

PREVENT POST PARTUM BLUES WITH HUSBAND'S SUPPORT WITH VIDEO MEDIA

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Background: Childbirth is one of the most important events in a woman's life, one of the problems that can arise during the postpartum period is postpartum blues or baby blues. The incidence of postpartum blues in Indonesia is in the range of 50-70%. Postpartum blues can be prevented with support from your husband. The support that a wife feels from her husband will reduce the worry, fear or panic that arises after giving birth to a child. The results of research (Rahayu and Sunanto 2023) show that there is a relationship between husband's support and the occurrence of postpartum blues in postpartum mothers. One of the roles and functions of midwives in improving health services is as educators. One of the media that supports this effort is video. The author's goal in making this video is so that the video can be used by anyone who sees it to increase their knowledge and insight about postpartum blues. Research conducted by Ni Putu (2022) showed that video media health promotion about postpartum blues was effective on the knowledge and attitudes of third trimester pregnant women's husbands at UPTD Puskesmas I South Denpasar District Health Service.

Method: the steps in making this video are the pre-production stage, production stage, post-production stage and testing stage. **Results:** The trial was carried out on 5 respondents with the video results being acceptable and well understood and the input for the video had too much text, the background sound was too loud, the background color was brighter, the author had corrected it. **Conclusion:** Video was chosen as one of the Communication, Information and Education (KIE) media to make it easier for authors to provide information to the public, especially post partum mothers. The aim of making this video is that the video can be used by anyone who sees it to increase their knowledge and insight about postpartum blues. The results of implementation for respondents show that the presentation of media and material in KIE media is good because the design used in this video is very attractive and very informative.

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