

# Relationship between Paritas and Husband's Support with Postpartum Blues Events

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## Abstract

Postpartum blues is a temporary psychological disorder in women after childbirth characterized by peaking emotions in the first week after delivery. The purpose of this study was to determine whether there is a relationship between parity and husband's support with postpartum blues event at RSU GMIM Pancaran Kasih Manado. The research method was observational analytic with cross sectional approach, with 109 postpartum respondents. The result of the study showed that 39 (35.8% did not experience postpartum blues, 37 (33.9%) mothers experienced postpartum blues, 32 (29.4%) mothers experienced postpartum depression symptoms, and one (0.9%) mother experienced postpartum depression. 58 (53%) among the respondents described their husband's support as *very good*, 29 (27%) as *good*, and 22 (20%) as *less*, respectively. There is a relationship between parity and postpartum blues events with p value 0.001. There is also a significant relationship between husband's support and postpartum blues events with p value 0.000. Therefore, husband's support, more than parity, has a greater influence to postpartum blues. To prevent postpartum blues, a greater amount of husband's support is highly recommended.

**Keywords:** *husband's support, parity, postpartum blues*