

ABSTRACT

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ANALYSIS OF FACTORS CAUSING POSTPARTUM BLUES IN POSTPARTUM MOTHERS BY SCREENING USING THE WEBSITE-BASED EDINBURGH POSTNATAL DEPRESSION SCALE (EPDS) APPLICATION AT KLINIK UTAMA ANNY RAHARDJO IN 2023

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Keywords: screening, postpartum blues, web-based EPDS application.

(xii + 47 + attachment)

Background: The birth of a child is an important event in a woman's life and will affect various aspects of it. Postpartum mothers who cannot adapt to their new role can suffer from postpartum blues. **Objective:** To analyze the factors causing the occurrence of postpartum blues in postpartum mothers by screening using the Edinburgh Postnatal Depression Scale (EPDS) application based on the website. **Methods:** This study is an observational study with a cross-sectional approach. The sampling technique used total sampling. The number of samples in this study was 37, from respondents who gave birth at the Klinik Utama Anny Rahardjo. The variables of this study were age, parity, method of delivery, economic status, education, and the incidence of postpartum blues. **Results:** There is a significant relationship between parity (p-value 0.016), delivery method (p-value 0.037), and education (p-value 0.017) with the incidence of postpartum blues at Klinik Utama Anny Rahardjo and there is no significant relationship between age (p-value 0.446) and economic status (p-value 0.134) with the incidence of postpartum blues at Klinik Utama Anny Rahardjo. **Conclusion:** From the results of the study, it can be concluded that the causative factors associated with the incidence of postpartum blues are parity, delivery method, and education, while age and economic status do not relate to the incidence of postpartum blues. It is expected for postpartum mothers to be more aware of their psychological condition during the postpartum period in order to avoid the risk of postpartum blues, and it is hoped that this website-based EPDS application can be officially published so that it can be used by all postpartum mothers in Indonesia.

Bibliography (2005-2022)