

## Increased Knowledge Through Psychological Adaptation Education for Postpartum Mothers in The Work Area of Antang Perumnas Public Health Center

Firawati<sup>1\*</sup>, Hasnaeni<sup>1</sup>, Lili Purnamasari<sup>1</sup>

<sup>1</sup>Program Studi D3 kebidanan, Sekolah Tinggi Ilmu Kesehatan Nani Hasanuddin, Indonesia

Correspondence: [firawati@stikesnh.ac.id](mailto:firawati@stikesnh.ac.id)

### ABSTRACT

*During the postpartum period, the ability to adjust is very important, less than optimal adjustments can cause the mother to experience various problems such as postpartum blues, postpartum depression, postpartum psychosis. The mother's reaction after giving birth will affect her attitude, behavior, and emotional level. Psychological stress after childbirth is an emotional and emotional symptom, where a person feels moody, can't sleep, is excessively physically exhausted, and doesn't know what to do with his new role. The purpose of this community service is to empower the community for cadres and postpartum mothers in increasing knowledge about preventing psychological problems in postpartum mothers. The method of implementing this service activity is to use a model of increasing partnerships with health cadres and postpartum mothers by providing health promotion education about preventing psychological problems and postnatal health screening. This activity was carried out in May 2022 with 23 participants participating. The results of Community Service showed that before the extension, the majority of respondents had sufficient knowledge of 48% and the minority had good knowledge of 39%. While the results of the evaluation of activities after being given counseling on psychological adaptation of postpartum mothers, the majority of respondents had good knowledge of 78% and the minority had sufficient knowledge of 13%. Conclusion There is an increase in knowledge about the psychological adaptation of postpartum mothers. This community empowerment activity can be used as health promotion regarding the prevention of postpartum psychological problems as an effort to improve maternal health after childbirth.*

**Keywords:** Education; Psychological Adaptation; Postpartum

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### 1. Introduction

Postpartum mother psychological problems often occur by mothers. The psychological condition of postpartum mothers states that some mothers experience emotional disorders that sometimes feel happy and feel sad for no reason. One of the ways to prevent postnatal psychological problems is by providing education and increasing the role of families and communities in assisting mothers after giving birth (Inayatush Sholihah, 2021). Description after childbirth and anxiety that is not controlled by the mother after childbirth is a sign of postpartum depression or Post Natal Depression (PND) can harm both mother and baby. Unknown symptoms of depression and handled properly can cause social, psychological and occupational disorders for mothers and children placing the baby in a position at risk of experiencing developmental, behavioral and emotional problems (Indriastuti & Tahiruddin, 2015).

During the postpartum period, it is necessary to adapt to maternal adjustments, poor coping mechanisms can cause mothers to experience postpartum blues disorders, postpartum depression, postpartum psychosis (Nova & Zagoto, 2020). Postpartum adjustment is a problem of stimulation of psychological disorders of the mother after giving birth. A mother is maximized to be able to play a better role both as a wife or mother, postpartum mothers must be able to be given love, recognition from other humans, need to be appreciated, need to be cared for and need to get support from other people, family and friends, especially after giving birth. During this period, mothers often show signs of mild depression a few days after giving birth (Nova & Zagoto, 2020). Anxiety disorders are things that are often experienced by mothers that arise due to the mother's inability and readiness to accept the presence of her baby who requires special care in the first weeks of her birth (Syahrianti et al., 2020). To be able to take care of her baby well, a healthy mother is needed both physically and mentally, a mother who has psychological/mental disorders of course cannot take care of her baby properly so that it can support the increasing number of morbidity and mortality in infants.

Psychological adaptation in postpartum mothers is divided into 3 periods, namely: 1) the taking-in period occurs 1-3 days after delivery, at this time the mother is passive, all her energy is focused on her body's worries; 2) the taking hold period lasts 3-10 days after delivery, at this time the mother is worried about her ability to care for the baby; and 3) the letting go period which takes place after 10 days of giving birth, when the mother accepts the responsibility for her new roles, as a wife and as a mother (Sardi et al., 2019). Post-delivery needs psychological adaptation for mothers, adaptation that is not optimal can result in mothers causing health problems, for example postpartum stress (Nova & Zagoto, 2020).

Post-delivery is a critical period for postpartum mothers. Readiness in terms of physical and psychological in the face of the postpartum period will make the normal postpartum period better. The benchmark during the puerperium is the process of involution and lactation. The problem of involution is seen from the percentage of postpartum hemorrhage caused by uterine atony in Malang Regency as much as 34%, while lactation problems associated with exclusive breastfeeding in Malang City are still low at around 60%. One of the efforts that can be implemented is postnatal massage (Pinder et al., 2018).

## 2. Methodology

The implementation method of this activity is to conduct an initial survey and direct interviews about the extent of knowledge about psychological adaptation of postpartum mothers with cadres and postpartum mothers and the results of interviews are that there are still many postpartum mothers who do not know the psychological adaptation of postpartum mothers and have never heard of the 3 phases are taking in, taking hold and letting go and not knowing **the period of mother adaptation during the postpartum** period, the transition period and related factors. successful transition to parenthood at the time of post partum Therefore, we will carry out Education on Psychological Adaptation of Postpartum Mothers and the introduction of psychological adaptation in postpartum mothers.

The details of the material are listed in the following table:



The methods of implementing this service activity are using increased knowledge of health cadres and postpartum mothers by providing health education about psychological adaptation, psychological changes during the postpartum period, **Mother's Adaptation Period in Postpartum**, Transition Period for Postpartum Mothers, and Factors influencing the success of the transition to parenthood at the time of post partum. This activity was carried out in May 2022 with 23 participants participating.

### 3. Result

Community service activities in the form of health counseling about psychological adaptation, psychological changes during the postpartum **period, the adaptation period of mothers during the postpartum period**, Transition Period for Postpartum Mothers, and Factors influencing the success of the transition to parenthood at the time of post partum. The participants of the activity were very enthusiastic about receiving the material presented, this could be seen from the many questions that were submitted by the participants during the implementation of the activity. Implementation of community service activities at the Antang Public Health Center, Perumnas.

The material presented helped the participants (postpartum mothers and cadres) in overcoming the discomfort of psychological problems experienced by postpartum mothers, especially with the current conditions, where during the postpartum period, the ability to adjust is very important, less than optimal adjustments can cause the mother to experience various problems such as stress, post partum is very limited to doing activities outside the home. The activity lasts for two o'clock thirty minutes, after the participants took part in the activity, an evaluation of the implementation of the activity was carried out by giving a questionnaire. With the following results:

**Table 1.** Frequency distribution of knowledge level of postpartum mothers about psychological adaptation in the working area of Antang Public Health Center, Perumnas

Evaluation	Before Education		After education	
	Frequency (N)	Percentage (%)	Frequency (N)	Percentage (%)
Well	9	39	18	78
Enough	11	48	3	13
Not enough	3	13	2	9
Total	23	100	23	100

Evaluation frequency distribution table, the results obtained before education most of the respondents have sufficient knowledge of 48% and a small portion of good knowledge of 39%. While the results evaluation activity after given counseling Regarding the psychological adaptation of postpartum mothers, the majority of respondents had good knowledge of 78% and the minority had sufficient knowledge of 13%. There is an increase in the knowledge of postpartum mothers as a benchmark for achieving success indicators activity this community service.



**Figure 1:** Activity Results

**4. Discussion**

Postpartum mothers are mothers who can cause psychiatric problems in postpartum mothers, there are psychological changes needed by postpartum mothers. Some respondents can adapt and some cannot adapt to the changes they experience, a mother who cannot adapt to these conditions can have psychological problems and various problems such as postpartum stress (Syahrianti et al., 2020).

The result showed that levels of anxiety and depressive symptoms increased from 24 weeks of gestation until postpartum, while stress levels decreased during pregnancy but increased in postpartum (Cheng et al., 2021).

After giving birth, psychological adaptation is very much needed, less adaptation can cause psychological disorders, especially such as postpartum blues, postpartum depression, postpartum psychosis (Nova & Zagoto, 2020) Research results Nova & Zagoto (2020) shows that most of the knowledge of mothers regarding psychological adaptation after childbirth is sufficient knowledge as many as 15 people (50%). The results of these findings are recommended to be able to transfer information to postpartum mothers about Psychological Adjustments during childbirth and postpartum mothers can increase knowledge in some information, both from health workers and through print media, electronic media, books and

articles More maternal anxiety during the puerperium can be closely related to the mother's subsequent adaptation which can lead to stress and disrupt psychological and behavioral problems in children (Teissedre and Chabol, 2003 in Tseng et al., 2010). If postpartum maternal anxiety is not avoided properly, negative effects on postpartum mothers will occur such as not smooth breastfeeding, poor mother-infant relationships, and depression. Baby blues should be addressed immediately. Otherwise, the baby blues will lead to mental disorders that motivate the mother to hurt herself.

The results of Harianis & Sari (2022) of the analysis showed that there was a correlation between postnatal health education provided by health workers ( $p=0.001$ , CI 3.225 -50,404, OR 12.750) and family involvement in taking care of the baby ( $p=0.003$ , CI 2.020-32.594, OR 8.114) with the incidence of postpartum blues. Meanwhile, pregnancy plans ( $p=0.736$ ) and delivery complications ( $p=0.969$ )

If the postpartum blues condition is not treated seriously, it will develop into postpartum depression and the most severe condition until postpartum psychosis. Postpartum blues often lead to disconnection of mother and child interactions, and interfere with the attention and guidance needed by the baby to develop properly and also affect the relationship that is not good between family members (Adam S, 2019)

The involvement of the community, family and husband in preventing psychological problems in postpartum mothers through health promotion can increase psychosocial support. The role of the community and family, especially husbands in postpartum mothers can reduce various symptoms of psychological disorders or depression. The psychosocial support that mothers receive after giving birth can overcome the fear and anxiety they feel. Can provide good psychology, and no longer feel anxious because social needs are met. One of the husband's support given by people around can eliminate symptoms of depression and psychological disorders such as maternal anxiety during the postpartum period (Mage et al., 2020).

#### 4. Conclusion

The result of this community service activity is that there is an increase in knowledge about the prevention of psychological problems and their management in postpartum mothers, which is 31.4%. Increased knowledge and involvement of the community, especially health cadres, can increase community empowerment to improve women's health, especially in postpartum mothers. Suggestions for this community service activity, it is better to collaborate with local health centers and carry out regular monitoring of maternal health after childbirth. The provision of educational media should be more comprehensive and interesting.

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