

Description of Social Support for Postpartum Mothers in The Working Area of The Dukuh Kupang Community Health Center of Surabaya City

Faridatus Sholikhah, Wiwik Afridah

Maternal Health Department and Child, Faculty of Health, Universitas Nahdlatul Ulama
Surabaya

ifafarida2000@gmail.com, wiwik@unusa.ac.id

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Abstract

Introduction: Postpartum is a physical and psychological adjustment to the birth process. Social support is one of the factors that can influence the occurrence of psychological disorders. The role of social support provided can improve mental health and psychological well-being. **Objective:** The purpose of this study describes the picture of social support for postpartum mothers in the work area of the Dukuh Kupang Health Center, Surabaya City. **Method:** In this study, the research used quantitative descriptive methods. Data retrieved in January – June 2022. The data used is primary data using a questionnaire. The population in this study was all postpartum mothers with a total of 36 postpartum mothers. The sampling technique uses total sampling. Data analysis uses univariate single data analysis. **Result and Discussion:** The results of this study showed that postpartum mothers in the work area of Public Health Centre Dukuh Kupang Kota Surabaya almost all (88.9%) had good emotional support, almost all (97.2%) had good award support, almost all (91.7%) had good instrumental support, almost all (94.4%) had good information support. **Conclusion:** The conclusion of the results of this study is that the identification of postpartum mothers in the work area of the Dukuh Kupang Health Center, Surabaya City, almost entirely received good social support. Advice for Public Health Centre to provide preventive efforts to postpartum mothers, for the community to increase emotional support in postpartum mothers again. **Keywords:** Social Support; Postpartum; Center for Public Health;

Introduction

Self-adjustment is necessary for each mother in the face of her new role in the first few weeks or months postpartum both in terms of her physical and psychological. (Arfiyanty, 2013) proposes psychological adaptation occurs starting from the moment of entering the period after childbirth such as caring for and taking care of the baby. The new role often makes mothers feel insecure and experience stress based on feelings of sadness, irritability, fatigue, and hopelessness because they feel unable to take good care of their baby. This kind of situation can be known as baby blues or (Fitri, 2021) *postpartum blues* (Wulandari, 2019). Based on preliminary data, it was found that there are still many *postpartum* mothers who lack social support from those around them. This causes a lack of self-confidence, a lack of acceptance of the baby's presence, and causes excessive stress due to the husband's lack of role in caring for the baby.

Based on previous research, it is stated that 87.5% of mothers experience *postpartum* due to lack of social support (Reviansyah YS M., 2021). The birth rate of Surabaya in the last 5 years shows fluctuating. Postpartum figures at the Dukuh Kupang Health Center in Surabaya City within 6 months also showed a fluctuating trend. Dukuh Kupang Public Health Centre Surabaya City recorded the number of postpartum in January – June 2022 as many as 36 *postpartum* mothers.

Social support is one of the factors that can influence the incidence of *postpartum blues*. House (Smet, 1994) suggests that social support can be given in several forms consisting of 4 forms of social support, namely emotional support, reward support, instrumental support, information support.

Social support can provide help to a person to improve mental health, psychological well-being, provide self-confidence, advice, encouragement, enthusiasm, and acceptance of his new life. Social support can be provided by husbands, family, friends, or friends as well as health workers. However, the provision of social support is often not given to postpartum mothers so that it can affect the occurrence of psychological disorders.

Based on the background above, the researcher is interested in researching "An overview of social support for *postpartum* mothers in the work area of the Dukuh Kupang Health Center, Surabaya City".

Method

The research method currently used is quantitative research with quantitative descriptive methods. The study used *total sampling* techniques. *The total sampling* technique is a sampling technique in which all members of the population are used as samples. The population in this study is *postpartum* mothers in the working area of the Dukuh Kupang Health Center, Surabaya City. The large sample in this study used all postpartum mothers in the work area of the Dukuh Kupang Health Center, Surabaya City with a total of 36 *postpartum* mothers.

Results and Discussion

1. Identification of Emotional Support for *Postpartum* Mothers in the Working Area of Public Health Centre Dukuh Kupang, Surabaya City

Table 1

The distribution of respondents is based on the emotional support of *postpartum* mothers in the working area of the Dukuh Kupang Health Center, Surabaya City.

No.	Emotional Support	Frequency (n)	Percentage (%)
1.	Not good enough	4	11,1
2.	Good	32	88,9
	Total	36	100,0

Source: Primary Data, 2022.

According to the results of the study in table 1, it is known that out of 36 respondents almost all (88.9%) received good emotional support in the amount of 32 people. This suggests that *postpartum* mothers get good emotional support. The first respondent mentioned that the mother felt cared for because she often got hugs from her husband and the husband expressed to be more patient in carrying out his new duties. The second respondent also stated that the husband often expressed affection for his wife. The third respondent stated that the sister-in-law and sister-in-law were willing to be listeners to her complaints. So, make the mother feel loved, valued, cared for, loved from those around her. Mom also feels comfortable, capable, confident, and optimistic about her new tasks and activities because she has the main supporter in self-recovery.

From the statements of the 3 *postpartum* mothers above, it can be concluded that the mother has emotional support from her husband and family. This is in line with the results of research conducted mentioning that mothers have high emotional support. The study is also in line with research stating that wives who get more attention from their partners will feel comfortable, loved, cherished, valued, and have higher marital satisfaction. (Susanti & Lismidiati, An Overview of Husband's Support for Wives Who Undergo Childbirth in Adolescence, 2017) (Anisa, 2018)

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2. Identification of Award Support for *Postpartum* Mothers in the Working Area of the Dukuh Kupang Health Center, Surabaya City.

Table 2

Distribution of Respondents Based on the Support of the *Postpartum* Mother Award Working Area of the Dukuh Kupang Health Center, Surabaya City.

No.	Award Support	Frequency (n)	Percentage (%)
1.	Not good enough	1	2,8
2.	Good	35	97,2
	Total	36	100,0

Source: Primary Data, 2022.

According to the results of the study in table 2, it is known that out of 36 respondents almost all (97.2%) received good award support 35 people. The first and second respondents revealed that they often received praise, gratitude from their husbands for giving birth to children and the feeling of being able to breastfeed their children. Welcomed joy and happiness for the presence of her baby by her husband, parents, in-laws and family. In this study, the award support was the highest support compared to other supports. This research is in line with research showing that award support has the highest support compared to other supports. The factor influencing the award support scored the highest because most (61.6%) mothers gave birth to their first child with it people around such as husbands and families welcomed the birth of their first child. (Susanti & Lismidiati, 2017) Good appreciation support can cause *the postpartum* mother to build a sense of self-respect, confidence, feeling of value. Thus, the appreciation support is very useful when *the postpartum* mother experiences fatigue because her new duties and activities (Annisa & Swastiningsih, 2015).

3. Identification of Instrumental Support for *Postpartum* Mothers in the Working Area of Public Health Centre Dukuh Kupang, Surabaya City.

Table 3

Distribution of Respondents Based on Instrumental Support of *Postpartum* Mothers in the Working Area of Public Health Centre Dukuh Kupang, Surabaya City.

No.	Instrumental Support	Frequency (n)	Percentage (%)
1.	Not Good Enough	3	8,3
2.	Good	33	91,7
	Total	36	100,0

Source: Primary Data, 2022.

According to the results of the study in table 3, it is known that out of 36 respondents almost all (91.7%) received instrumental support in good 33 people. The first and second

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respondents stated that husbands often give alternating assistance in caring for their babies such as holding their children, renting out hand house work to carry out tasks his household. Other respondents stated that they often received material assistance in the form of clothes or items from their families. The results of this study are in line with the study showing (Hanifah & Rozali, 2021) that mothers after childbirth feel loved and cared for by their husbands and families because they help voluntarily provide for the needs and its necessity. This research is also in line with research states (Wurisastuti & Mubasyiroh, 2020) that postpartum mothers need instrumental support if this support is lacking it will cause stress because Mom has just given birth and her body is still tired from childbirth. Instrumental support is needed by mothers to make it easier to care for their babies h al this affects the confidence that mothers recover quickly from their maternity wounds and mothers can focus on preparing for optimal growth and development (Purwanti et al., 2014).

4. Identification of Information Support for *Postpartum* Mothers in the Working Area of the Dukuh Kupang Health Center, Surabaya City.

Table 4

Distribution of Respondents Based on Information Support from *Postpartum* Mothers in the Working Area of Public Health Centre Dukuh Kupang, Surabaya City.

No.	Information Support	Frequency (n)	Percentage (%)
1.	Not good enough	2	5,6
2.	Good	34	94,4
	Total	36	100,0

Source: Primary Data, 2022.

According to the results of the study in table 4, it is known that out of 36 respondents, almost all of them received good award support, 34 people (94.4%). The first responder stated that she received direction and guidance regarding taking good care of her baby from her husband and in-laws. The second and third respondents stated that receiving direction and visits from health workers hammered the visit of puerperal mothers regarding the growth and development of babies so that *postpartum* mothers were more enthusiastic and optimistic about carrying out their duties because the closest people provide good direction and guidance. This is in line with research (Widiantari, 2015) stating that mothers get high information support. The results of this study are also in line with the research (Annisa & Swastiningsih, 2015) stating that it has good information support.

Conclusion

Emotional support for *postpartum* mothers in the work area of Public Health Centre Dukuh Kupang Surabaya City almost entirely (88.9%) has good support. The appreciation support for *postpartum* mothers in the work area of the Dukuh Kupang Health Center in Surabaya City almost entirely (97.2%) has good support. Instrumental support for *postpartum* mothers in the work area of Public Health Centre Dukuh Kupang Surabaya City almost entirely (91.7%) has good support. Information collection on *postpartum* mothers in the work area of the Dukuh Kupang Health Center, Surabaya City, almost all of them (94.4%) have good support.

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