

THE RELATIONSHIP BETWEEN HUSBAND SUPPORT AND SELF-ACCEPTANCE WITH POSTPARTUM DEPRESSION IN MOTHERS: A LITERATURE REVIEW

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Abstract. Every human being will go through a new stage of life along with the stage of development, of course this will go hand in hand with the new roles that will be carried out. In a woman, many roles are owned especially when she has given birth where women are required to adapt to a new role as a mother. Several studies have proven that husband's social support and self-acceptance have a relationship with the tendency of postpartum depression. This paper presents a review of recent literature related to husband's social support and self-acceptance in postpartum mothers. What can be concluded from this study, is the importance of preventive measures against depressive tendencies for parents, especially mothers who are about to have children to reduce the possibility of postpartum depression.

Keywords: postpartum depression, self-acceptance, husband's support.

INTRODUCTION

Every stage of human development will inevitably lead to a new phase in life, such as marriage and building a family. As a woman builds a family, it is also a role change that will be faced, a role as a wife or a role as a mother after giving birth. The process of pregnancy to childbirth is eagerly anticipated moments in a woman's life and a significant moment for the extended family in welcoming a new family member. During the process of pregnancy to childbirth, women adapt themselves to their lives, including physical changes; psychological changes, and emotional changes.

All these changes are also felt by women after giving birth or can be referred to as the postpartum period, which is a challenging period due to many immediate changes experienced by women, especially in the case of the birth of their first baby. Some women are able to adjust to the new role and activities as a mother, but others may struggle to adapt well. Women who struggle to adjust to the new role and activities as a mother are at risk of experiencing mood swings that can affect their baby or the woman herself as a mother. The inability to adapt can trigger a woman to perceive the childbirth process and having a child as a hardship.

According to Mental Health America, 80% of mothers will experience mood swings or commonly referred to as postpartum blues, or generally known as baby blues. Postpartum blues can be diagnosed when a woman is unable to adjust to the prenatal lifestyle due to pregnancy, childbirth, and postpartum (Rahmadani, Karyono & Dewi, 2010). Symptoms of postpartum blues will naturally disappear within three to five days, but if these symptoms persist for more than four weeks, there is a possibility that the woman is experiencing postpartum depression (American Psychiatric Association, 2013). According to Reeder (cited in Chanora & Endang, 2022), a woman or a mother experiencing postpartum depression will exhibit feelings of sadness, being easily offended, crying for no reason, loss of appetite, insomnia, fatigue, difficulty in activities, feeling neglected, self-blaming, neglecting her baby, and feeling incapable of playing the role as a mother.

The mother's inability to adjust to the new role can impact her self-concept, where a mother who lacks self-acceptance or positive self-perception will perceive biological changes as a trigger for stress, leading to postpartum depression. Negative self-acceptance will result in difficulty controlling emotions and vulnerability to stress, and conversely, someone with positive self-acceptance tends to be able to combat depression symptoms. Not only self-acceptance but also

spousal support is one aspect that can influence postpartum depression. Spousal support refers to social support, where a mother who lacks social support from her partner has a higher risk of experiencing postpartum depression.

RESEARCH METHOD

The method employed in this writing is a literature review, involving the collection and analysis of previous research that addresses similar themes. By utilizing a literature review, the author is able to organize and analyze ideas found in a number of journal articles (Rewhorn, 2018). Through this method, the author can establish research limitations and identify areas where further research can be conducted. The majority of the data used consists of journal articles obtained from reputable and trustworthy journal sites. After collecting these data, the author then analyzes them in the form of a matrix categorized based on themes or variables to facilitate the analysis process..

Table 1

Variabel	Penulis	Judul	Nama Jurnal	Link / DOI
<i>Husband's support and postpartum</i>	Vera Rismawati Y & Faizah Betty Rahayuningsih	<i>Husband's Support for postpartum Mothers (Study of The Mother with vaginal birth and section caesarea)</i>	<i>International Summit on Science Technology and Humanity (ISETH) 2022</i>	https://proceedings.ums.ac.id/index.php/isseth/article/view/2652
<i>Dukungan Suami, Postpartum Blues</i>	Nung Ati Nurhayati	<i>Hubungan Dukungan Suami pada Ibu Pasca Melahirkan dengan Postpartum Blues</i>	Syntax Idea Vol. 3 No 1, Januari 2020	https://www.jurnal.syntax-idea.co.id/index.php/syntax-idea/article/view/973
<i>Husband's Support, Postpartum Depression</i>	Nurul Hikmah Annisa & Omiati Natalia	<i>Husband's Support and postpartum Depression</i>	<i>Indonesian Journal of Midwifery (IJM) Vol. 6 Nomor 1 Maret 2023</i>	http://jurnal.unw.ac.id/index.php/ijm
<i>Postpartum depression, Social support</i>	Bunga Elsharon Wiyanto & Krismi Diah Ambarwari	<i>Social Support and Postpartum Depression in Javanese Mothers</i>	Psychopreneur Journal, 2021, 5 (2) : 68-79	https://journal.uc.ac.id/index.php/psy/article/view/2270
<i>husband's support and postpartum depression</i>	Adnan Adil, Rabia Shahbaz, Sadaf Ameer, Saba Ghayas, Sadia Niazi	<i>Effect of perceived husband's support on postpartum depression: Mediating role of need for approval</i>	<i>The Journal of the Pakistan Medical Association // Vol. 71, No. 9, September 2021 //</i> https://doi.org/10.47391/JPMA.1062	https://www.researchgate.net/profile/Sadia-Niazi-3/publication/354921031_Effect_of_perceived_husband's_support_on_postpartum_depression_Mediating_role_of_need_for_approval/links/61542db8fd7b3d12155aa8fb/Ef-fect-of-perceived-husbands-support-on-

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				postpartum-depression-Mediating-role-of-need-for-approval.pdf
<i>Spousal Relationship, Husband Involvement and Postpartum Depression</i>	Elit Pebryatie, Seung Chun Paek, Penchan Sherer, and Natthani Meemon	<i>Associations Between Spousal Relationship, Husband Involvement, and Postpartum Depression Among Postpartum Mothers in West Java, Indonesia</i>	Journal of Primary Care & Community Health // Volume 13// page 1-10 // DOI : 10.1177/21501319221088355 jurnal.sagepub.com/home/jpc	https://journals.sagepub.com/doi/pdf/10.1177/21501319221088355
Dukungan social and Postpartum Blues	Mariany Mariany, Rosani Naim and Lis Afrianty	Hubungan dukungan social dengan kejadian postpartum blues pada ibu nifas di wilayah kerja puskesmas pomalaa	Jurnal Surya Medika (JSM) // Vol 8 No 2, 2022 // Page 319-324 //	https://journal.umpr.ac.id/index.php/jsm/article/view/3916 DOI: https://doi.org/10.33084/jsm.vxix.xxx .
Social Support and Postpartum Depression	Ardiani, RB. Soemanto, Bhisma Murti	<i>Meta-Analysis: The Association between Social Support and Postpartum Depression</i>	Journal of Maternal and Child Health (2020), 055(06) : 641-650 Masters Program in Public Health, Universitas Sebelas Maret	https://thejmch.com/index.php/thejmch/article/view/504
Family Support, Self-Efficacy, Postpartum Depression	Cucu Eka Pertiwi, Ni Ketut Alit Armini, Eka Mishbahatul Mar'ah Has	<i>Relationship of Family Support and Self-Efficacy with Postpartum Depression among Postpartum Mothers</i>	Pedimaternatal Nursing Journal, Vol. 7 No.1, March 2021	https://ejournal.unair.ac.id/PMNJ/article/view/21793
Maternal Functional, postpartum depression	Juliana Fernandes Filgueiras Meireles, Clara Mockdece Nev	<i>The effect of maternal functional and postpartum</i>	Health Care for Women International	https://www.researchgate.net/profile/Songul-Aktas/publication/354792154_The_effect

status , self efficacy	es, Fabiane Frota da Rocha Morgado, Maria Muzik, Maria Elisa Caputo Ferreira	<i>depression status on breastfeeding self-efficacy of the mothers: A cross-sectional study</i>		of maternal functional and postpartum depression status on breastfeeding self-efficacy of the mothers A cross-sectional study/links/614cc2dc519a1a381f7d2a23/The-effect-of-maternal-functional-and-postpartum-depression-status-on-breastfeeding-self-efficacy-of-the-mothers-A-cross-sectional-study.pdf
<i>Husband Support and Self-acceptance</i>	Kartika Rukmi Palupi & Nurul Hartini	<i>Postpartum Depression : Husbandly Support and self-acceptance factor</i>	Opcion, Ano 35, Regular No 24 (2019): 1092-1104	https://scholar.unair.ac.id/en/publications/depression-status-on-breastfeeding-self-efficacy-of-the-mothers-A-cross-sectional-study.pdf

RESULT AND ANALYSIS

1.1 Postpartum Depression

Postpartum Depression is an affective symptom that occurs over a period of several days or weeks after giving birth, characterized by a depressed mood and changes in weight (Kaplan & Sadock, 2015, cited in Wiyanti and Ambarwari, 2021). Postpartum depression arises from biological reactions that occur after the childbirth process, such as hormonal changes that subsequently affect chemical reactions in the brain. This is exacerbated by the presence of fatigue and accompanying stress, giving rise to negative symptoms in mothers. A mother experiencing postpartum depression may lose interest and affection for her baby. She may struggle to recognize the needs of her baby and may also be reluctant to breastfeed (Wiyanti and Ambarwari, 2021). More severe symptoms include the emergence of a desire to harm the baby, oneself, or even thoughts of taking one's own life.

The incidence of postpartum depression in Asia is still quite high; according to Iskandar, 2007, cited in Annisa and Natalia, 2023, there is a 26-85% incidence of Postpartum Depression in Asia. In Indonesia itself, the incidence of postpartum depression reaches around 50-70% of women after giving birth (Annisa & Natalia, 2023). Postpartum depression occurs due to a lack of support for women's adjustment during the postpartum period. Beck (2016), cited in Annisa and Natalia (2023), defines signs of depression as (1) specific changes in mood such as sadness, loneliness; (2) negative self-concept accompanied by a tendency to blame and criticize oneself, (3) a desire to punish oneself, dependence on others, avoidance, or a desire to die, (4) physiological changes such as weight gain and loss, difficulty sleeping, and loss of appetite, and (5) changes in activity levels such as slowed movement, slowed mental development, or conversely, a surge in motor activity.

1.2 Husband Support

Social support is one of the factors that can influence the occurrence of postpartum depression. The provision of social support can be explained as an effort to assist someone with the goal of improving mental health quality, providing trust, advice, encouragement or motivation, and acceptance (Annisa & Natalia, 2023). Social support for postpartum women can be provided by those closest to them, including parents, husbands, friends, and other close individuals. The husband is one of the primary sources of social support for his wife. Support from a husband is highly needed by the wife because

the husband is considered the closest person and responsible for his wife's pregnancy (Annisa & Natalia, 2023).

Social support refers to the pleasure felt, comfort, concern, received appreciation, and assistance from others or other social groups (Sarafino & Smith, 2011, cited in Wiyanto and Ambarwari, 2021). House (cited in Wiyanto and Ambarwari, 2021) states that social support is a form of assistance or help that involves the exchange of social resources from each individual. The social support provided can bring peace, a sense of being noticed and loved, and instill confidence in the individual. In all the literature that has been collected, it was also found that social support provided by husbands has an influence on preventing the occurrence of postpartum depression in mothers. As explained by Pebryatie, et al (2022), the husband's involvement has been proven to be able to improve the quality of the mother's well-being by helping to alleviate her difficulties. This evidence can be used to initiate ways to improve maternal welfare after giving birth. In other journals it is also explained that social support during the perinatal period is very important. Lack of social support can make women vulnerable to stress, loneliness and loss of hope (Ardiani, Soemanto, Murti, 2020). Postnatal women who receive social support from their partners during the postnatal period will have more strength to be responsible for their roles in the household (Ardiani, Soemanto, Murti, 2020).

1.3. Self-Acceptance

Self-acceptance in a postpartum mother can prevent the occurrence of depression, so an increased level of self-acceptance in a mother will decrease the likelihood of postpartum depression. This is consistent with the research conducted by Palupi et al. (2019), where it is observed that self-acceptance has a negative correlation with depression, indicating that low self-acceptance is one of the factors contributing to depression in postpartum mothers. Additionally, as supporting research, Flet et al. (cited in Palupi, 2019) also explain that self-acceptance is something needed by an individual in facing the pressures that occur in their life. Therefore, for postpartum mothers who struggle to adapt to the new role, having good self-acceptance is essential to gradually adapt to the perceived stress of the new role.

Furthermore, another study by Chamberlain & Haaga (cited in Palupi, 2019) explains that self-acceptance can make an individual optimistic in navigating their life. This sense of optimism helps individuals avoid psychological problems, such as depression. This is reiterated in the research by Palupi et al. (2019), stating that a mother's self-acceptance will cultivate optimism in facing the new role after childbirth and minimize the occurrence of postpartum blues that could lead to postpartum depression.

CONCLUSION

Based on the analysis of several journals regarding postpartum depression, it was found that spousal support plays a central role in preventing this condition. Most subjects who did not receive spousal support experienced postpartum blues, indicating a significant relationship between the lack of spousal support and the occurrence of postpartum depression. Additionally, social support from family, friends, and the workplace also proved to have a positive impact on preventing postpartum depression. The attached journals emphasize that social support is not a direct cause but rather a factor that can aid in the prevention of postpartum depression.

The quality of the marital relationship also serves as a determinant of spousal involvement during pregnancy and childbirth. Spousal involvement, measured in terms of emotional support and participation in maternal care, has been shown to positively influence the well-being of the mother and reduce the risk of postpartum depression. These studies highlight the importance of strengthening the quality of the marital relationship as a preventive measure for postpartum depression.

Furthermore, breastfeeding self-efficacy also emerges as a significant factor. The negative relationship between breastfeeding self-efficacy and postpartum depression scores suggests that increasing confidence in breastfeeding can contribute to the mental well-being of mothers. Family support is also associated with self-efficacy and postpartum depression, underscoring the importance of a supportive social environment for postpartum mothers. Overall, these findings emphasize the need for comprehensive efforts to enhance spousal support, relationship quality, and breastfeeding self-efficacy to reduce the risk of postpartum depression and improve maternal well-being.

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