

ABSTRACT

Flora Fantasi, 2024. The Relationship between the Double Burden of Postpartum Mothers and the Risk of Postpartum Depression in Bandungrejosari Village, Malang City. Ministry of Health Malang Health Polytechnic. Main Supervisor: I Dewa Nyoman Supariasa, MPS. Assistant Supervisor: Nur Eva Aristina, SST., M.Keb

Women often experience gender injustice such as a double burden. Mothers who have jobs and are housewives tend to experience fatigue so that mothers can experience emotional disorders. In Asia, the prevalence of DPP ranges from 3.5% to 63.3%, Malaysia and Pakistan have the lowest and highest prevalence. In Indonesia, the prevalence of postpartum depression ranges from 2.3% to 22.0%, postpartum depression and DPP occur more often in urban areas (5.7%) than in rural areas (2.9%). The aim of the research was to determine the relationship between the double burden of postpartum mothers and the risk of postpartum depression. This research uses a cross-sectional analytical research type. Data collection used activity profile questionnaires and EPDS. The sampling technique used a total sampling of 15 postpartum mother respondents. The results of the Spearman rank correlation test with a significance p-value of 0.025 (<0.05), which means there is a relationship between the double burden of postpartum mothers and the risk of postpartum depression in Bandungrejosari Village, Malang City. The results of this study show that mothers in the moderate double burden category (40.0%) are at risk of developing depression with an EPDS score of 9 - 11. Health workers need to provide education about mental health to postpartum mothers and their families so that awareness arises to provide support during the postpartum period.