

Analysis of Signs and Symptoms of Premenstrual Syndrome with Postpartum Blues Occurrence in Postpartum Mothers on the Seventh Day at Pmb Lailatul Mariam, A.Md.Keb, Pasuruan Regency

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ABSTRACT

Postpartum blues is something that needs to be considered, because it is a mental disorder (affective) that occurs in women after giving birth. Postpartum blues is a period of emotional stress that occurs in 80% of mothers after giving birth. Social problems, environment, family relationships, and medical history such as premenstrual syndrome (PMS) can be predisposing factors for postpartum blues. Support from midwives is needed so that it can be addressed immediately if the mother feels symptoms of postpartum blues. The purpose of this study was to analyze the signs and symptoms of premenstrual syndrome with the incidence of postpartum blues in postpartum mothers on the seventh day at PMB Lailatul Mariam, A.Md.Keb. This type of research uses a cross-sectional analytical method. The number of samples was 35 people with accidental sampling. The statistical test used was the Fisher's Exact Test. The results of this study were that most postpartum mothers experienced premenstrual syndrome and postpartum blues, namely 17 respondents (48.6%). The results of the study showed no significant signs and symptoms of premenstrual syndrome with the occurrence of postpartum blues in postpartum mothers on the seventh day because the $p\text{-value} > \alpha$ ($0.451 > 0.05$). The conclusion of this study is that there is no relationship between signs and symptoms of premenstrual syndrome with the occurrence of postpartum blues in postpartum mothers on the seventh day at PMB Lailatul Mariam, A.Md.Keb.

I. Introduction

Postpartum blues is something that needs to be considered, because it is a mental disorder (affective) that occurs in women after giving birth. It generally occurs on the seventh to fourteenth day. Postpartum Blues or new mother syndrome, which requires the involvement of the husband or family in providing psychological support to the mother to be willing to care for her own baby, especially primiparous mothers. Postpartum Blues can be influenced by several factors, including fluctuations in the hormones estrogen, endorphin, thyroid, progesterone, prolactin, and cortisol. While external factors can be influenced by culture that can limit the mother's activities in caring for her baby. Postpartum blues is a period of emotional stress that occurs in 80% of mothers after giving birth. Social problems, environment, family relationships, and health history such as premenstrual syndrome (PMS) can be predisposing factors for postpartum blues. (Nirwana, 2011).

Some researchers have suggested that there is a relationship between menstrual problems and mood disorders during the postpartum based on the assumption that the same type of hormonal dysfunction underlies premenstrual syndrome and mood disorders during the postpartum. There is a study that compared women with a history of PMS and no history of PMS and the results showed that women who experienced depression were women who had a history of PMS. According to Hanshaw's research, a history of premenstrual syndrome has a higher risk of postpartum blues (Machmudah,



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2010). Based on the results of a preliminary study conducted by researchers in January 2020 at PMB Lailatul Mariam, A.Md. Keb, data was obtained from 40 deliveries during January 2016, 10 postpartum mothers experienced postpartum blues. Among them are marked by the emergence of mood swings, mothers feel sensitive (easily offended), and the emergence of feelings that mothers always feel wrong if something happens to their babies. From the results of the preliminary study, it was also obtained regarding the history of premenstrual syndrome in mothers before pregnancy, namely 6 postpartum mothers did not have a history of PMS and 4 other postpartum mothers had a history of PMS.

Postpartum blues or postpartum mental disorders are often overlooked and not handled properly. Many mothers “fight” alone for a few moments after giving birth. Mothers who experience postpartum blues need real help. These mothers need psychological support like other physical needs that must also be met. They need the opportunity to express their thoughts and feelings from a frightening situation. They may also need medication or rest, and will often feel happy to receive practical help. Adequate support from obstetricians, namely doctors and midwives/nurses is very necessary, for example by providing adequate/adequate information about the pregnancy and childbirth process, including complications that may arise during these times and their treatment. (Murtiningsih, 2012).

Therefore, the purpose of the study was whether the signs and symptoms before menstruation experienced by the mother previously could affect the mother's condition during the postpartum period, especially the postpartum period on the seventh day. So that it can be immediately addressed if the mother feels any symptoms of postpartum blues.

II. Methods

This study is included in analytical observational research with a cross-sectional approach, namely non-experimental research where the independent variable (PMS) and the dependent variable (postpartum blues) are observed only once at the same time. The population in this study were all postpartum mothers on the seventh day at PMB Lailatul Mariam, A.Md.Keb Pasuruan. The sample in this study was some of the postpartum mothers on the seventh day who were treated in the postpartum room of PMB Lailatul Mariam, A.Md.Keb. The sampling technique used in this study used a sampling technique by means of non-probability sampling with accidental sampling technique. The researcher took a random sample of respondents according to the results of the specified formula.

The researcher explained how to fill out the PMS questionnaire and EPDS questionnaire, then asked the respondents to fill out the PMS and EPDS questionnaire sheets according to what the respondents felt. After the data was collected, the data was processed. The data was analyzed analytically by calculating the proportion by presenting it in tabular form. The data will be analyzed using the Fisher Exact Test with a significance level of 5% (0.05) using the SPSS program. If the statistical test results show a $p\text{-value} \leq 0.05$, then H_0 is rejected and H_1 is accepted, which means there is a relationship between the signs and symptoms of premenstrual syndrome and the incidence of postpartum blues in postpartum mothers on the seventh day. Ethics in this research withask permission first from the respondents who will be studied through a consent form. The informed consent is given before the study. The goal is for respondents to understand the intent and purpose of the researcher. Respondents who are willing to sign the consent form

III. Results and Discussion

The results presented must be sequential from the main results to the supporting results. Use units of measurement based on applicable international standards. You can add diagrams, tables, pictures, and graphs by completing them with narration.

1. The Respondent Characteristics

Table 1. The Characteristics

General Data	N	Percentage (%)
Age		
20-25 years	8	22.9%
26-35 years	27	77.1%
Education		
Junior high school	2	5.7%
Senior high school	31	88.6%
S1	2	5.7%
Work		
housewife	14	40%
Private	17	48.5%
Self-employed	4	11.5%

Source: The primary data, 2016

Based on table 1, it can be seen that of the 35 respondents, the majority of respondents were aged 26-35 years, namely 27 respondents (77.1%), the majority of respondents were high school graduates, namely 31 respondents (88.6%), and almost half of the respondents were private workers, namely 17 respondents (48.5%).

2. The Univariate Analysis

Table 2. The Specific data

Special Data	N	Percentage (%)
Premenstrual Syndrome Status		
No PMS	11	31.4%
PMS	24	68.6%
Postpartum Blues Status		
No PPB	12	34.2%
PPB	23	65.8%

Source: The primary data, 2016

Based on table 2, it can be seen that of the 35 respondents, the majority of respondents felt symptoms of Premenstrual Syndrome, namely 24 respondents (68.6%) and the majority of respondents felt symptoms of Postpartum Blues, namely 23 respondents (65.8%).

3. The Cross Tabulation

Table 3. Cross Tabulation

PMS Incident	PPB Incident		Total
	No PPB	PPB	
No PMS	5	6	11
PMS	7	17	24
Amount			35

Source: The primary data, 2016

Based on table 3, it can be seen that of the 35 respondents, almost half of the respondents felt the symptoms of Premenstrual Syndrome before pregnancy and felt the symptoms of Postpartum Blues after giving birth, namely 17 respondents (48.6%).

4. Analysis of Research Statistic Test Results

Table 4. Fishers Exact Test

	Value	df	Asymptotic Significance (2-sided)	Exact Sig. (2-sided)	Exact Sig (1-sided)
Pearson Chi-Square	.888a	1	.346		
Continuity Correctionb	.312	1	.576		
Likelihood Ratio	.871	1	.351		
Fisher's Exact Test				.451	.285
Linear-by-Linear Association	.863	1	.353		
N of Valid Cases	35				

Source: The primary data, 2016

Based on the calculation results using the Fisher's Exact Test. The value of the Fisher's Exact Test is 0.451. Because the $p\text{-value} > \alpha$ ($0.451 > 0.05$), it can be interpreted that H_0 is accepted and H_1 is rejected or "There is No Relationship Between Signs and Symptoms of Premenstrual Syndrome and the Incidence of Postpartum Blues in Postpartum Mothers on the Seventh Day at PMB Lailatul Mariam, A.Md.Keb Wringin Anom, Pandaan District, Pasuruan Regency in 2020".

5. Identification of Signs and Symptoms of Premenstrual Syndrome in Postpartum Mothers on the Seventh Day

Premenstrual syndrome is a collection of symptoms that arise before menstruation which causes disruption to a person's work and lifestyle (Pawesti & Untari, 2015). Several theories state that premenstrual syndrome occurs due to an imbalance between estrogen hormones. In the Tarumanegara Medical Journal (2018) it is stated that the main cause of premenstrual syndrome is hormonal factors, namely changes in gonadal hormones such as progesterone and estrogen, as well as brain chemical changes such as the GABA (gamma-aminobutyric acid) system and neurotransmitters such as serotonin. PMS usually occurs in women who are more sensitive to hormonal changes in their

menstrual cycle. According to the results of the study above, it was found that out of 35 respondents of postpartum mothers on the seventh day, most of the respondents felt symptoms of Premenstrual Syndrome before pregnancy, namely 24 respondents (68.6%). To determine whether postpartum respondents are included in the category of experiencing premenstrual syndrome or not by adding up all the answers of the mothers in the table of physical symptoms and emotional symptoms. It is said to have premenstrual syndrome if the total score of physical symptoms is ≥ 8 , or the emotional score is ≥ 9 , or the total of physical and emotional symptoms is ≥ 16 . Most of the respondents of postpartum mothers felt different symptoms both physically and emotionally, including changes in mood before menstruation, the emergence of pain in the waist and breasts, decreased concentration, and changes in appetite. As stated in the research journal of Ramadani (2012), the majority of women of reproductive age usually experience one or more premenstrual symptoms in most menstrual cycles. The severity and frequency of symptoms experienced can vary between each cycle. The most severe and most frequent symptoms of premenstrual syndrome are emotional and behavioral irritability, depression, anxiety, fatigue, decreased concentration, swelling, and discomfort in the breasts and pain in the abdominal area.

6. Identifying Postpartum Blues Symptoms in Postpartum Mothers on the Seventh Day

Postpartum Blues usually begins to appear after delivery and will generally disappear within a few hours to a few days. However, in the weeks or months later, it can even develop into a more severe condition. Postpartum Blues is a common problem after giving birth. But there are women who experience baby blues with different levels of conditions, longer and more severe changes in attitude and behavior (Murtiningsih, 2012). According to the results of the study above, it was found that out of 35 respondents of postpartum mothers on the seventh day, most of the respondents felt symptoms of Postpartum Blues after giving birth, namely 23 respondents (65.8%). To determine whether postpartum respondents are included in the category of experiencing postpartum blues status or not by giving a score to each answer the mother gave and then adding them all up. It is said to be experiencing postpartum blues if the total answer score is ≥ 13 . Most postpartum respondents feel different symptoms including sometimes feeling anxious and worried for unclear reasons, often blaming themselves if something goes wrong, sometimes feeling sad and unhappy so that it is difficult to sleep, and feeling that everything feels burdensome to the mother.

After giving birth when the placenta is removed during labor, hormonal changes occur involving endorphins, progesterone, and estrogen in the mother's body which can affect the mother's physical, mental and emotional condition (Marmi, 2012). In addition, in the research journal of Idha Sujiyatini. (2010) it is also stated that the cause of postpartum itself is several factors and usually does not stand alone so that the symptoms and signs of postpartum blues are actually a multifactorial mechanism such as birth readiness, age and parity factors, experience in the process of pregnancy and childbirth, education level, marital status, social support and economic status and biological factors such as hormonal changes.

7. Analysis of Signs and Symptoms of Premenstrual Syndrome with Postpartum Blues Occurrence in Postpartum Mothers on the Seventh Day

According to the research results above, it was found that there is no relationship between the signs and symptoms of premenstrual syndrome and the occurrence of postpartum blues, this can occur with several possibilities, including the many factors that influence mothers who have given birth to experience postpartum blues, including according to the Makassar Polytechnic of Health Nursing Media Research Journal (2016) it was found that several factors that are closely related to the occurrence of postpartum blues in postpartum mothers are the type of delivery, parity, education, economy, and family support. However, in various studies and several researchers argue that there is a relationship between menstrual problems and mood disorders during postpartum based on the

assumption that the same type of hormonal dysfunction underlies premenstrual syndrome and mood disorders during postpartum. Among them are according to Hanshaw's research in Machmudah's book (2010) explained that a history of premenstrual syndrome has a higher risk of postpartum blues. In the obstetrics journal vol. 2 no. 5 (2013) it was also mentioned a study comparing women with a history of PMS and no history of PMS and the results were that women who experienced depression were women who had a history of PMS.

IV. Conclusion

From the results of the research conducted, the following conclusions can be drawn: H0 is accepted and H1 is rejected, which means there is no relationship between the signs and symptoms of premenstrual syndrome and the incidence of postpartum blues in postpartum mothers on the seventh day at PMB Lailatul Mariam, A.Md.Keb Wringin Anom, Pandaan District, Pasuruan Regency in 2020.

This study can be used as additional knowledge and reference for researchers and other health workers regarding the relationship between signs and symptoms of premenstrual syndrome and the occurrence of postpartum blues. Midwives are also advised to conduct postpartum blues screening on postpartum mothers to detect symptoms that will lead to postpartum blues so that action can be taken to prevent its continuation into postpartum depression.

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