



**POSTPARTUM BLUES - HUSBAND'S SUPPORT FOR PRIMIPARA BIRTH:
SCOPING REVIEW**

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ABSTRACT

The process of childbirth causes several psychological changes in the mother, feelings of happiness, sadness and fear. These changes in feelings can occur in the first week after giving birth. Postpartum psychological changes called postpartum blues are more at risk of occurring in primitive mothers, where there is a change in the role of a mother. Husband's support greatly affects how psychological changes can cause postpartum blues problems especially in primitive mothers. The purpose of this literature review study was made to identify the husband's support for the incidence of baby blues in primipara mothers. The method used in this study is a socpong review and was systematically studied based on PRISMA flow cahart using Proquest, ScienceDirect, and Google Scholar databases with the keywords "husband support" and "primipara". With the inclusion criterion, research articles in 2017-2022 were found 871 articles using English, full text and in the form of articles. After scanning, 16 articles were obtained that matched the criteria and then a review was carried out. The results of the scoping review study showed that the husband's support for primipara mothers showed that mothers who received support from their husbands were less at risk of experiencing postpartum blue.

Keywords: husband support; primipara; postpartum blues

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INTRODUCTION

Husband's support in the postpartum period has an effect on the mother's psychological changes in readiness to face birth and role changes (Susanti & Sulistiyanti, 2017). Unsuccessful adjustment in role changes can lead to psychological disorders in mothers, namely postpartum baby blues (Renata & Agus, 2021). Changes in feelings felt are sadness, anxiety, irritability, crying and sleep disturbances(Purwati & Noviyana, 2020). The impact that occurs on mothers with postpartum blues can occur on mothers, babies and also on marital relationships (Renata & Agus, 2021). Postpartum blues that are not handled properly can lead to postpartum depression and postpartum psychosis disorder which can lead to actions that harm the mother and her baby (SARI et al., 2020). Postpartum changes both physically and psychologically that are felt for the first time in primipara mothers provide experiences that have both positive and negative impacts so that an adaptation process is needed in changing roles (Vidayati & Zainiyah, 2021). The process of adaptation in changing roles in primipara mothers requires support from the husband (Halima et al., 2022). The expected support of the husband is in the form of attention, communication, assistance in caring for the baby and helping with housework (Fadhilah & Budiman, 2021). The husband is the closest person as the main supporter for postpartum mothers, especially in helping the mother in the process of adaptation from pregnancy and after childbirth (Oktaputurning et al., 2018).

The attitude and treatment of the husband to the mother in the postpartum period has a great impact on the psychological state of the mother, the husband's support is the main factor causing the baby blues, especially in primitive mothers (Nadariah et al., 2021). The experience of pregnancy and first childbirth can also be the cause of postpartum blues where

the readiness of primipara mothers in reception and experience in caring for babies so that the husband's support for primipara mothers will be very helpful and prevent postpartum blues (Oktaputring et al., 2018). Postpartum blues problems are often overlooked because they are considered a normal condition so that the symptoms of postpartum blues that are felt are not reported because they are ashamed of being considered unable to carry out their role as mothers, so support is needed from the closest people, namely the husband in overcoming the problem of postpartum blues which can continue to become postpartum depression (Purwati & Noviyana, 2020; SARI et al., 2020). The author conducted a scoping review that aimed to identify the husband's support for primipara mothers against the occurrence of postpartum blues.

METHOD

The writing of this scoping review is carried out based on articles that are in accordance with the theme by searching for articles sourced from the Proquest, Science direc and Google Scholar databases. Search for articles using keywords and combinations with boolean operators: "OR", "AND", "postpartum baby blues"AND"Husband Support", "OR", "primipara" to get the appropriate article and the topic and purpose of scooping the review. The publication articles taken are articles with publication in the last five years, namely 2018-2022, articles in English and Indonesian, quantitative and qualitative research, fulltext and open access. The number of articles obtained from the results of the electronic database search was 871 research articles. After identifying and screening duplicate articles and filtering articles were used, as many as 16 articles were used. In identifying, screening and filtering articles using PRISMA (Preferred Reporting Items for Systematik Reviews and Meta –analysis) which is carried out systematically based on a flowchart according to the image 1.

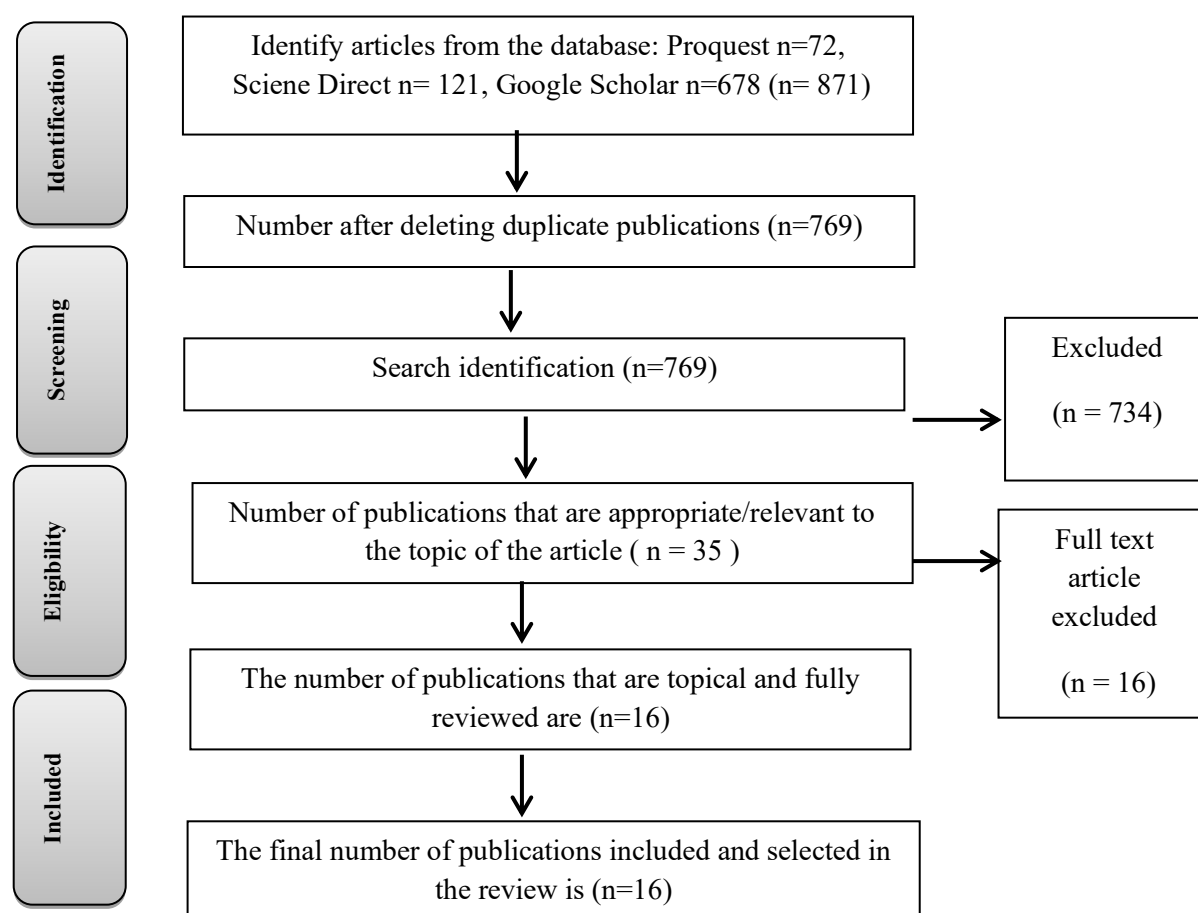


Figure 1. PRISMA flowchart

RESULT

The article search was conducted by the author using the keywords postpartum baby blues, husband support and primipara. Based on the results of article search from the electronic database, 871 articles were obtained. After identifying 16 suitable articles, relevant articles were downloaded and imported to Mendelay management. The following is a table of the results of the article search.

Table 1.
Summary of literature search results

No	Researchers Year	Heading	Findings
1	Fadhilah and all. 2021(Fadhilah & Budiman, 2021)	The Relationship of Husband's Social Support with Baby Blues Syndrome in Primipara Mothers After Childbirth	The relationship between husband social support and the incidence of baby blues syndrome was carried out in 52 respondents, a significant relationship between the incidence of baby blues and the support of the husband was obtained with a correlation coefficient value of $r = -0.592$
2	B. Renata and D. Agus, 2021 (Renata & Agus, 2021)	Association of husband support and postpartum blues in postpartum women	Conducted on 96 respondents in postpartum mothers at Santo Antonius Pontianak hospital, it was found that there was a significant relationship between husband support and the incidence of postpartum blues with a value of $p = 0.042$
3	L. A. Vidayati and H. Zainiyah, 2021(Vidayati & Zainiyah, 2021)	Determinant Factors that has Associated with Incidence of Postpartum Blues In the one of Primary General and Maternity Clinic	Of the total 36 respondents, 11 mothers with primipara were obtained, in the results of the study it was known that there were several factors that influenced, especially age and education and husband support with the incidence of postpartum blues.
4.	W. Qi <i>et al</i> (Qi et al., 2022)	Effects of family relationship and social support on the mental health	The study was conducted on 887 postpartum respondents by looking at marital satisfaction and social support for the occurrence of postpartum depression by looking at sleep quality and the results were obtained that marital satisfaction has an influence on the incidence of postpartum depression, social support has an important role in the incidence of postpartum depression.
5	A. Al-Zahrani <i>et al</i> (Al-Zahrani et al., 2021)	Primiparous Adaptation with Postpartum Helath Issue In Jeddah	Respondents as many as 140 primipara postpartum mothers were mostly 20 years old and older with stable financial resources, family support, 92% undergraduate education, 52% of respondents who experienced postpartum blues symptoms with sleep disorders, 21% of anxiety, depression 13% and problems with physical changes 78.6%. Work pressure and physical changes are a source of anxiety in postpartum mothers. Social support, education and the role of nurses are important in helping mothers navigate the adaptation period to postpartum changes in primipara mothers
6	M. B. Bakoil and V. E. Duncan, 2021. (Bakoil & Tuhana, 2021)	Husband support during and after labor in kupang	A study was conducted on 10 husbands of postpartum mothers to determine their husband's support during the birth and postpartum process. It was found that the support provided by the husband during the birth and postpartum process can be provided physically, informationally, protectively and emotionally. Physically the husband is present by giving touches, helping to eat and drink, helping to care for the baby. From the results of the study, it was found that not all respondents did the support mentioned.

No	Researchers Year	Heading	Findings
7	R. Astri, A. Fatmawati, and G. Gartika, 2020(Astri et al., 2020)	Social support in primipara postpartum mothers against the incidence of postpartum blues	The study was conducted on 108 postpartum mothers with primipara on days 1-7 postpartum it was found that 89.6% received good social support but 40.6% of mothers experienced postpartum blues, it was concluded that there is a significant relationship between social support and the incidence of postpartum blues in primipara mothers that social support can be obtained from husbands, family and friends needed in postpartum mothers with primipara.
8	A. D. Ristanti and E. D. Masita, 2020(Ristanti & Masita, 2020)	The influence of husband's support on health – seeking behavior in Madurese with postpartum blues	Respondents as many as 40 mothers with postpartum baby blues were obtained by 18 mothers with primipara The results of the study found that mothers with postpartum blues in health-seeking behavior were positively correlated with their husband's support with a value of $r=0.95$
9	R. P. SARI, A. DENSY, and B. KERAMAN, 2020(SARI et al., 2020)	Analysis of risk factors for the occurrence of postpartum blues	Out of a total of 43 respondents, 29 mothers experienced postpartum blues, from the number of parity obtained 22 mothers with primipara, 8 respondents experienced severe postpartum blues, 11 respondents experienced mild postpartum blues. It is known that postpartum mothers did not receive husband support as many as 23 respondents with the incidence of postpartum blues in 20 respondents, that there was a significant relationship between husband support for the incidence of postpartum blues, especially in mothers with primipara.
10	N.A.Nurhayati, 2020(Nurhayati, 2020)	The relationship between husband support in postpartum motherhood and postpartum blues	The results of the study from 40 respondents were obtained that 16 respondents experienced postpartum blues, 60% of husbands provided support to mothers and 40% did not provide support, 87.5% of mothers experienced postpartum blues so that there was a significant relationship between husband support and the incidence of postpartum blues.
11	D. Oktaputrinings, S. C., and S. Suroso, 2019.(Oktaputrinings et al., 2018)	Postpartum Blues: The importance of social support and marital satisfaction in Primiapara's mother	From 35 respondents of primipara mothers, it was found that there was a positive relationship that was not significant in social support to the incidence of postpartum blues. The social support that primipara mothers expect the most is the husband's support which plays an important role in reducing the symptoms of postpartum blues.
12	C. Help, G. E. . Korompis, and M. Hutauruk, 2019(Help et al., 2019)	Husband's support with postpartum depression	To find out the relationship between husband support and the incidence of postpartum depression Respondents as many as 50 with the age of 20-25 years as much as 82% and primipara childbirth status as much as 32%, with less than 40% of the husband's support, as many as 17 respondents experienced postpartum depression with less than 12 respondents, there were 5 respondents experiencing postpartum depression with the support of their husbands both due to age and readiness in physical changes and post-paralysis psychic.
13	M. M. Hidayat, I. N. Rachmawati, and D. Gayatri, 2019 (Hidayat et al., 2019)	Prenatal distress you increased psychosocial risk in the postpartum period among Indonesian women	Conducted on 162 respondents with pregnant women, prenatal distress measurements were carried out and postnatal distress was carried out, it was found that 45.6% of pregnant women experienced stress and were at high risk of experiencing postpartum stress. Some of the causes of distress are pregnancy planning, physical changes, social support, so it is necessary to carry out distress screening during pregnancy to prevent the risk of postpartum distress.
14	S. Nadariah, N. Febriyana, and D. I. Budiono, 2019(Nadariah et al.,	The Relationship of Primitive Mothers with the Occurrence of	The study was conducted on 21 respondents of postpartum mothers in primipara and found that the characteristics of age, education, occupation and pregnancy status were not related to the incidence of baby blues. On the

No	Researchers Year	Heading	Findings
	2021)	Postpartum Baby Blues	characteristics of husband support, it was found that there was no significant relationship between husband support and the incidence of baby blues.
15	H. N. Rahman, 2018(Rahman, 2018)	Factor Analysis of Postpartum Blues on Post Partum Patien	Analysis of the incidence factors of postpartum blues in 86 respondents received low husband support as many as 18, medium 53 and high 17 respondents with primipara respondents as many as 48 respondents, respondents who experienced postpartum blues as many as 65 respondents. It was found that low husband support had an effect on the incidence of postpartum blues four times greater than high husband support, and the parity factor showed that there was no parity effect with the incidence of postpartum blues.
16	D. R. Adila, D. Saputri, and S. Niriyah, 2019(Adila et al., 2019)	Postpartum blues experience in primipara mothers	The adaptation process in primipara mothers in changing the role of motherhood in baby care, changes in the physique and lack of response from the husband are the causes of postpartum blues. The adaptation process experienced by primipara mothers lacks knowledge in baby care, physical changes, caused by caring for their own children with some of the symptoms felt are sadness, crying, anxiety, irritability and no appetite

Based on 16 articles, 14 articles with cross-sectional quantitative research methods and 2 qualitative research articles phenomenological studies. There was a significant association that husband's support for the occurrence of postpartum blues (Fadhilah & Budiman, 2021; Mandey et al., 2020; Oktaputrinig et al., 2018; Renata & Agus, 2021; SARI et al., 2020). In the research of S.Nadariah, at all (2021) by looking at the characteristics of age, education, occupation, pregnancy status and husband support for primipara mothers to the incidence of baby blues, it was found that there was no relationship between the characteristics of primipara mothers and the incidence of baby blues, this was found that primipara mothers who experienced baby blues with correlation test results using chi square showed a $p > 0.05$ value result (Nadariah et al., 2021).

DISCUSSION

In the results of the scoping review study, the focus of the researcher was to see the husband's support for primipara mothers who experienced postpartum baby blues. Postpartum blues is a psychological disorder experienced by the mother after giving birth on the second or third day to the fourteenth day where there is a change in roles and responsibilities causing changes in feelings that cause the mother to become anxious, sad, and desperate because she has not been able to take good care of the baby(Adila et al., 2019; Astri et al., 2020; Oktaputrinig et al., 2018; Tolongan et al., 2019). Symptoms that occur in postpartum blues are feelings of sadness, easy crying, fatigue, mood swings causing irritability, anger, eating disorders and sleep disorders, lack of confidence and complaints of headaches (Astri et al., 2020; Okunola et al., 2021).

The exact cause of postpartum blues is very complex hormonal changes, difficulty adapting and fatigue triggering the occurrence of postpartum blues (Okunola et al., 2021; Werdani & Anggraeni, 2017). The various factors that cause Postpartum blues are due to age, number of births, spousal support, and other risk factors due to education, mother's employment status, type of childbirth, unplanned pregnancy and family economic status (Al-Zahrani et al., 2021; Astri et al., 2020; Fitriana & Nurbaeti, 2015; Ristanti & Masita, 2020). The experience of pregnancy and childbirth is the most dominant factor in the occurrence of postpartum baby blues coupled with a young age has a risk of the occurrence of postpartum baby blues which is associated with mental readiness and readiness and there is no experience in caring for the baby and duties as a mother(Hidayat et al., 2019; Mandey et al., 2020; Qi et al., 2022; Ristanti

& Masita, 2020; Susanti & Sulistiyanti, 2017). In mothers with primipara who do not have experience, ignorance in taking care of children, taking care of their own children, this can cause postpartum baby blues (Adila et al., 2019; Nadariah et al., 2021).

Changes in the role and process of postpartum adaptation in primipara mothers affect the physical and psychological condition of the mother, it requires readiness and support, especially from the husband (Adila et al., 2019). Social support from family and friends has positive value, but the support of the husband is most expected by primipara mothers (Nadariah et al., 2021; Oktaputrinings et al., 2018). The husband's role in the adaptation process can provide direct support by assisting the mother in the care of the baby, emotional support, rewards, economic support and also information (Fadhilah & Budiman, 2021) (Bakoil & Tuhana, 2021). Physical changes in primipara mothers, especially weight gain, affect the psychological condition so that readiness is needed by obtaining health information, training, and social support in the postpartum adaptation process (Al-Zahrani et al., 2021). Experience and knowledge in the care and changes experienced by postpartum mothers with primipara can affect the incidence of postpartum blues, husband's support has a positive effect on primipara mothers and can improve the well-being of mothers and babies (Adila et al., 2019; Ristanti & Masita, 2020).

CONCLUSION

Husband support is a form of action and attention, it can be real help or behavior given by the husband to his wife in any condition, communication, attitude and affection. Postpartum conditions make the mother's feelings unstable, the husband's support will greatly help the mother in overcoming problems in postpartum mothers, especially postpartum baby blues. The absence of experience and age of mothers in primipara mothers in facing childbirth will increase the risk of mothers experiencing postpartum baby blues. In accordance with the purpose of the scoping review, it was found that the husband's support was very influential on the occurrence of postpartum blues, this will be strengthened if it occurs in primitive mothers. The topic of the scoping review was to find out the husband's support for the primitive mother with the occurrence of postpartum blues. Motherhood leads to changes in self-conceptualization, family constellations, role expectations, and new responsibilities. As a result, the transition to motherhood is not only associated with positive experiences, but also negative ones. The experience of motherhood and lack of support from a husband is one of the causes of postpartum blues, if not handled properly, persists and negatively affects mood so that postpartum nursing measures are needed.

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