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HUSBAND'S SUPPORT IN PREVENTION POSTPARTUM DEPRESSION: LITERATURE REVIEW STUDY

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Abstract

There are 322 million people suffering from depression globally, compared to other situations, the likelihood of stress during pregnancy and postpartum is potentially higher. The prevalence of postnatal depression is around 13% worldwide, affecting around 10%-15% of women in developed countries and affecting around 20% of women in developing countries. Postpartum depression is a moderate to severe mood disorder that occurs during the perinatal period. There is a need for preventive care to prevent postpartum depression in mothers, one way of preventing this is by providing support from the husband in accompanying postpartum mothers. The aim of this research is to review several research results related to the husband's role in preventing postpartum depression using a System Literature Review design . So, based on the articles obtained, an in-depth analysis will be carried out on how husbands play an important role which will greatly influence the mental health of postpartum mothers. The findings show that there is an inversion in the level of support given by the husband and the occurrence of postpartum depression.

Keywords: Husband's Role, Postparum, Depression, Husband's Support

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INTRODUCTION

Postpartum is the time needed for the reproductive organs to return to their prepregnancy shape, also called involution. Involution begins after birth and lasts around six weeks or forty-two days, this period is known as the postpartum period (Maritalia, 2020). Disorders related to psychology or mental health can attack mothers after giving birth. One of the psychological disorders that can attack mothers during the postpartum period is postpartum depression (La Isa, 2023).

Postpartum depression is a serious and complex mood disorder that not only affects the mother's mental well-being, but also has adverse consequences for physical health in the postpartum period (Adll, 2021). Postpartum depression affects around 10%-15% of women in developed countries after giving birth (Kroska, 2020). Symptoms of postpartum depression include extreme sadness, helplessness, inability to feel happy with the baby, intense anxiety, loss of appetite, memory loss, poor focus, difficulty sleeping, social isolation, and thoughts of harming the baby (Nurbaeti et al., 2019).

According to Arimurti et al. (2020), the prevalence of postnatal depression is around 13% worldwide, and the figure reaches 20% in developing countries. There are 322 million people suffering from depression globally. In Southeast Asia, depression affects 27% of people.

Compared with other situations, the possibility of stress during pregnancy and postpartum is potentially higher. A woman often feels tremendous stress during and after pregnancy. The mother's limited physical condition, which inhibits physical activity, is a factor underlying psychological adaptation. Mothers experiencing postpartum depression may not only harm themselves but also their babies. Apart from physical, material and mental preparation in welcoming the arrival of a child, knowledge must also be prepared by married couples in facing a number of health problems (Umma, 2023). The onset of postpartum depression often occurs in women during pregnancy or around four weeks or one month after giving birth. Symptoms of postpartum depression include extreme sadness. weakness. excessive mood disorders. thoughts about death, and in extreme cases the mother commits suicide (Sophia, 2019; Hutchens, 2020). Therefore, preventive care is needed to prevent postpartum depression in mothers. One way to prevent postpartum depression is husband's support.

Husbands play an important role and serve as the main social support system, in addition to family and medical professionals. When a postpartum mother feels less loved and appreciated by her husband, postnatal depression will occur if the husband does not provide support when entering the postpartum phase. Postpartum mothers who receive little help from their husbands will feel neglected and may experience depression. If not controlled, the pressure experienced by mothers after giving birth can cause stress. in mothers which can lead to bad attitudes and undesirable behavior such as not wanting to be examined by a health professional or not having an appetite (Putri, 2021).

One of the determinants of the possibility of postpartum depression in pregnant women is husband's support; for example, an unresponsive partner, poor communication, and a lack of emotional

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make closeness can women more vulnerable to depression (Putra et al., 2023). If the husband has knowledge about the birthing process, then his presence will be very important in supporting the during the process. Manv woman husbands often express their difficulties due to their lack of knowledge about how to provide assistance to their partners. (Malka, 2019).

RESEARCH METHODS

literature review was carried out by reviewing related papers and specifically investigating the role of husband's support in reducing postpartum depression. The publications included in this literature review utilized 3 databases BMC Journal. Pubmed and Google Scholar by searching for the keyword for the national journal "Husband support and preventing postpartum depression or the role of the husband", while the keyword search for international journals used the keyword support and preventing "husband postpartum depression or husband role ". The selected publications consisted of 10 articles that met the specified criteria and were published between 2018 and 2023.

The criteria for inclusion of articles in writing this literature review were: articles found in the form of articles on husband's support, articles discussing postpartum depression, and articles in full text form. Exclusion criteria in selecting articles included articles that did not mention husband's support, articles that discussed postpartum blues and articles that discussed postpartum blues and articles that were in the form of literature reviews. Article search results using the BMC Journal , Google Scholar and Pubmed databases, search results obtained 3,438 articles, then filtered and 25 articles were obtained. Next, abstract selection was carried out by selecting inclusion criteria so that 10 articles were obtained for review. Below are several selected journal articles that the author analyzed in this literature review study.

RESULT

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N 0	Autho r/Year	Resear ch Title	Journ al Name	Journ al Object ives	Resea rch metho ds	Resea rch result
1	Adnan Adll, Rabla Shahb az, Sadaf Ameer , Saba Ghaya s, Sadla Nlazl (2021)	Effect of Percei ved Husba nd's Suppor t on Postpa rtum Depres sion: Mediat ing Role of Need for Appro val	Resea rch Articl e Depar tment of Psych ology Unive rsity of Sargo dha	This study aims to exami ne the role of husban ds in wives' decisio n makin g and to exami ne husban ds' suppor t for postpa rtum depres sion.	Cross section al study	The husban d's suppor t receiv ed by postpa rtum mother s can reduce the mother 's sense of helples sness in makin g decisio ns, which in turn can reduce sympt oms of postpa rtum
2	Elit Pebrya tie, Seung Chun Paek, Pencha n Sherer, and Nattha ni Meem on	Associ ations Betwe en Spousa l Relatio nship, Husba nd Involv ement, and Postpa	Journa l of Prima ry Care & Com munit y Health	This study aims to exami ne how partner relatio nships, husban d's involv ement, and matern	Cross section al study	ston. The results of this study indicat e the need to increas e full partner involv ement to





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occurrof depres sion in postpa rtum depres sion. Itof depres rtum postpa rtum rtum postpa rtum p			logical Adapta tion Proces s of Postpa rtum Mother		overco me mood disord ers in postpa rtum mother s who need help from their husban ds and familie	ining the mental well- being of postpa rtum mother s. Effecti ve husban d suppor t can minim			sion in postpar tum mother		and the level of depres sion in postpa rtum patient s at BPM Jumita, SST, M.Kes	Design using the Chi Square	their level of depres sion, as well as a correla tion betwee n husban d's involv ement and the
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9	Levian y Eka Rizty, Ratria na YE Kusum iati (2020)	The Relatio nship betwee n Social Suppor t (Husba nd) and the Tende ncy of Postpa rtum	Undik sha Couns eling Guida nce Depar tment Journa l	This study aims to see the correla tion betwee n social suppor t (husba nd) and the possibi	Quanti tative.	There is an invers e relatio nship betwee n the level of suppor t provid ed by the	hin Hormo nes	postpa rtum matern al depres sion levels and endorp hin hormo ne levels.	by the husban d's help in follow ing instruc tions regardi ng suppor t for postpa rtum mother s.
$\begin{array}{c} 1\\ 0\end{array}$	Desta Ayu Cahya Rosyid a (2023)	Depres sion	Journa l of Preve ntive Promo tion	This study aims to assess the impact of offerin g an educati onal	Quasi- experi ment, two groups posttes t,	husban d and the occurr ence of postpa rtum depres sion. The more help from the husban d increas es, the possibi lity of postpa rtum depres sion decrea ses, and vice versa. Resear ch findin gs show that endorp hin hormo nes have	assistance to postpar for their babies. (Ism Husbands who are wives tend to be h and respect their w coping mechanism	ture review a es of literatu s support play the incid on. Husband's role in mainta postpartum rom your hus e measure on. So, it is i bands have s at they can rtum mothers hiyanti, 2023). e supportive usbands who vives. This c for the wife eventing po 21). vement in ass is very meani upport during maternal h	above by ire, it is ys a very ence of s support ining the mothers. band can against mportant sufficient provide in caring of their approve can be a e in the ostpartum isting the ngful for postnatal health in

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to have good self-esteem, are able to overcome the stress they experience, and participate in postpartum care, this can protect mothers from symptoms of postpartum depression (Elit, 2022).

CONCLUSION

On average, postpartum mothers who do not receive adequate help from their husbands tend to experience postpartum depression. Risk variables such as the level of husband's support have an impact on the occurrence of postpartum depression in mothers after giving birth. The amount of support given by the husband has quite a big influence on the occurrence of postpartum depression in mothers after giving birth.

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