. The service is carried out in the puerperal period because it is a time of crisis for both the mother and the baby. It is estimated that 60% of maternal deaths due to pregnancy occur after delivery and 50% of puerperal deaths occur in the first 24 hours (Ministry of Health RI, 2019).

Upbringing during the puerperal period deserves attention because about 60% of the Maternal Rate occurs in this period. Maternal Mortality Rate (MMR) is the number of women who die from a cause of death related to pregnancy disorders or their treatment (excluding accidents or incidental cases) during pregnancy, childbirth and in the puerperium (42 days after delivery) without limiting the length of pregnancy per 100,000 live births (Maritalia, 2017).

The puerperium begins after the placenta is born and ends when the obstetric apparatus returns to what it was before pregnancy. The puerperium lasts for approximately 6 weeks or 42 days, but overall it will recover within 3 months. The puerperal or postpartum period is also called puerpurim which comes from latin which is from the word "puer" which means baby and "parous" berate childbirth. Puerperium is blood that comes out of the uterus due to childbirth or after childbirth. Puerperal blood is blood that survives unable to come out of the uterus because it is pregnant. So when giving birth, the blood comes out little by little. The blood that comes out before giving birth is accompanied by signs of birth, then it includes

puerperal blood as well (Anggraini, 2010).

Postpartum is a period when a mother will live tiring days compared to the pregnancy period both physically and psychically which will further cause feelings of stress / depression. Mothers experience excessive stress resulting in a decrease in interest and interest in the baby and the ability to take good care of their baby, not eager to breastfeed so that the baby's health and growth and development are not optimal. Novelty in this service activity can provide education related to the prevention of postpartum depression (Sudarto et al., 2022).

Postpartum blues can be prevented by conducting early detection of postpartum blues that can be carried out through postpartum health services that have been programmed by the government. Based on the standards set by the government, the health services of the Puerperal mother are carried out at least three times according to the recommended schedule, namely at 6 hours to 3 days postpartum, on the fourth day to the 28th day postpartum, and on the 29th day to the 42nd day postpartum (Darmayanti, 2022).

The prevalence of postpartum blues events varies worldwide. The prevalence of postpartum blues in Tanzania is 80% while in Japan it is 8%. This is due to the lack of different diagnosis criteria and research methodologies in each study, in Asia, the prevalence of postpartum depression is between 3.5%- 63.3% where Malaysia and Pakistan rank the lowest and highest (Kumalasari & Hendawati, 2019).

Mothers with postpartum depression are depressions that appear after childbirth. It is caused by a chemical imbalance in the brain and occurs in 10% of mothers giving birth. Baby blues syndrome is a mood swing after childbirth that can make the mother emotional, anxious, or irritable. Baby blues syndrome, Also known as postpartum blues, it usually attacks about 80% or 4-5 new moms. Conditions that occur in mothers after giving birth, mothers can become impatient, irritable, worried about the problems of breastfeeding mothers, and worry about the health of their babies, also have the following impacts: decreased parenting ability, lack of interest in babies, lack of responsiveness to children (Yuliastuti et al., 2022).

It is still found that mothers who do not really understand about postpartum blues, based on the information above, it is necessary to provide education about postpartum blues to postpartum mothers as an effort to avoid experiencing postpartum blues such as mood swings, not wanting to take care of babies, easily sad and others.

IMPLEMENTATION METHOD

Facing the above problems, steps are taken to achieve the targets and outputs of this activity, with an integrated approach carried out from the initial process of socialization and plans during the activity. Initial socialization, the community service team will invite mothers at Rosita Pekanbaru Maternity Home to socialize the activities to be carried out so that effective communication occurs. In addition, in the activities the method used is the Training of Trainer (TOT) Method by giving material through lectures, this is done because the transfer of knowledge will be easier to arrive well. This postpartum blues extension program goes through 4 stages, namely the licensing, preparation, implementation, and evaluation stages.

a. Licensing

Postpartum blues counseling licensing is carried out after determining the target place of counseling, namely at the BPM Rosita Pekanbaru City.

b. Activity Preparation

The preparation of postpartum blues counseling begins with ensuring the targets, especially in terms of the number of participants. The place and media are prepared according to the needs and anticipate possible problems that occur

c. Implementation of Activities

This counseling activity will be carried out in February 2021 at the BPM Rosita Pekanbaru City.

d. Stages of implementation of activities

Includes: Filling out the attendance list, Opening, Presentation of material, Discussion / Q&A,

e. Cover

Evaluation of evaluation activities is carried out to find out the extent of the postpartum mother's understanding of postpartum blues. This evaluation is carried out by the question and discussion method.

RESULTS AND DISCUSSION

This counseling activity was carried out on April 8, 2021, this activity began with the opening and continued with the provision of education about Postpartum Blues at the BPM Rosita Pekanbaru City. Precisely on Jl. Taman Karya No. 17, Tuah Karya, Tampan District, Pekanbaru City where evaluation activities were carried out to find out the extent of participants' knowledge about Postpartum Blues. Counseling using leaflets.



Figure 1. Providing education about postpartum blues using leaflets

The stages of implementing community service activities:

- a. Filling out the participant list
- b. Delivery of material on postpartum blues using leaflet
- c. Discussion/Q&A and closing. Participants of the community service for postpartum mothers who give birth at BPM Rosita Pekanbaru City. They are enthusiastic in listening to counseling materials about postpartum blues, this material makes

- d. breastfeeding mothers understand about postpartum blues. One of the steps to find out the understanding of the material is by asking participants about the material.



Figure 2. Frequently asked questions about postpartum blues using leaflets

The puerperium begins from the moment the placenta is born and ends when the obstetric apparatus returns to what it was before pregnancy. The puerperium period lasts approximately 6 weeks or 42 days, which is the time needed for the recovery of the aerial body to a normal state (Imelda Fitri, 2018).

The puerperal period is the period after the placenta is born and ends when the obstetric apparatus returns to the state it was before pregnancy (Sitti Saleha, 2009). The postpartum period is a time when there are changes in women, both changes in biological conditions, psychological changes and adaptations of a woman. These complex physical and emotional changes require adaptation to the adjustment of life patterns to the process during pregnancy (Qomari et al., 2019).

Postpartum blues is characterized by symptoms such as reactions: depression/sadness/dysphoria, tearfulness, irritability, anxiety, headache, emotional lability, tend (Yolanda et al., 2022). Puerperal maternal health services must be carried out at least four times with the time of simultaneous visits between mothers and newborns, namely at six hours to two days after delivery, on the third to the seventh day after delivery, on the eighth to the 28th day after delivery, and on the 29th to 42nd day after delivery (Ministry of Health RI, 2021).

These psychological disorders include severe. Postpartum psychosis can occur in a rapid time, generally around the first three months after delivery. The symptoms that appear are almost the same as those of baby blues and postpartum depression, only in this disorder it is accompanied by hallucinations and perceptual disorders. For example, sufferers see or hear something that is not real, as well as believe something that does not make sense (Marsidi, 2020).

Sudden changes in the postpartum mother the main causes are emotional disappointment, pain in the early puerperium, fatigue from lack of sleep during childbirth and

anxiety at her ability to care for her baby, fear no longer appeals to her husband, especially emotions during the first week of being labile and mood swings in the first 3 - 4 days, this period is very varied and influenced by so many factors, so the main emphasis is the nursing approach by providing help, sympathy and encouragement (Kirana, 2015).

CONCLUSION

The results of this community service activity have been carried out by the STIKes Al Insyirah Pekanbaru service implementation team on April 8, 2021, where from this activity the puerperal mother already understands about postpartum blues.

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