

## DON'T IGNORE THE MENTAL HEALTH PROBLEMS OF POSTPARTUM MOTHERS

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### ABSTRACT

Background : Pregnant and postpartum women are more sensitive to mental health issues such as anxiety disorders, postpartum blues, stress, sleep problems, depression, and post-traumatic stress disorder (PTSD). This mental health issue is one of the consequences of the Covid-19 pandemic, which has affected modifications in hospital medical treatment. Purpose : Analyzing midwives' understanding of mental health problems in pregnant and postpartum women during. Method : This research design method is a mixed method (Mixed Method) using an Embedded Design approach. Quantitative data was collected using a Google form questionnaire, while qualitative data was gathered through in-depth interviews. In quantitative analysis, a design description is used, while in qualitative analysis, Nvivo 12 Plus is used. Results : Midwives have good knowledge as many as 13 people (76.5%) and sufficient knowledge as many as 4 people (23.5%). Based on the results of the interview, it said that the understanding of midwives still did not understand how to analyze the psychological status of mothers effectively because of the unavailability of special measuring tools for mental health problems and the lack of training to increase human resources for mental health problems for pregnant and postpartum women. Conclusion : The majority of midwives have good knowledge. Midwives' understanding reveals more about the factors that cause mental disorders from the incidence of pregnancy outside marriage and KTD. The IEC technique used by the midwife is able to analyze the mental health status of the mother and the obstacles experienced by the midwife, namely the lack of information support and instrumental support from the hospital.

**Keywords:** *mental disorders, pregnancy, postpartum, knowledge of midwives, understanding of midwives*

### INTRODUCTION

Pregnant and postpartum women are more sensitive to mental health issues such as anxiety disorders, postpartum blues, stress, sleep problems, depression, and post-traumatic stress disorder (PTSD). Perinatal anxiety detection and comprehension vary among health professionals due to disagreements on normal pregnancy worry and challenges in case finding techniques. Pregnant women are highly susceptible to mental health issues like anxiety, stress, and depression, which can lead to morbidity

during pregnancy and postpartum (Silverwood *et al.* 2019). Health service providers should prioritize midwives' professional development and special training to detect risk factors and implement early intervention for maternal depression and anxiety (Ruyak and Kivlighan 2021).

### METHOD

The research design used was a mixed method with an Embedded Design approach. According to Creswell and Plano

Clark, 2011 in (Subedi 2016) said that the aim of Embedded Design is to collect quantitative and qualitative data simultaneously or sequentially, with one type of data acting as a support for the other. Quantitative data was collected using a Google form questionnaire, while qualitative data was gathered through in-depth interviews. In quantitative analysis, a design description is used, while in qualitative analysis, Nvivo 12 Plus is used. The second type of data is collected because the points support the first type of data. The sample in this study was 17 Midwife. The technique for taking informants is by using totals sampling. The questionnaire that has been prepared by

researchers will be used to determine the level of knowledge of midwives through 15 questions containing information and facts based on theoretical truth about postpartum mental health problems.

## RESULT AND DISCUSSION

Midwives have good knowledge as many as 13 people (76.5%) and sufficient knowledge as many as 4 people (23.5%). Based on the results of the interview, it said that the understanding of midwives still did not understand how to analyze the psychological status of mothers effectively because of the unavailability of special measuring tools for mental health problems and the lack of training to increase human resources for mental health problems for pregnant and postpartum women.

## CONCLUSION

The majority of midwives have good knowledge. Midwives' understanding reveals more about the factors that cause mental disorders from the incidence of pregnancy outside marriage and KTD. The IEC technique used by the midwife is able to analyze the mental health status of the mother and the obstacles experienced by the midwife, namely the lack of information support and instrumental support from the hospital. Keywords : mental disorders, pregnancy, postpartum, knowledge of midwives, understanding of midwives.

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## Abstract

Pregnant and postpartum women are more sensitive to mental health issues such as anxiety disorders, postpartum blues, stress, sleep problems, depression, and post-traumatic stress disorder (PTSD). Purpose to analyzing midwives' understanding of mental health problems in postpartum mothers.

## Background

Perinatal anxiety detection and comprehension vary among health professionals due to disagreements on normal pregnancy worry and challenges in case finding techniques. Pregnant women are highly susceptible to mental health issues like anxiety, stress, and depression, which can lead to morbidity during pregnancy and postpartum. Health service providers should prioritize midwives' professional development and special training to detect risk factors and implement early intervention for maternal depression and anxiety.

## Result

Midwives have good knowledge as many as 13 people (76.5%) and sufficient knowledge as many as 4 people (23.5%). Based on the results of the interview, it said that the understanding of midwives still did not understand how to analyze the psychological status of mothers effectively because of the unavailability of special measuring tools for mental health problems and the lack of training to increase human resources for mental health problems for pregnant and postpartum women



## Conclusion

The majority of midwives have good knowledge. Midwives' understanding reveals more about the factors that cause mental disorders from the incidence of pregnancy outside marriage and KTD. The IEC technique used by the midwife is able to analyze the mental health status of the mother and the obstacles experienced by the midwife, namely the lack of information support and instrumental support from the hospital.