



The Relationship Between Postpartum Depression and Breastfeeding

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ABSTRACT

One of the effects of postpartum depression is a decrease in the ability of mothers to care for themselves and their babies, including in the effort to provide breastfeeding. Based on this background, the researcher wanted to research the relationship between postpartum depression and breastfeeding.

The research method used was cross sectional research with a total sample of 67 postpartum mothers in the first month. The independent variable in this study was postpartum depression while the dependent variable was breastfeeding. Data were collected using the Edinburgh Postnatal Depression Scale (EPDS) to measure depression during the puerperium.

The results showed that 22 respondents who did not experience depression gave breast milk to their babies. Based on data analysis with statistical tests, it was found that $p < 0.016$.

There is a relationship between the incidence of postpartum depression and breastfeeding. It is advisable to carry out psychological health monitoring in postpartum mothers to increase the achievement of breastfeeding.

Keywords: Postpartum depression; breastfeeding

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INTRODUCTION

The puerperium is also called puerpurium which comes from the Latin word "Puer" which means baby and "Parous" means giving birth. Postpartum is blood that comes out of the uterus due to childbirth or after childbirth.¹ The postpartum period lasts 6 weeks or 42 days, and in this phase there is a change in the uterus to return to its original shape before pregnancy or it is also called the process. involution.² During the postpartum period, the mother will experience physiological and psychological changes. Psychological changes occur because mothers get new roles and new tasks in caring for their babies.

One of the psychological changes that can occur during the puerperium is the onset of post partum depression. Postpartum depression is depression that occurs after childbirth and can last for weeks or even months.³ Reluctant to socialize do not care about the baby's condition or become too concerned about the baby's development, it is difficult to control feelings, it is difficult to make decisions.⁴

The incidence of postpartum depression is still quite a lot, it's just that psychological examinations during the puerperium have not been maximally applied. The results of research conducted by Sicily at the Morokrengangan Public Health Center in Surabaya showed that the depression that occurred in postpartum mothers was 53% experiencing mild depression, 33% not experiencing depression, 9% experiencing major depression and 5% experiencing moderate depression.⁵ Depression that occurs during the puerperium can have long-term and short-term psychological impacts not only on women sufferers but also on children and other family members⁶ One of the effects of postpartum depression is a decrease in the ability of mothers to provide care. to the baby and breastfeeding. Based on this background, the researcher wanted to research the relationship between postpartum depression and breastfeeding.

METHODS

This research is an analytical study with a cross sectional design. This research was conducted on postpartum mothers in the Sidoarjo region. The sample in this study amounted to 67 postpartum mothers in the first month who gave birth from June to August who did not experience complications / problems during childbirth and the postpartum period. The instrument used in the retrieval process was a questionnaire. To measure post partum depression using the *Edinburgh Postnatal Depression Scale* (EPDS) questionnaire.

The Edinburgh Postnatal Depression Scale (EPDS) consists of 10 questions given to postnatal mothers to determine their psychological state. Then the score of the answer is in the number, the greater the score obtained, it shows the greater the depressive disorder experienced. Patients who have an EPDS score above 10 are likely to suffer from a depression of varying severity. This scale shows the patient's feelings in the last 1 week.⁷

The results of this data collection will then be processed using a computer program. Then to determine whether there is a correlation between post partum depression and breastfeeding in newborns, data analysis was performed using the chi square test. The variables in this study include the independent variable, which is the scale for assessing the risk of postpartum depression (Edinburgh scale). The dependent variable (dependent variable) is breastfeeding for newborns.

RESULT

Table 1. Frequency distribution of Post partum depression

No	Post partum depression	Frequency	%
1	Depression	12	18
2	Not depressed	55	82
		67	100

Based on table 1. It shows that some respondents do not experience postpartum depression as much as 82% of respondents

Table 2. Frequency Distribution of Breastfeeding in Newborns

No	Breastfeeding	Frequency	%
1	Breast milk	28	42
2	Combination	20	30
3	Formula milk	19	28
		67	100

Based on table 1. It shows that some respondents gave ASI as much as 42% of respondents

Table 3. Relationship between Postpartum depression and breastfeeding in newborns

Post partum depression	Breastfeeding			<i>p value</i>
	Breast milk	Combination	Formula milk	
Depression	6	6	0	0,016
Not depressed	22	14	19	
Jumlah	28	20	19	

Based on table 3, it shows that most of the respondents who did not experience post partum depression gave breast milk to babies, as many as 22 respondents. Based on the data analysis using the chi square test, it shows that $p < \alpha$, which is $0.016 < 0.05$, so it can be concluded that there is a relationship between post partum depression and breastfeeding in newborns.

DISCUSSION

The results showed that there was a relationship between postpartum depression and breastfeeding for newborns with a p value of 0.016. Breastfeeding for babies by postpartum mothers is influenced by several factors, including the psychological condition of the mother during the postpartum period. In mothers who are not under pressure and can adapt well to the changes that occur, postpartum mothers can play their new role well without pressure, and this can stimulate the hormone oxytocin in producing breast milk.

However, in mothers who experience anxiety, fatigue or depression in facing their new role, this can reduce the production of the hormone oxytocin which in turn reduces the mother's interest in breastfeeding. Besides that, another factor that can affect the readiness of the mother to carry out her new role is the experience factor.

This is consistent with the research conducted by Soep which showed the results, namely the independent t-test study showed a significant difference in the risk of postpartum depression in primiparous and multiparous women ($p = 0.000$; $\alpha = 0.05$)⁸. Shows that breastfeeding in infants aged <10 days associated with postpartum blues symptoms. Research by Ratna Dewi in 2010 with a population of all mothers who have given birth in private practice midwives, maternity homes, and hospitals in the city of Bengkulu where the number of babies is 6243 with the results of logistic regression analysis showing a significant relationship between patterns of early feeding to infants. with the incidence of postpartum blues OR = 4.47; 95% CI: 1.03-10.43) which means that mothers with non-breastfeeding have a 4.47 times greater risk of experiencing postpartum blues compared to mothers who breastfeed their babies fully.⁹

Research conducted by Magista shows that there are 55.8% of mothers with postpartum depression who experience breastfeeding failure alone and the results of in-depth interviews show that factors that influence breastfeeding failure alone include postpartum depression, breastfeeding does not come out and working mothers.¹⁰ In the process of breastfeeding, the mother's physical and mental condition must be healthy so that the hormones estrogen and progesterone can increase, thereby increasing milk production. In the first 2 weeks after delivery it is necessary to do psychological screening of the postpartum mother, to identify the incidence of depression so that it can increase breastfeeding in newborns.

CONCLUSION AND SUGGESTION

There is a relationship between postpartum depression and breastfeeding. Monitoring or mental / psychological health screening of postpartum mothers is needed in the first 1 month postpartum to avoid the occurrence of post partum depression and increase breastfeeding.

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