

The Effects of Marital Satisfaction on Postpartum Depression in Primiparous Mothers

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Abstrack

Marital satisfaction is one of many factors causing postpartum depression. This study aims to determine the effects of marital satisfaction on postpartum depression in primiparous mothers. The sample of this study was mothers who never gave birth before (primiparous) with a period from two weeks to one year after delivery. Those mothers were recruited using purposive sampling. Data were collected using ENRICH Marital Satisfaction to measure marital satisfaction and the Edinburgh Postpartum Depression Scale to measure postpartum depression. The result showed that there was a significant negative effect of marital satisfaction on postpartum depression. The contribution value of marital satisfaction to postpartum depression is 14,8%.

Keywords: marital satisfaction, primiparous women, postpartum depression

Abstrak

Kepuasan pernikahan adalah salah satu dari banyak faktor yang menyebabkan depresi pascapersalinan. Penelitian ini bertujuan untuk mengetahui pengaruh kepuasan pernikahan terhadap depresi pascapersalinan pada ibu primipara. Sampel penelitian ini adalah ibu yang tidak pernah melahirkan sebelumnya (primipara) dengan periode dua minggu hingga satu tahun setelah melahirkan. Para ibu itu direkrut menggunakan purposive sampling. Data dikumpulkan menggunakan ENRICH Marital Satisfaction untuk mengukur kepuasan pernikahan dan Skala Postpartum Depresi Edinburgh untuk mengukur depresi postpartum. Hasil penelitian menunjukkan bahwa ada pengaruh negatif signifikan kepuasan pernikahan terhadap depresi pascapersalinan. Nilai kontribusi kepuasan perkawinan untuk depresi postpartum adalah 14,8%.

Kata kunci: kepuasan pernikahan, wanita primipara, depresi postpartum.

Introduction

Postpartum depression often occurs in mothers who have just given birth. Postpartum depression is a mood disorder experienced by postpartum mothers due to failure in receiving psychological adaptation processes (Nasri et al., 2017). Meijer and Wittenboer (Papalia et al., 2009) say that things that look easy like waking up at night to calm a crying baby can reduce marital satisfaction during the first year of parenthood. Olson and DeFrain (2006) define marriage satisfaction as a comprehensive evaluation of the relationship of marriage.

Method

Participants

The participants of this study were primiparous mothers who undergone for postnatal-routine checkup either for themselves or for their babies in private midwives practices in Depok and Bogor area. The age of the child is not older than one year old. 98 mothers were included in this study. The characteristics of these subjects are presented in Table 1.

Measures

ENRICH Marital Satisfaction. The marital satisfaction variable was measured by measuring the ENRICH Marital Satisfaction Scale developed by Olson and Flowers in 1993, with aspects of the ENRICH Marital Satisfaction Scale being is personality issues, communication, problem solving, financial management, leisure activities, sexual relations, children and care, family and friends, the security of the role, and religious orientation. The measurement scale used is in the form of intervals with a total of 15 items with 9 favorable and unfavorable 6.

Edinburgh Postpartum Depression Scale. The EPDS consists of 10 items and each item is rated on a four-point scale (0 to 3), giving maximum scores of 30. This scale covers common symptoms of depression. According to Cox et al. (1987), a score from 0 to 9 indicated 'not depressed', while scores of 10 to 12 represent 'borderline' and a score 13 or more is considered postnatal depression.

Procedure

Potential participants were approached when they arrived for their appointments regarding their babies' vaccination or their routine postnatal checkup. All eligible women were met by the researcher who described the research project to them. Those women who interested in the study were provided with a set of questionnaires to be completed while they wait for their time to be called by the midwives. The questionnaires included a demographic information sheet, the ENRICH Marital Satisfaction, and the EPDS. Mothers who had EPDS score lower than 9 was excluded from this study.

Result and Discussion

Prevalence of Depression

The general description of participants contains demographic data of respondents. The following will be explained in numbers and percentages.

Table 1

Summary of Demographic Data of the Participants

Characteristics	N (%)
Ethnic group	
Betawi	17
Jawa	46
Sunda	26
Others	9
Level of education	
Elementary	1
Junior high school	10
Senior high school	71
University	16
Working status	
Housewives	72
Employment	26
Parity	
1	98
2	0
>2	0
Planned pregnancy	
Yes	90
No	8
History of Miscarriage	
Yes	94
No	4
Type of delivery	
Vaginal birth	92
Caesarean section	6
Professional who helps delivery	
Obstetrician	6
Midwives	92
Others	0
Baby feeding	
Breastfeed only	72
Breastfeed and formulas	23
Without breastfeed	1

The Effects of Marital Satisfaction on Postpartum Depression

The following is a discussion about the results of a simple linear test between marital satisfaction and postpartum depression.

Table 2

Results of Marital Satisfaction Contributions on Postpartum Depression

R	R²	F	dF	P
0.385	0.148	16.663	97	0.000

Table 3

Regression Model Results

	B	T	Sig.
Constant	21.680	10.090	0.000
Marital satisfaction	-0.152	-4.082	0.000

Conclusion

The present study was designed to examine the effects of marital satisfaction on postpartum depression in primiparaous mothers in Depok and Bogor areas. Our results indicate that there is a significant negative effect of marital satisfaction on postpartum depression. The higher marital satisfaction, signify the lower depression. Marital satisfaction only contributes 14.8%, means more contributions from other factors that need to be explored in the next research.

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