

RELATIONSHIP OF POSTPARTUM MOTHER'S AGE WITH EVENT OF POSTPARTUM DEPRESSION AT POSYANDU, WADUNGGETAS VILLAGE

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ABSTRACT

Background: Postpartum depression is a mood disorder that occurs after childbirth. This disorder reflects the psychological dysregulation that is a hallmark of major depressive symptoms. Based on the WHO report it is estimated that Postpartum women who experience mild postpartum depression range from 10 per 1000 live births and moderate or severe postpartum depression range from 30 to 200 per 1000 live births. **Purpose:** This study aims to analyze the relationship between postpartum maternal age and the incidence of postpartum depression at the posyandu in Wadunggetas village. **Methods:** The research subjects were 22 postpartum mothers at posyandu in Wadunggetas village. This study used the Edinburgh Postnatal Depression Scale (EPDS) questionnaire. Data were analyzed with statistical product and service solutions (SPSS). **Results:** the results showed that the Rank-Spearman test proved that there was a relationship between postpartum maternal age and the incidence of postpartum depression at the posyandu wadunggetas village with p value=0,006 the incidence of postpartum depression at posyandu using the EPDS questionnaire was 9 postpartum mothers (40.9%) who just had a baby or experienced the baby blues, 6 postpartum mothers (27.3%) showed symptoms of depression. The risk factors obtained in this study were postpartum maternal age 35 years. **Conclusion:** the incidence of postpartum depression at the posyandu in Wadunggetas village based on the EPDS score is 40.9%.

Keywords: Age, Postpartum, Depression