

Vol. 17 No.4 2023

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

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### Abstract

**Submit:**

17/10/2023

**Accept:**

27/12/2023

**Publish:**

31/12/2023

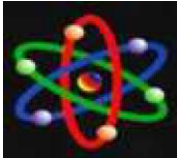
There are 322 million people suffering from depression globally, compared to other situations, the likelihood of stress during pregnancy and postpartum is potentially higher. The prevalence of postnatal depression is around 13% worldwide, affecting around 10%-15% of women in developed countries and affecting 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, Postpartum, Depression, Husband's Support

<http://publikasi.ildikti10.id/index.php/jit>

DOI : <https://doi.org/10.22216/jit.v17i4>

PAGES : 895-902



## INTRODUCTION

Postpartum is the time needed for the reproductive organs to return to their pre-pregnancy 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.

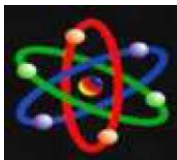
Compared with other situations, the possibility of stress during pregnancy and postpartum is potentially higher. A woman often feels tremendous stress during and after pregnancy. The mother's limited physical condition, which inhibits physical activity, is a factor underlying psychological adaptation. 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





closeness can make 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 woman during the process. Many 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 "husband support and preventing 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 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

N o	Author/Year	Research Title	Journ al Name	Journ al Object ives	Resea rch metho ds	Resea rch result
1	Adnan Adll, Rabla Shahbaz, Sadaf Ameer, Saba Ghayas, Sadla Nlazi (2021)	Effect of Perceived Husband's Support on Postpartum Depression: Mediating Role of Need for Approval	Research Article Department of Psychology University of Sargodha	This study aims to examine the role of husbands in wives' decision making and to examine husbands' support for postpartum depression.	Cross sectional study	The husband's support received by postpartum mothers can reduce the mother's sense of helplessness in making decisions, which in turn can reduce symptoms of postpartum depression.
2	Elit Pebryatie, Seung Chun Paek, Penchan Sherer, and Natthani Meemon	Associations Between Spousal Relationship, Husband Involvement, and Postpa	Journal of Primary Care & Community Health	This study aims to examine how partner relationships, husband's involvement, and matern	Cross sectional study	The results of this study indicate the need to increase full partner involvement to



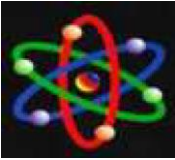




				Tumin ting Comm unity Health Center.		majori ty of postpa rtum mother s at the Turmi ning comm unity health center experi ence this.					suppor t for the postpa rtum mother in caring for her baby.
6	Ismiya nti H. Achma d, Widy M. Wabul a (2023)	Case Study of Husba nd's Support in the Psycho logical Adapta tion Proces s of Postpa rtum Mother s	Midwi fery Journ al	This researc h aims to unders tand efforts to overco me mood disord ers in postpa rtum mother s who need help from their husban ds and familie s.	Case study	Husba nds have an import ant role in mainta ining the mental well- being of postpa rtum mother s. Effecti ve husban d suppor t can minim ize the occurr ence of postpa rtum depres sion. It is import ant to ensure that the husban d unders tands the situati on so that he can provid e					There is a correla tion betwe n the age group of postpa rtum mother s and their level of depres sion, as well as a correla tion betwe n husban d's involv ement and the level of depres sion in postpa rtum patient s.
7	Yesi Putri, Dilfera Hermi yati, Rafika Ramlis (2021)	Relatio nship betwe n Age Group and Husba nd's Role with Level of Depres sion in postpar tum mother s	Journa l of Midwi fery and Nursi ng Stodie s	This study aims to determ ine the correla tion betwe n the role of husban d, age group, and the level of depres sion in postpa rtum patient s at BPM Jumita, SST, M.Kes .	Analyt ical Survey with a Cross Cestio nal Syudy researc h design and Test Design using the Chi Square test						There is a correla tion betwe n the age group of postpa rtum mother s and their level of depres sion, as well as a correla tion betwe n husban d's involv ement and the level of depres sion in postpa rtum patient s.
8	Nurul Hikma h Annisa , Omiati Natalia (2023)	Husba nd's Support and Postpa rtum Depres sion	Indon esian Journ al of Midwi fery (IJM)	This study aims to analyz e the relatio nship betwe n the husban d's role and the occurr ence of postpa rtum depres	Explor atory qualita tive						The findin gs show that strong suppor t from the husban d has a signifi cant impact in reduci ng the







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).

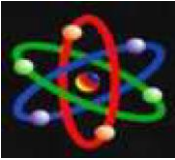
## CONCLUSION

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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