

SUMMARY

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INCREASED KNOWLEDGE IN THE PREVENTION OF POSTPARTUM DEPRESSION	
SUMMARY	
<p>Introduction: Postpartum depression results from a variety of factors including hormonal, phisycal, demographic factors involving age and parity, as well as psychosocial factors that include educational, occupational status, income, and social support levels. Objective: Providing information, knowledge, and insight to the community, post-birth mothers, and health-care worker to prevent postpartum depression. Result: The pocketbook as a medium used to inform the public about the methods to prevent postpartum depression through music therapy, massage therapy, thought stopping therapy, and supportive therapy. Solution: Postpartum depression can be prevented by sufficient rest, shared conditions with others, not by isolation, work less, and do therapy like music therapy, massage therapy, thought stopping therapy, and supportive therapy.</p>	
<p>Keywords: Postpartum Depression, Music Therapy, Massage Therapy, Thought stopping Therapy, Supportive Therapy</p>	