

DEPRESSION IN MOTHERS AFTER CHILDBIRTH IS PRONE TO BE INFLUENCED BY SELF-ESTEEM AND PERSONALITY OF THE MOTHER

Ns. Pipit Feriani S.Kep., MARS pf561@umkt.ac.id

ABSTRACT

Background: Data from the World Health Organization (WHO) in 2011 stated that there is an incidence for cases of postpartum depression in several countries, namely in Vietnam (19.4%), Dominica (3%), and Colombia (13.6%). The global prevalence of postpartum depression has been estimated at 100-150 per 1000 births. (WHO, 2017). Mothers with low self-esteem are moderate to postpartum depression (Stewart et al, 2003). Obtained data at the Time of Pre Survey at The Trauma Center Samarinda Health Center, postpartum mothers with low self-esteem as many as 3 mothers and with depression as many as 8 mothers with depression. Based on these backgrounds, researchers interested in researching "Depression In Mothers After Childbirth Are Susceptible To Being Influenced By The Mother's Self-Esteem And Personality.

Aim: To find out the relationship between Self-Esteem and Depression Levels of Postpartum Mothers at the Trauma Center Health Center Samarinda.

Methods: Using descriptive research to determine the existence of a relationship by using a Cross Sectional approach. The population in this study were 165 respondents. Using a total sampling technique, the sample used was 165 respondents. Analysis of the data used in this study is the Chi Square Test.

Results: Bivariate analysis results between Self-Esteem Relationship with Postpartum Mother's Depre Level at Samarinda Trauma Center Health Center using Chi-Square data analysis showed that there is a significant relationship between self-esteem and postpartum maternal depression levels at Samarinda Trauma Center Health Center, namely P Value: 0.001

Conclusion: From the results of variable analysis found a relationship between self-esteem and the level of postpartum maternal depression at the Trauma Center Samarinda Health Center. It is recommended that the mother understand the psychological changes in carrying out their reproductive function.

KEYWORDS

Depression, Post Partum, Personality, Self-Esteem

INTRODUCTION

Beck identified 13 factors that trigger postpartum depression, among others: depression during pregnancy, stress during child care, life stress, such as divorce, changes in employment status, financial crisis or changes in health status, social support, family and emotional, anxiety during pregnancy, relationship satisfaction with the couple or to marriage, for example related to financial status, child care, communication and affection with the couple, A history of depression before pregnancy, the temperament of the baby, a fussy and unresive baby will make the mother feel helpless, there is a history of postpartum blues, self-esteem, mothers who have low self-esteem show the mother has a negative coping mechanism, feels himself ugly / negative and feels himself unable, socioeconomic status, marital status, unwanted or unplanned pregnancy (Beck, 2001).

MATERIALS AND METHODS

The study used correlational deskritive research that aimed to reveal the correlation relationship between variables factors that influence postpartum depression to be measured by a questionnaire sheet, with an approach. The population in this study were all mothers who gave birth at the Trauma Center Health Center Samarinda, totaling 165 postpartum mothers. The sample in this study were postpartum mothers who were receiving treatment at the Samarinda trauma center health center or postpartum mothers who were carrying out control. Questionnaire A, this section of the questionnaire contains data on the characteristics of the respondents consisting of age, education, occupation, marital status, income, parity, and type of delivery. Questionnaire B, this questionnaire contains questions about maternal self-esteem measured by a Likert scale consisting of 10 questions. Questionnaire C, the questionnaire contains questions about personality and to measure personality using a Likert scale.

Questionnaire D, this questionnaire contains questions that have an effect on Postpartum Depression and to measure the incidence using a Likert Edinburgh Postnatal Depression Scale (EPDS) with a positive statement score (favorable) Strongly Agree (SA).

RESULTS

Based on table 1 above regarding the Relationship of Self-Esteem with Postpartum Depression Levels at the Trauma Center Health Center Samarinda, it shows that there are 5 (3%) of 22 (13.3%) respondents with depression who suffer from depression have low self-esteem, 17 (10.3%) of 22 (13.3%) respondents with depression have moderate self-esteem, and none of the respondents (0%) with depression have high self-esteem. Meanwhile, 1 (0.6%) of 143 (86.7%) respondents were not depressed with low self-esteem, 99 (60%) of 143 (86.7%) non-depressed respondents had moderate self-esteem, and 43 (26.1%) of 143 (86.7%) non-depressed respondents had high self-esteem. Analysis of the Relationship Between Self-Esteem and Postpartum Depression Levels at the Samarinda Trauma Center Health Center was carried out using the Chi Square formula with a significant level of $\alpha = 0.05$ with p value = 0.000 < 0.05, so H0 was rejected. This means that there is a statistically significant (meaningful) Depression In Mothers After Childbirth Are Susceptible To Being Influenced By The Mother's Self-Esteem And Personality.

Table 1. The results of bivariate analysis of the relationship between self-esteem and the level of postpartum depression at the Trauma Center Health Center Samarinda (n=165)

Self Esteem	Depression				Total		P Value
	Depression		Not Depressed		N	%	
	N	%	N	%			
Low	5	3	1	0,6	6	3,6	0,001
Moderate	17	10,3	9	60	11	70,3	
High	0	0	4	26,1	43	26,1	
Total	22	13,3	143	86,7	165	100	

DISCUSSION

It can be seen that from 165 respondents consisting of postpartum mothers who are receiving treatment at the Samarinda trauma center health center or postpartum mothers who are carrying out control based on the category of self-esteem of mothers who have low self-esteem as many as 6 respondents (3.6%), moderate self-esteem as many as 116 respondents (70.3%) and those who have high self-esteem as many as 43 respondents (26.1%). respondents with a percentage (70.3%). Also, it can be seen that of the 165 respondents consisting of postpartum mothers who are receiving treatment at the Samarinda trauma center health center or postpartum mothers who are carrying out control based on the category of depression level, 22 (13.3%) mothers with depression were found and mothers with not depressed as many as 143 (86.7%) respondents. From these results it can be concluded that more than half of the sample who became respondents in this study were mothers with no depression as many as 143 of 165 respondents with a percentage (86.7%).

CONCLUSIONS

From the results of variable analysis found a relationship between self-esteem and the level of postpartum maternal depression at the Trauma Center Samarinda Health Center. It is recommended that the mother understand the psychological changes in carrying out their reproductive function. Mothers who have low self-esteem are 6 respondents (3.6%), moderate self-esteem are 116 respondents (70.3%) and high self-esteem are 43 respondents (26.1%). It can be concluded in a study entitled The Relationship of Self-Esteem with Postpartum Maternal Depression Levels at the Trauma Center Health Center Samarinda, it was found that 116 respondents (70.3%) had moderate self-esteem. The level of depression of mothers who have depression levels with no depression are 143 respondents (86.7%) and with depression as many as 22 respondents (13,3%). It can be concluded in a study entitled The Relationship of Self-Esteem with Postpartum Maternal Depression at the Trauma Center Health Center Samarinda, it was found that as many as 143 respondents (86.7%) had depression levels with no depression.

REFERENCES

- Asmayanti. (2017) *Hubungan Dukungan Suami Dengan Kejadian Depresi Postpartum Di RSUD Panembahan Senopati Bantul Yogyakarta*
- Cox, J. L., Holden, J. M., & Sagovsky, R. 1987. Detection of postnatal depression. Development of the 10-item Edinburgh Postnatal Depression Scale. *The British journal of psychiatry*, 150(6), 782-786.
- Kemenkes RI (2015). *Buku Kesehatan Ibu dan Anak dan JICA*. Jakarta
- Kepmenkes (2004). *Tentang Buku Kesehatan Ibu dan Anak*. Jakarta : Kepmenkes Nomor 284/MENKES/III/2004.
- Kho, B. (2018, juni 19). *Teori Sifat Kepribadian Lima Besar (Big Five Personality)* . Retrieved from Ilmu Manajemen Industri: <https://ilmumanajemenindustri.com/teori-sifat-kepribadian-lima-besar-big-five-personality/>
- Maliszewska , K. (2017). Screening for maternal postpartum depression and associations with personality traits and social support. A Polish follow-up study 4 weeks and 3 months after delivery. *Psychiatr. Pol.*, 899-898.
- Marshall, Fiona, (2004), *Mengatasi Depresi Pasca Melahirkan*, Terjemahan Fransisika & Liliana Juwanto, Jakarta, Arcan.
- Naimah. (2017). *Kejadian Depresi Postpartum Di Polindes Puskesmas Poned Kabupaten Malang*. Skripsi. Malang: Poltekkes Kemenkes Malang.