

## **The Relationship of Husband's Support with the Incident of Baby Blues Syndrome in the Working Area of the Baloi Permai Health Center Batam City 2022**

**Dalva Nursalma<sup>1\*</sup>, Ika Novita Sari<sup>2</sup>, Cica Maria<sup>3</sup>**

<sup>1,2,3</sup>*Department of Nursing Science, Faculty of Medicines, Universitas Batam, Kepulauan Riau, Batam 29464, Indonesia.*

*\*Corresponding Author:*

Dalva Nursalma

*E-mail: dalvanoersalma06@gmail.com*

### **Abstract**

Baby Blues is a mild affective disorder syndrome that often appears in the first week after delivery, peaks on the third to fifth day, and attacks within 14 days after delivery. Baby blues syndrome can present feelings of uncertainty and change. The erratic and fluctuating feelings include excessive anxiety and worry, confusion, lack of confidence, sadness, feeling useless, often crying, hyperactivity or excessive pleasure, sensitivity, ignoring the little one, excessive anger, insomnia, energy loss, decreased appetite, and fatigue after waking up. This study aims to determine the relationship between husband's support and the incidence of baby blues syndrome in the working area of the Baloi Indah Public Health Center, Batam City in 2022. This study was conducted in September with the research method using a total sampling technique. The number of samples is 50 respondents. Analysis of the data using the Chi-Square Test, with the degree of significance used is 0.05 if the p-value <0.05  $H_0$  is rejected, meaning that there is a relationship between the husband's support and the incidence of baby blues syndrome.

**Keywords:** Husband's Support, Baby Blues Syndrome Reading

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Dalva Nursalma<sup>1\*</sup>, Ika Novita Sari<sup>2</sup>, Cica Maria<sup>3</sup>

<sup>1,2,3</sup>Department of Nursing Science, Faculty of Medicines, Universitas Batam,  
Kepulauan Riau, Batam 29464, Indonesia.

**\*Corresponding Author:**

Dalva Nursalma

E-mail: [dalvanoersalma06@gmail.com](mailto:dalvanoersalma06@gmail.com)

### Abstrak

*Baby Blues* merupakan suatu sindroma gangguan afek ringan yang sering tampak dalam minggu pertama setelah persalinan dan memuncak pada hari ke tiga sampai kelima dan menyerang dalam rentang waktu 14 hari terhitung setelah persalinan. *Baby blues syndrome* bisa menghadirkan perasaan tidak menentu dan berubah-ubah. Adapun perasaan tidak menentu dan berubah-ubah tersebut seperti: perasaan cemas dan khawatir berlebihan, bingung, tidak percaya diri, sedih, merasa tidak berguna, sering menangis, hiperaktif atau perasaan senang berlebihan, sensitive, mengabaikan sikecil, marah berlebihan, insomnia, kehilangan tenaga, nafsu makan berkurang serta kelelahan sehabis bangun tidur. Penelitian ini bertujuan untuk mengetahui hubungan dukungan suami dengan kejadian baby blues syndrome di wilayah kerja puskesmas baloi permai kota Batam tahun 2022. Penelitian ini dilakukan pada bulan September dengan metode penelitian menggunakan teknik *total sampling*. Jumlah sampel sebanyak 50 responden. Analisa data menggunakan Uji Chi Square, dengan derajat kemaknaan yang digunakan adalah 0,05 jika nilai p value < 0,05  $H_0$  ditolak artinya ada hubungan antara dukungan suami dengan kejadian baby blues syndrome.

**Kata Kunci** : Dukungan Suami, Baby Blues Syndrome

## Introduction

Postpartum is the most dynamic event in a woman's life cycle which can affect her psychology. After giving birth, women are required to adapt to their new role as mothers, which results in changes in relationships between husbands and other family members as well as changes in family functions. Some women manage to adjust well, but some do not succeed in adjusting and experience postpartum emotional disturbances in three forms, namely postpartum blues, postpartum depression, and postpartum psychological disorders. Baby Blues is a mild affective disorder syndrome that often appears in the first week after delivery peaks on the third to fifth day and attacks within 14 days after delivery (Arfian, 2012).

Baby blues syndrome can present feelings of uncertainty and change. These feelings of uncertainty and change include feelings of excessive anxiety and worry, confusion, lack of self-confidence, sadness, feeling useless, frequent crying, hyperactivity or feeling excessively happy, sensitivity, ignoring little ones, excessive anger, insomnia, and loss of energy. , decreased appetite, and fatigue after waking up (Widyaningtyas, 2019).

For postpartum mothers, mothers who have just given birth will need the support of those closest to them because they are not yet in a completely stable condition, both physically and psychologically. She was very unfamiliar with the fantastic change in her new role that happened so quickly, namely the role of a mother. A positive response from the husband will speed up the process of adapting to this role, making it easier for the midwife to provide healthy care. There are several factors related to the incidence of baby blues in postpartum mothers, one of which is low husband support. The husband's support is the biggest factor in

triggering postpartum blues.

This is because the husband's support is an important coping strategy when experiencing stress and functions as a preventive strategy to reduce stress. Those who receive less support from their husbands emotionally, support, and appreciation do not show symptoms of postpartum blues, while those who receive less support from their husbands relatively experience symptoms of postpartum blues. Support from health workers such as obstetricians, midwives, or nurses is also really needed by postpartum mothers, for example by how to provide sufficient/adequate information about the process of pregnancy and childbirth including the complications that may arise during that period and their treatment. This research is important because Baby Blues Syndrome can develop into Postpartum Depression if not handled properly, while Baby

Blues Syndrome is usually considered unnatural because stronger activity will hurt the individual, the baby's development, and relationships with husband and family. Apart from that, there is still little research in Indonesia that reveals the emergence of this syndrome considering several obstacles.

## MATERIALS AND METHODS

This research was conducted in the work area of the Baloi Permai Community Health Center, Batam City in 2022, using the total sampling method. The respondents for this study consisted of 50 mothers giving birth in the working area of the Baloi Permai Community Health Center. The research was conducted in September 2022. The data collection tool used a questionnaire filled out by respondents, with data analysis using univariate analysis to determine the frequency distribution of independent or dependent variables and bivariate analysis to see the relationship between the independent variable and the dependent variable.

## RESULTS AND DISCUSSION

### 1. Research Results

Based on the results of research entitled

"The Relationship between Husband's Support and the Incident of Baby Blues Syndrome in the Baloi Permai Ouskesmas Work Area, Batam City in 2022". Data on the frequency distribution of respondents was obtained based on the results studied, as follows: a. Univariate Analysis

In this study, there are two characteristics of respondents, namely, husband's support and baby blues syndrome, as can be seen in the following table:

**Table 4.1**  
**Frequency Distribution of Husband's Support in the Working Area of**  
**Baloi Permai Health Center, Batam City in 2022**

Husband's Support	Frequency	(%)
Husband' Support	13	26
No Husband'Support	37	74
<b>Total</b>	<b>50</b>	<b>100</b>

Based on table 4.1, it can be explained that out of 50 respondents, there were 13 (26.%) respondents who received support from their husbands. Meanwhile, 37 (74.%) respondents did not receive their husband's support. These results can be concluded that on average mothers who experience baby blues syndrome do not get enough support from their husbands. The results of Friedman's research (2010) show that support is not only in the form of psychological support but physiological support, assessment, information, and finances are needed by postpartum mothers. Husband's support is an important coping strategy when experiencing stress and functions as a preventive strategy to reduce stress.

**Table 4.2 Frequency Distribution of Baby Blues Syndrome in the**  
**Baloi Permai Health Center Working Area, Batam City in 2022**

Baby Blues Syndrome	Frequency	(%)
Baby Blues Syndrome	17	34%
No Baby Blues Syndrome	33	66%
<b>Total</b>	<b>50</b>	<b>100</b>

Based on Table 4.2, it can be explained that out of 50 respondents, 17 (34.%) respondents experienced baby blues syndrome. Meanwhile, 33 (66.%) respondents did not experience baby blues syndrome.

### b. Bivariate Analysis

Bivariate analysis is an analysis carried out to determine the relationship between 2 variables. In this analysis, two measurements are taken for each observation. In bivariate analysis, the samples used can be paired or independent with their treatment. Bivariate

analysis is a type of analysis that is used according to the condition of the number of variables. This seemingly simple analysis can produce very useful tests. The bivariate analysis in this study aims to determine the relationship between the husband's support and the incidence of baby blues syndrome in the working area of the Baloi Permai Community Health Center, Batam City in 2022. The statistical test used is the chi-square test.

**Table 4.3 The Relationship between Husband's Support and the Incident of Baby Blues Syndrome in the Working Area of the Baloi Permai Health Center, Batam City in 2022**

Husband's Support	Baby Blues Syndrome				Total	%	<i>p-value</i>
	Baby Blues Syndrome	%	No Baby Blues Syndrome	%			
Support	1	4,4	12	8,6	13	26,	
No Support	16	12,6	21	24,4	37	74	
<b>Total</b>	<b>17</b>	<b>17</b>	<b>33</b>	<b>33</b>	<b>50</b>	<b>100</b>	

Based on the results of bivariate analysis, it was found that 1 mother who received her husband's support experienced baby blues syndrome (4.4), and 16 mothers who did not receive her husband's support experienced baby blues syndrome (12.6). Meanwhile, 12 mothers received support from their husbands without baby blues syndrome (8.6), and 21 mothers did not receive support from their husbands without baby blues syndrome (24.4). Based on statistical tests, it is known that there is a significant relationship between the husband's support and the incidence of baby blues syndrome. Then the results of the analysis showed that postpartum mothers who received less support from their husbands were more likely than mothers who received support from their husbands.

## DISCUSSION

### a. Husband's support

Based on table 4.1, it can be explained that out of 50 respondents, there were 13 (26%) respondents who received support from their husbands. Meanwhile, 37 (74%) respondents did not receive their husband's support. These results can be concluded that on average mothers who experience baby blues syndrome do not get enough support from their husbands. The results of Friedman's research (2010) show that support is not only in the form of psychological support but also physiological, assessment, information, and financial support which is needed by postpartum mothers. Husband's support is an important coping strategy when experiencing stress and functions as a preventive strategy to reduce stress and its negative consequences, for this reason, husband's support is needed by postpartum mothers.

A husband is a family member who is very close to the mother. All forms of action related to postpartum mass. Positive support from the husband is very necessary in helping the mother's condition during the postpartum period. If the husband does not support the postpartum mother, it can make the mother feel sad and overwhelmed in caring for her baby in the first week postpartum. Husband's support is a form of interaction in which there is a relationship of giving and receiving real help. So that feelings of love and attention can be brought together.

From the results of research conducted by Yulian D (2014) regarding husband's support for the welfare of postpartum mothers, it was found that the average value was 296.61 with the lowest value being 156 and the highest value being 402 and the standard deviation being 50.257. The percentage of husband's support in research conducted by Fatimah S (2014), namely respondents who received less than 4 husband's support (16%), Husband's support Baby Blues Syndrome Total %

p value Baby blues syndrome % No baby blues syndrome % There is husband's support 1 4.40 12 8.60 13 26.00 0.020 No husband's support 16 12.6 21 24.4 37 74.0 Total 17 17.0 33 33.0 50 100.0 while 15 respondents received husband's support (60%), and 6 respondents who received high husband support (24%).

b. Baby Blues Syndrome Based on Table 4.2, it can be explained that out of 50 respondents 17 (34%) respondents experienced baby blues syndrome. Meanwhile, 33 (66%) respondents did not experience baby blues syndrome. According to Vivian (2012), postpartum blues, also often called maternity blues or new mother's syndrome, is understood as a mild disturbance syndrome in the first week after delivery. The peak of postpartum blues is 3-5 days after giving birth and lasts from several days to 2 weeks. Because it is so common, it is hoped that it will not be considered a disease. Postpartum blues does not interfere with a woman's ability to care for her baby, so mothers with postpartum blues can still care for their babies.

c. Relationship between husband's support and the incidence of baby blues syndrome The results of the bivariate analysis obtained from the ChiSquare statistical test showed that the p-value was 0.020, indicating that there was a relationship between the husband's support and the incidence of baby blues syndrome. The decrease in postpartum blues is influenced by the husband's support. The higher the support given by the husband, the greater the chance of reducing postpartum blues. Strong husband support fulfills the 4 dimensions of support so that those who are given support feel appreciated, protected, 1, and guided by the person closest to them, namely their husband. Giving birth under the age of 20 years causes less maturity in thinking, which will lead to a lack of mental reality taking care of children and having a household (Mastuti, 2016). Husbands tend to let their wives do everything themselves after

the mother gives birth, sometimes husbands don't understand what their role is towards postpartum mothers, this is because husbands don't know that mothers also need support when mothers need their husbands' support. This situation is caused by changes in the mother's feelings, who still finds it difficult to accept her role. Postpartum mothers will be sensitive people, so they need understanding and caring support from their husbands or husbands. Families and attention from the husband will be positive support for postpartum mothers so that postpartum blues does not decrease for postpartum mothers.

## CONCLUSIONS AND RECOMMENDATIONS

1. Conclusion Based on the results of research conducted on "The Relationship between Husband's Support and the Incident of Baby Blues Syndrome in the Working Area of the Baloi Permai Health Center in 2022" it can be concluded that:

- a. 13 postpartum mothers received support from their husbands in the Baloi Permai Community Health Center Working Area (26%).
  - b. 17 Postpartum mothers experienced baby blues syndrome in the Baloi Permai Community Health Center working area (34%).
  - c. The results of the bivariate analysis showed that the Chi-Square statistical test showed that the p-value was 0.020, indicating that there was a relationship between the husband's support and the incidence of baby blues syndrome.
2. Recommendations
- a. For pregnant mothers It is hoped that the results of this research can provide input and increase knowledge for pregnant women about the importance of husband's support to avoid the risk of baby blues syndrome.
  - b. For Puskesmas Work Areas It is hoped that the results of this research can provide input for the community in the

Puskesmas working area to improve the baby blues syndrome prevention program.

c. For Batam University

It is hoped that the results of this research can become reference material in libraries and reading material for students. For further research, it is hoped that the results of this research can be used as reference material for students who will research the same problem or to research the factors that influence the incidence of baby blues syndrome.

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