

## **ABSTRACT**

### **STUDY OF THE POSTPARTUM BLUES INCIDENT'S FACTORS**

**A Descriptive Research in Maternal Wards I Dr. Soetomo General Hospital**

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Postpartum blues, one of the emotional disturbances among women after delivery, is happened quite often. It may effect the mother, the development of the baby and the relationship between mother and her family, especially her husband. Many factors can cause postpartum blues, such as the pregnancy and labour experiences, psychosocial factors (social support and the infant's quality and condition) and spiritual factor.

The objective of this research was to identify the factors of postpartum blues incident.

About 31 women who delivered between June 26 until July 15, 2006 and suitable with the inclusion criteria were included as the research subjects. The researcher interviewed the subjects using a structural questions and asked all of them to completed the EPDS (Edinburgh Postnatal Depression Scale) by themselves in approximately 48 hours after delivery. The data were mannered by analysing the content of the subjects answers in the interview and also showed in percentage.

By using the EPDS, postpartum blues was found in 17 subjects (54,84%) from 31 women. The factors of postpartum blues such as : the pregnancy and labour experiences, psychosocial factors (social support and the infant's quality and condition) and spiritual factors showed that its have a role in causing the postpartum blues incident (38,71% in the pregnancy and labour experiences, 19,35% in social support, 16,13% in the infant's quality and condition and 9,78% in spiritual factor).

It can be concluded that the third factors above, especially the pregnancy and labour experiences factor as the dominant one, have a role in causing postpartum blues among the postpartum women. Further research should be done to evaluate the efectiveness of the husband's support and health education about postpartum blues for preventing postpartum blues incident.

**Keywords : the pregnancy and labour experiences, psychosocial factor, spiritual factor, postpartum blues.**