

Relationship between Family Social Support and Anxiety of Postpartum

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ABSTRACT

Background: Anxiety is a psychological disorder that often occurs during the puerperium. The prevalence of anxiety disorders in the world's population is generally 3-8% with most cases in the productive age. Postpartum anxiety can have an impact on the condition of the mother and baby if not handled properly. This study aims to determine the relationship between family support and the degree of postpartum anxiety in postpartum mothers at Maternal and Child Hospital (RSIA) of Kendangsari, Surabaya.

Subjects and Method: A cross-sectional study was conducted at Kendangsari Surabaya from July to October 2022. A total of 94 postpartum women patients at RSIA Kendangsari Surabaya were selected for this study. The dependent variable is anxiety. The independent variable is family support. The instrument used in this research is a questionnaire. Research data were analyzed using the Spearman Rho test.

Results: There was a negative and moderate relationship between family support and postpartum anxiety in postpartum mothers. Postpartum mothers who received good family support reduced the degree of postpartum anxiety, and this result was statistically significant ($r = -0.48$; $p < 0.001$).

Conclusion: Family social support has a significant relationship with the degree of postpartum anxiety in postpartum mothers at RSIA Kendangsari Surabaya.

Keywords: postpartum period; family support; postpartum anxiety.

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BACKGROUND

The postpartum period is a period experienced by a woman after going through the process of pregnancy and childbirth. Sumantri

(2016) states that when entering the puerperium, a woman experiences changes in her condition both physiologically, psychologically and socially. Psychological changes

that occur during the postpartum period are due to a change in her role from a wife to a mother. However, not all postpartum mothers can go through the process of adapting to these changes well. Postpartum mothers can experience psychological disorders if they cannot adapt to their new role as a mother.

According to Motzfeldt (2013), during the postpartum period as much as 85% of postpartum mothers can experience psychological disorders. About 10 to 15% of the total postpartum women who experience psychological disorders show more significant symptoms. One of the psychological disorders that can occur during the puerperium is anxiety disorders (Sumantri, 2016).

WHO records the prevalence of anxiety disorders in the world population in general, namely 3-8% with most cases in productive age. WHO data in 2016 also showed that in developed countries mental health problems occurred in postpartum women, namely 20% (WHO, 2016). Depression and anxiety are the most common mental health conditions in the population which are reported to have increased up to three times compared to before the pandemic (Khairiri et al., 2022).

The incidence of anxiety during the puerperium is more common than the incidence of depression. Postpartum anxiety occurs due to poor coping with changes in the role transition to parenthood. Anxiety that occurs during the postpartum period will affect the care and condition of the baby and the psychological and mental condition of the postpartum mother. Anxiety in postpartum mothers is often considered normal so it is often ignored (Rahmaningtyas, 2019). Postpartum anxiety or stress conditions often occur in postpartum mothers referring to feelings of sadness or irritability that occur in periods ranging from 2 to 10 days after delivery (Nisa, 2022).

Pregnancy and childbirth are stressful periods of life. A woman during pregnancy and the postpartum period tends to experience considerable stress due to limited physical conditions which make her have to limit activities and experience a mother's adaptation process so that during this period there is the potential for depression after psychological disorders (Putra et al., 2020).

During the postpartum period, a mother needs support, motivation and attention from her family and closest people because during the postpartum period a mother needs attention for herself, especially from her husband (Muliatul, 2020). If the need for support and attention is not met by the postpartum mother, it will trigger a failure in the coping process and will cause anxiety during the postpartum period. Postpartum mothers who receive support from those closest to them can help mothers adapt to their new roles and responsibilities and feel that their responsibilities are lighter due to support from family and those closest to them (Wahyuningsih, 2019). Anxiety that is not handled properly can trigger depression with common symptoms, namely persistent sadness, loss of interest, and insomnia (Chee et al., 2015).

Based on the description of the background above, this research is important to do to find out early on the occurrence of anxiety in postpartum mothers so that good management can be carried out so that postpartum mothers do not experience complications leading to further psychological disorders. As well as to determine the relationship of family social support with the degree of anxiety experienced by mothers during the postpartum period.

SUBJECTS AND METHOD

1. Study Design

This study was done using an observational analytic study with a cross sectional app-

roach. The location of this research is at RSIA Kendangsari Surabaya, held from July to October 2022.

2. Population and Sample

The population in this study were postpartum women, patients at RSIA Kendangsari Surabaya. The sample used was 94 subjects who met the inclusion criteria. The sampling technique is consecutive sampling.

3. Variable

The dependent variable in this study is postpartum anxiety. The independent variable is family social support.

4. Operational Definition of Variables

Family Social Support was the support received by the postpartum mother and given by the family, in this case the parents, in-laws and husband of the postpartum mother in the form of instrumental support, emotional support, appreciation support and informative support.

Postpartum anxiety was the emotional reaction that occurs in postpartum mothers is related to the adaptation of her new role as a mother and in caring for her baby.

5. Study Instruments

This study used a questionnaire method which was distributed offline to the subject. For family social support data using a family social support questionnaire. Postpartum anxiety data were obtained by collecting the Postpartum Specific Anxiety Scale– Research Short Form – for global Crises (PSAS-RSF-C) questionnaire. Questions in the questionnaire included 8 questions in the family support questionnaire and 12 questions in the postpartum anxiety questionnaire.

6. Data analysis

Data analysis in this research was carried out through quantitative tests using univariate analysis and bivariate analysis. Univariate analysis in the form of frequency distribution and percentage of each variable and bivariate analysis using the Spearman rho

statistical test with a significance level of 5% ($p=0.05$) to determine the relationship between family social support and the degree of postpartum anxiety in postpartum mothers.

7. Research Ethics

This research was conducted with the consent of the research subject, anonymous, confidential, and ethical approval from the ethics committee of the Faculty of Medicine Airlangga University which was declared ethically feasible based on decision No.114/EC/KEPK/FKUA/2022.

RESULTS

1. Characteristics of Sample

Subjects who participated in this study were postpartum mothers, patients at Kendangsari RSIA from July to October 2022. Data was collected to obtain a total of 94 subjects. Table 1 shows that most of the subjects were in the range of 25-29 years, namely 41 (43.6%) postpartum mothers. The highest level of education was at the undergraduate level, namely 66 (70.2%) postpartum mothers. The work of postpartum mothers is mostly as housewives, namely as many as 61 (64.9%) postpartum mothers, for parity as many as 60 (63.8%) postpartum mothers are multiparous mothers. More than half of postpartum mothers, namely 50 (53.2%) postpartum mothers experienced complications or complications during their pregnancy and childbirth, and as many as 60 (63.8%) postpartum mothers had their last delivery with the type of delivery sectio caesarea (SC).

2. Univariate Analysis

Univariate analysis in this study included family social support and postpartum anxiety which can be seen in Table 2. Table 2 shows that the majority of postpartum mothers received good family support, namely 67 (71.2%) postpartum mothers and experienced anxiety with a mild degree of 63 (67.0 %) postpartum mothers.

3. Bivariate Analysis

Bivariate analysis was conducted to see the relationship between family social support and the degree of postpartum anxiety in postpartum mothers. Table 3 shows that there is a negative and moderate relation-

ship between family support and postpartum anxiety in postpartum mothers. Postpartum mothers who received good family support reduced postpartum anxiety, and this result was statistically significant ($r = -0.48$; $p < 0.001$).

Tabel 1. Study Subject Characteristics

Characteristics	Category	Frequency (n)	Percentage (%)
Age	20-24 years	4	4.3
	25-29 years	41	43.6
	30-34 years	39	41.5
	35-39 years	10	10.6
Education	SHS	9	9.6
	Bachelor degree	66	70.2
	Masters Degree	19	20.2
Occupation	Housewife	61	64.9
	Private	19	20.2
	Civil Servant	12	12.8
	Doctor	2	2.1
Parity	Primipara	27	28.7
	Multipara	60	63.8
	Grande multipara	7	7.4
Complications	Complication	50	53.2
	Without complication	44	46.8
Type of Childbirth	Natural birth	34	36.2
	SC	60	63.8

Tabel 2. Univariate Analysis

Variable	Category	Frequency (n)	Percentage (%)
Family Social Support	Good	67	71.2
	Enough	26	27.7
	Not enough	1	1.1
Postpartum anxiety	Light	63	67.0
	Medium	30	31.9
	Severe	1	1.1

Table 3. Bivariate analysis of the relationship between family support and postpartum anxiety in postpartum mothers at the Kendangsari Hospital

Independent Variable	Postpartum Anxiety	
	r	p
Family Support	-0.48	<0.001

DISCUSSION

The results of the research test showed that there was a significant relationship between family social support and the degree of postpartum anxiety in postpartum mothers at

the Kendangsari Hospital in Surabaya and the nature of the negative relationship between family social support and the degree of postpartum anxiety in postpartum mothers at the Kendangsari Hospital. The intended

family is the husband, the parents of the postpartum mother, and the parents-in-law as the closest family members to the postpartum mother based on the possibility of living at home and interactions between the postpartum mother and family members. This is in line with Rohmana's research (2020) which states that there are direct and indirect roles of parents and husbands as the closest family members of postpartum mothers related to anxiety that occurs in postpartum mothers.

In Wahyuningsih's research (2019) said that postpartum mothers who receive support from their family as the closest people can help mothers adapt to their new roles and responsibilities and feel that their responsibilities are lighter due to the support received. This causes the mother to feel safe and calm during her postpartum period so that anxiety can be suppressed. The social role and support of the closest person, especially the family, can help make the mother's experience a positive psychological condition (Prasetya, 2020)

Khair's research (2017) shows that family support given to postpartum mothers, especially from husbands as partners can increase the production of endorphins. The increase in endorphins in postpartum mothers is related to the comfort felt by the mother because of the support she gets. Endorphins have anti-stress properties that will help mothers manage stress and fatigue so that the anxiety does not get worse.

The results of this study also show that there is a correlation coefficient with a negative value indicating that there is a relationship with a negative trait. The negative relationship in question is the opposite relationship between family social support received by postpartum mothers and the degree of postpartum anxiety experienced.

This is also in line with the results of Feligreras-Alcalá's study (2020) at the

Maternal and Child Hospital of Jaén, Spain, which obtained the result that postpartum mothers who received good social support were found to have less stress because mothers felt supported and accompanied during their postpartum period.

AUTHOR CONTRIBUTION

In this study, Zakia Jihan Salsa Bila and Budi Santoso worked together to develop a conceptual framework and research methodology. Zakia Jihan Salsa Bila, Budi Santoso, and Muhammad Ilham Aldika Akbar collaborated to analyze the data.

FUNDING AND SPONSORSHIP

The study was self-funded.

CONFLICT OF INTERESTS

There is no conflict of interest in this study.

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