

THE RELATIONSHIP BETWEEN SELF-ESTEEM AND BODY IMAGE WITH THE LEVEL OF POSTPARTUM DEPRESSION IN POSTPARTUM MOTHERS

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ABSTRACT

Background: *Drastic physical and psychological changes during pregnancy to the postpartum period can trigger postpartum depression. Postpartum depression is an emotional disorder in the form of mood swings and changes. One of the factors that influence this condition is self-esteem and body image. Low self-esteem and negative body image are often associated with an increase in postpartum depression.* **Objective:** *To determine the relationship between self-esteem and body image with the level of postpartum depression in postpartum mothers.* **Methods:** *This research design uses a quantitative method with a cross-sectional approach with data collection techniques using the RSES, MBSRQ-AS and EPDS questionnaires. The sampling technique used is non-probability sampling, purposive sampling type, as many as 42 postpartum mothers. Statistical tests use spearman rank and ordinal logistic regression tests.* **Results:** *The Spearman rank test results showed a significant relationship between self-esteem (p-value = 0.000) and body image (p-value = 0.000) with the level of postpartum depression. The results of the multivariate analysis showed a significant relationship between self-esteem and body image with the level of postpartum depression with a negative estimate and a dominant effect on the self-esteem indicator(-2,827).* **Conclusion:** *There is a significant relationship between self-esteem and body image with the level of postpartum depression. It is expected that postpartum mothers can appreciate body image, themselves and increase their self-confidence.*

Keywords: *self-esteem, body image, postpartum depression, postpartum mothers.*