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The Effect of Psych Education on Post Partum Depression in the Syech Yusuf Gowa Hospital, Indonesia

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Abstract

Objective: The purpose of this study was to analyze the effect of Psych education on the incidence of post partum depression at Syech Yusuf Gowa Hospital.

Method: This study was a quasi experimental with pre-post test design. The population in this study were postpartum mothers hospitalized in the Syech Yusuf Gowa Hospital Indonesia during research conducted. The amounted 30 subjects participated were taken by simple random sampling. Data were analyzed by paired sample t-test using SPSS for windows.

Result: The results showed that there was significantly influence of the provision of Psych education on post partum depression in Syech Yusuf Gowa Regional Hospital with $p=0.002$ based on statistical test results.

Conclusion: Psych education should be followed up every day to see the mother's progress in overcoming depression.

Keywords: Psych education, Depression

Introduction

Depression is an affection disorder that is most often encountered in the post partum period.¹ If this condition is not treated properly, it can develop into post partum psychosis with a prevalence of 0.1% - 0.2%.²

According to the World Health Organization (WHO) report, the incidence of post partum depression is estimated that women who give birth and suffer from mild depression are around 10 per 1000 live births. In Asia, the incidence of post partum is quite high and varies widely between 26 - 85% of postpartum women. Meanwhile, in Indonesia, the incidence of post partum blues is not known with certainty because there is no institution that has conducted a definite survey.³

One of the steps to reduce the incidence of post partum blues is by giving Psych education. Giving Psych education is a form of education or training for someone with a psychiatric disorder which aims at the treatment and rehabilitation process.

Psych education is an intervention given to individuals, families or groups that aims to help participants develop sources of support in dealing with a particular problem or disease, so it is hoped that Psych education can also reduce the risk of post partum blues or post partum depression in mothers. Prevention efforts to reduce mothers' lack of knowledge and understanding of depression are by providing counseling to mothers and increasing social support to partners, families and communities so that mothers do not feel alone in facing their problems. In addition, the mother's self-confidence and the mother's inner contact with her baby are believed to reduce maternal stress which can lead to postpartum depression.⁴

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Method

This type of the research was a quasi experimental using a pre-experimental with the pre-post test design. The researcher used that design to evaluate the influence of psych education in reducing post partum depression on postpartum mothers after delivering baby in the Syech Yusuf Gowa hospital.

In this research design, the subjects run a pretest at first to assess their postpartum depression states. After that, They were given treatment in this case given Psych education by direct explanation, model, giving leaflet, and direct consultation in two days visiting for 30 minutes each. The researcher then performed posttest to evaluate the depression states after intervening by Psych education. The number of subjects participated in this

research were 30 subjects selected by simple random sampling.

Beck Depression Inventory (BDI) was used in this research⁵, consisting of 21 questions. The questions had been translated into Indonesian Language thus those questions easy to understand by subjects as their educational background.

Results

1. Descriptive Analysis Results

Descriptive analysis to describe the characteristics of respondents based on age, occupation, education and Job can be seen in Table 1.

Table 1.: Characteristics of Respondents based on Age, Education and Occupation at Syech Yusuf Gowa Regional Hospital (n = 30)

Variabel	frequency	Percentage (%)
Age (Years)		
20-25	9	30.3
26-30	7	23.3
31-35	8	26.7
36-40	2	6.7
41-45	4	13.3
Education		
Elementary School	4	13.3
Junior High School	9	30.3
Senior High School	13	43.3
Bachelor	4	13.3
Job		
Housewife	21	70.7
Private employees	5	16.7
State civil apparatur	4	13.3

Table 1 showed that most respondents are 20-25 years old amounted 9 subjects (30,0%) and there were four subjects (13.3%) were aged 41-45 years old. Based on the level of education, most of the mothers had high school education, namely 13 subjects (43.3%) and worked as housewives, namely 21 subjects (70%).

2. Inferential Analysis

Inferential analysis used to compare the maternal depression score before and after Psych education. The results of the normality test showed that the maternal depression score before Psych education was 0.376 and the normality test for the depression score after

Psych education was 0.386. Based on the results of the data normality test >0.05 which indicates that the two variables were normally distributed so that the analysis was carried out using the paired t-test. Comparison of depression scores before and after Psych education can be seen in Table 2.

Table 2. Comparison of Maternal Depression Scores Before and After Psych education (n = 30)

Variabel	n	Mean	SD	SE	t	p
Depression Score before Psych education	30	10.56	2.31	0.42		
Depression score after Psych education	30	8.56	2.44	0.44	3.37	0.002*

Paired t test with $\alpha < 0, 05$

Table 2 showed the mean depression score before Psych education was 10.56 with a standard deviation of 2.31. After Psych education, the average score of the depression 8.56 with a standard deviation of 2.44. The statistical test results obtained a value of 0.002, it can be concluded that there are differences in the scores of maternal depression before and after Psych education. This shows that there is an effect of Psych education on maternal depression.

Discussion

³ Based on the results of the statistical test, the value is 0.002, this indicates that there is an effect of Psych education on post partum depression, this is in line with the research⁴ showed that there were significant changes before and after giving Psych education, with a sample size of 30 respondents of teenage primi mothers.

In this study, it was found that there were 9 subjects (30%) post partum mothers with adolescence, namely 15-20 years, where at a young age there was a very wide range of depression due to factors of anxiety, feeling liability, having high feelings of guilt, there is a special fear if the baby was born unsafe, and if the survivor is afraid of not being able to, give him good care, especially when giving birth he doesn't get support from his family.

Psych education aims not only for treatment but also for rehabilitation. It has to do with teaching someone about a problem so that they can reduce the stress associated with the problem and prevent the problem from recurring. Psych education is also based on the strengths of participants and focuses more on the present and future than past difficulties, besides cultivating positive thoughts, confiding in others, self-confidence, pampering yourself, refreshing, getting enough sleep and taking care of the baby in turn. Night time can reduce post partum depression syndrome.⁴ Psych education in itself is not a form of treatment, but Psych education is designed to be part of an overall treatment plan.

The effectiveness of Psych education in advanced need to assess based on their type of intervention including motivational intervention⁶, classic psychoeducation⁷, and cognitive behavioral therapy⁸.

² **Conclusion**

There is an effect of Psych education on post partum depression. It is needed to follow up every day to see the progress of the mother in overcoming post partum depression. Beside that, it is also needed effort to support families, especially husbands to prevent post partum depression on postpartum mothers.

Conflict of Interest: There was no conflict of interest regarding this study and publication.

Ethical Clearance: This study has been ethically approved and allowed by the Regional Investment and Coordination Board of South Sulawesi in Makassar.

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