

## **THE RELATIONSHIP BETWEEN POST PARTUM DEPRESSION AND INFANTS FEEDING IN PMB SHANTINADEWI, KUTA MAKMUR DISTRICT, NORTH ACEH, 2023**

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### **ABSTRACT**

The relationship between post partum depression and breastfeeding for babies at PMB Shantinadewi, Kuta Prosperous District, North Aceh Regency in 2022 is descriptive analytic<sup>1</sup>. Research on 35 respondents at PMB Shantina Dewi, Kuta Makmur District, North Aceh Regency, as many as 22 pregnant women (62.8%) were breastfeeding their babies. 2. Obtained the relationship between Post Partum Depression and Breastfeeding in Infants, in this study. Chi-Square test results ( $X^2$ ) 11,735 with a CI of 95% and 0.05 where  $P(0.03)$  (0.05). 11. Research on 35 respondents at PMB Shantina Dewi, Kuta Makmur District, North Aceh Regency, as many as 22 pregnant women (62.8%) were breastfeeding their babies. 2. Obtained the relationship between Post Partum Depression and Breastfeeding in Infants, in this study. Chi-Square test results ( $X^2$ ) 11,735 with a CI of 95% and 0.05 where  $P(0.03)$  (0.05).

***Keywords: Post partum depression, breastfeeding***

## **INTRODUCTION**

Globally, only 35% of babies receive exclusive breast milk in the first 4 months of life. In Africa, Asia, America and Caribbean countries, it is proven that 47-57% of babies less than 2 months old and 25-31% of babies aged 2-5 months receive exclusive breast milk. Babies who do not receive exclusive breast milk have been linked significantly as a cause and increase in infant mortality. Babies who do not receive exclusive breast milk in the first 6 months of life contribute 55% to deaths due to diarrhea and 53% to deaths from respiratory infections (Alebel et al., 2018).

Based on a survey conducted in Brazil, the average breastfeeding rate for babies under 6 months is 41%, with higher rates in the North (45.9%), Central-West (45%), South (43.9%) , Southeast (39.4) and Northeast (37%), with a mother's high self-confidence in breastfeeding for the first 6 months of life, she will be successful in facing the difficulties that occur (Rsia and Arif, 2018).

The incidence of postpartum depression in Aceh Province is 40-50% of postpartum women, then the incidence of postpartum depression in North Aceh Regency is 45%, while the incidence of postpartum depression in the Independent Practice of Midwife Shantina Dewi, Kuta Makmur District, North Aceh Regency is 40%.

Several factors cause this, such as lack of emotional support from a partner or closest family, low income, education, knowledge, too young or too old an age, unwanted pregnancies, primiparas, LBW, so that many mothers experience symptoms of postpartum depression which will hinder the process. lactation and early weaning occurs (Loret et al., 2016).

## **METHODS**

This type of research is analytical with a cross-sectional design or data collection that is only carried out once at a time (Nursalam, 2003). This research will be carried out at PMB Shantina Dewi, Kuta Makmur sub-district. This research will be carried out on April 11-14 2022.

The population in this study were mothers who gave birth at PMB Shantina Dewi and still had babies under 6 months of age and who lived in Kuta Makmur sub-district, North Aceh district. Sampling in this research was carried out using a random sampling technique of 35 people. Data obtained from test results by filling out questionnaires and analyzed manually using Descriptive Analytical statistical calculations, or data processing can also use computer services.

Data analysis was carried out in two ways, namely univariate analysis and bivariate analysis. Univariate analysis, the purpose of this analysis is to see the frequency distribution of the independent variable post partum depression, as well as the dependent variable breastfeeding for babies.

The data collected includes the independent variable post partum depression, as well as the dependent variable breastfeeding for babies. in the form of a bivariate table. Hypothesis test result data will be displayed in the form of frequency distribution tables and cross tabulations, then explained in textual (narrative) form.

## **RESULTS AND DISCUSSION**

General Description of Research Locations Independent Midwife Practice (PMB) is a form of health service in the field of basic health. Midwife practice is a series of health service activities provided by midwives to patients (individuals, families and communities) in accordance with their authority and abilities. PMB Shantina Dewi is located in Kuta Makmur sub-district, North Aceh Regency with facilities for pregnant women and other general health services.

### **1. Post Partum Depression**

**TABLE. 4.1**  
**FREQUENCY DISTRIBUTION OF POST PARTUM**  
**DEPRESSION IN PMB SHANTINA DEWI IN 2023**

<b>No</b>	<b>Post Partum depression</b>	<b>Frequency</b>	<b>%</b>
1	Not depressed	16	45.7
2	Mild Depression	12	34.3
3	Moderate Depression	7	20
4	Major Depression	0	0
<b>Jumlah</b>		<b>35</b>	<b>100</b>

*(Source: Primary Data Processed in 2023)*

From this table it can be seen that of the 35 respondents in PMB Shantina Dewi, 16 post partum mothers (45.7%) were not depressed and 12 post partum mothers (34.3%) experienced mild depression, then 7 post partum mothers (20%) experienced moderate depression and 0 post partum mothers (0%) experienced severe depression.

## 2. Giving Breast Milk to Babies

**TABLE 4.2**  
**FREQUENCY DISTRIBUTION OF BREASTFEEDING FOR BABIES**  
**AT PMB SHANTINA DEWI IN 2023**

No	Giving Breast Milk to Babies	Frequency	%
1	There is	22	62.8
2	There isn't	13	37.2
Jumlah		35	100

(Source: Primary Data Processed in 2023)

From this table it can be seen that of the 35 respondents in PMB Shantina Dewi, 22 post partum mothers (62.8%) gave breast milk to their babies, and as many as 13 post partum mothers (37.2%) did not give breast milk to their babies.

## 3. The Relationship between Post Partum Depression and Breastfeeding in Babies

**TABLE 4.3**  
**FREQUENCY DISTRIBUTION OF POST PARTUM DEPRESSION**  
**AGAINST PROVIDING BREAST MILK TO BABIES AT PMB**  
**SHANTINA DEWI IN 2023**

No	Post Partum depression	Giving Breast Milk to Babies				Total		X <sup>2</sup> (value)
		There is		There isn't		F	%	
		F	%	F	%			
1	Not depressed	13	81.2	3	18.8	16	100	0.03
2	Mild Depression	7	58.3	5	41.7	12	100	
3	Moderate Depression	2	28.6	5	71.4	7	100	
4	Major Depression	0	0	0	0	0	0	

(Source: Primary Data Processed in 2023)

This table shows 35 Post Partum Mothers who were respondents, showing 16 respondents (45.7%) who were not depressed and gave breast milk to their babies as many as 13 people (81.2%), while those who did not give breast milk to their babies were 3 people (18.8%) and as many as 12 respondents (34.3%) experienced mild post partum depression and 7 people (58.3%) gave breast milk to their babies, while 5 people did not give breast milk to their babies. (41.7%) and as many as 7 respondents (20%) experienced moderate post partum depression and gave breast milk to their babies as many as 2 people (28.6%), while those who did not give breast milk to their babies were 5 people (71.4%). Then there were 0 respondents (0%) who experienced severe post partum depression and gave breast milk to their babies as many as 0 people (0%), while those who did not give breast milk to their babies were 0 people (0%).

The results of the difference in proportions test with Chi – Square ( $X^2$ ) show that there is a relationship between Post Partum Depression and Breastfeeding for Babies at PMB Shantina Dewi in 2023 ( $P\text{value} = 0.03 <$ ).

## **CONCLUSION**

Research on the Relationship between Post Partum Depression and Breastfeeding for Babies at PMB Shantina Dewi, Kuta Makmur District, North Aceh Regency 2023, which was carried out from 02 - 04 May 2023 from a total of 35 pregnant women respondents, can be concluded as follows:

1. Research on 35 respondents in PMB Shantina Dewi, Kuta Makmur District, North Aceh Regency, as many as 22 pregnant women (62.8%) gave breast milk to their babies.
2. He Relationship Between Post-Partum Depression And Breastfeeding For Babies Was Found In This Study. Chi – Square Test Results ( $X^2$ ) = 11.735 With  $Ci = 95\%$  And = 0.05 Where  $P(0.03) < (0.05)$ .

It is hoped that post partum mothers will be more active in participating in intensive counseling through direct communication with health workers in order to increase good knowledge of the treatment of post partum depression and the importance of giving breast milk to babies. It is hoped that the Head of PMB Shantina Dewi as Stage Holder can further activate the performance of her gymnastics officers in efforts to handle post partum depression and provide breast milk for babies, and the village community leaders as key persons in the village community are expected to be able to provide understanding to the residents, especially mothers. after giving birth, so that you can give breast milk to your baby. As well as to increase knowledge of the management of post partum depression at PMB Shantina Dewi.

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