

ABSTRACT

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Interpersonal Communication of Young Couples After the Birth of Their First Child Experiencing Baby Blues in South Jakarta

Keywords: interpersonal communication, baby blues, young couples, emotional support, equality.

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This study aims to explore the dynamics of interpersonal communication among young couples after the birth of their first child who experience baby blues in South Jakarta. The research focuses on how couples interact through verbal and nonverbal communication, as well as how emotional support, openness, empathy, positive attitudes, and equality contribute to maintaining household harmony. The study employed a qualitative approach with data collection techniques including in-depth interviews, observation, and documentation involving three young couples and a psychology expert. The findings reveal that the presence of the first child significantly alters couples' communication patterns. Many couples face emotional tension, primarily due to a lack of support, unequal role distribution, and interference from extended family. Spousal support emerged as the strongest indicator in reducing symptoms of baby blues, while equality in role sharing remained the weakest aspect, often leading to feelings of being overburdened on the wife's side. These results reinforce DeVito's perspective that effective interpersonal communication is grounded in openness, empathy, positive attitudes, support, and equality. The study concludes that the quality of interpersonal communication strongly influences the emotional well-being of young couples after childbirth.

Biography : (2018-2025)