



## Empowering the Independence of Partworld Women in the Use of the DPP Solution Application as a Preventive Measure for Post Partum Blues

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### ABSTRACT

Postpartum blues is a mild postpartum stress syndrome experienced by mothers within 3-10 days. Postpartum blues has symptoms such as excessive sadness, sudden crying, irritability, difficulty sleeping, headaches, and a tendency to blame yourself. Postpartum blues causes mothers to become passive and ignore their babies as well as hormonal imbalances due to anxiety and stress. Mothers experiencing excessive stress have an impact on decreasing interest and interest in babies and the ability to care for their babies properly, not being enthusiastic about breastfeeding so that the health and development of the baby is not optimal. The novelty of this community service activity can provide education regarding the prevention of postpartum depression by using an application. This service activity was attended by posyandu cadres, couples of childbearing age (PUS), pregnant women and postpartum mothers. The purpose of this service activity is to increase public understanding of the prevention of postpartum depression, to be skilled at self-detection and its citizens about postpartum depression. The target of this activity is 30 people. The activity method is carried out twice by giving a pre test, lecture and followed by a post test by filling out a questionnaire. The evaluation was carried out with cadres by conducting interviews on their understanding of prevention of postpartum depression. The results achieved in this activity are that the community gains knowledge about postpartum depression.

### KEYWORDS

Post Partum, Post Partum Blues, Anxiety

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### INTRODUCTION

The postpartum period is a period when the mother will experience tiring days in dealing with pregnancy, both physically and psychologically, which in turn causes feelings of stress/depression. Postpartum mothers are too stressed which can cause a decrease in interest in the baby and the inability to care for the baby optimally, not enthusiastic about breastfeeding which leads to hygiene, health and growth, the child's development becomes not optimal. Mothers who experience





postpartum depression need proper support, because the role of the mother is very influential on the growth and development of children related to the role of the mother in the family. Mothers who lack social support are inevitably more likely to feel worthless and less supported by their husbands and families, so women who lack social support during the puerperium are more vulnerable to depression. Postpartum has been widely studied by previous researchers. Association of quality of inpatient postpartum recovery with postpartum depression: A prospective observational study researched by Ben Hayoun. Case 39-2022: 31 Year Old Woman with Postpartum Abdominal Pain and Fever studied by Little. The Postpartum Cliff—Missed Opportunities to Promote Maternal Health in the United States was studied by Cohen. Postpartum Depression Lasts Longer Than Previously Estimated by Rubin. Experiences of early postpartum mothers in Shenzhen and their need for home visiting services: a qualitative exploratory study researched by Xiao.

Widespread postpartum intimate partner violence and associated factors: community-based cross-sectional study design researched by Wedajo. Plasma metabolic disorders during pregnancy and the puerperium in women with depression were studied by Yu. Longitudinal Study of Mothers' Beliefs About Infant Crying During the Postpartum Period: Interaction with Infant Temperament researched by Hiraoka. Community-based postpartum contraceptive counseling in rural Nepal: a mixed. methods evaluation researched by Wu. Development of assessment and intervention protocols for postpartum hemorrhage in mainland China: evidence-based methods and Delphi consultation research by Liu. Midwives' perspectives on the use of individualized care plans in the provision of immediate postnatal care in Uganda; an exploratory qualitative study was researched by Namutebi. Hot spots and frontiers of postpartum depression research in the past 5 years: Bibliometric analysis researched by R. Wang. Machine Learning Algorithms Using Routinely Collected Data Inadequately Predict Viremia to Inform Services Targeted at Postpartum Women with HIV studied by Murnane. Characteristics of Providers and Women as Risk Factors for Postpartum Copper IUD Removal and Discontinuation in Nepal were studied by Puri. Conservative surgical management of immediate postpartum hemorrhage was investigated by Puangsricharoen.

The translation and validation of the Chinese version of the maternal postpartum stress scale was researched by Wang. Use of continuous nicardipine infusion to control persistent postpartum hypertension: A retrospective study investigated by M. K. Kim . Analysis of Contraceptive Use Among Immigrant Women After Expansion of Medicaid Coverage for Postpartum Care was researched by Rodriguez. “We did what we could to save a woman” health workers' perceptions of the readiness of health facilities to treat postpartum hemorrhage was researched by Alwy Al-beity.

Postpartum femoral neuropathy: managing subsequent pregnancies was studied by Rowland. Potential CSF biomarkers of postpartum depression after delivery via cesarean section were investigated by Sheng. A case of postpartum uterine artery pseudoaneurysm associated with von Willebrand disease was studied by Wayson. Comparison of dyspareunia using women's sexual index scores at 3 months, 6 months, and 12 months postpartum after vaginal delivery and cesarean section: meta-analysis studied by Kurniawati. Thresholds of blood variables obtained from receiver operating characteristics analysis for indication of fat and glycogen content in the liver of post-calving dairy cows were studied by Podpečan. Educational level and risk of postpartum depression: results from the Japan Environment and Children's Study (JECS) researched by Matsumura.

## MATERIALS AND METHODS

The implementation stage is carried out using the community formation method (Posyandu Cadre), Training and Mentoring which includes theory, practice and mentoring activities. In implementing





this community service, it is necessary to provide information about the postpartum period. To empower postpartum mothers in optimizing the use of the DPP Solution application. To provide direct understanding and experience, assistance will be provided when pregnant women and cadres practice using the application. Monitoring is carried out at the end of the activity.

	N	Minimum	Maximum	Mean	Std. Deviation	P-value
Pretest	30	19.35	58.06	30.95	10.6704	0.003
Posttest	30	70.26	80.64	82.57	7.4477	

## RESULTS AND DISCUSSION

Based on data from the implementation of community service, the value of knowledge and practice of postpartum mothers before and after being given counseling increased by 51.62 points. The implementation of community service takes the form of counseling and training on the use of the DPP Solution application. The intervention uses media in the form of modules, power point material. Tools or media function to help and demonstrate something in the education or teaching process, the more senses are used to receive something, the more and clearer the knowledge or understanding obtained (Notoatmodjo, 2007:62). This activity uses visual media and audio-visual media. Visual media is counseling using print media in the form of modules and power points (PPT), while audio visual media uses electronic media in the form of practice using the DPP Solution application in Playstore.

According to Cushway (1994) in Widodo (2004), explains that training is able to change attitudes and behavior through the knowledge and skills obtained during training. According to Susanto (2013: 145), individuals who receive attention and support from their families will be more compliant with health services. According to Friedman (2002) in Susanto (2013: 154), family strength is the potential or actual ability of an individual to control or influence to change other people's behavior in a positive direction. According to (Notosoedirdjo and Latipun, 2005 in Hutabarat, 2008) in Susanto (2010), the family as a social institution will instill values and ideology in its family members.

These results are in line with Wilkinson, 2002, educational interventions can be used as independent nursing interventions to increase maternal knowledge about maternal psychological health care at home to prevent and overcome postpartum depression. Material educational interventions include recognition and prevention of PPD, complemented by relaxation techniques. Relaxation techniques given to postpartum mothers can be used when postpartum mothers experience stress, anxiety and depression. Guided imagery and relaxation are methods to increase relaxation of tense muscles.

## CONCLUSIONS

Training on the use of the DPP Solution application can increase the knowledge of postpartum mothers and their families as an effort to prevent post partum blues and post partum depression which can be done independently by accessing applications that are available on the Playstore and





implementing these community service activities according to the target.

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## CONFLICT OF INTEREST

The authors declare no conflict of interest.

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