

The effectiveness of a pocket book on postpartum depression on the knowledge of Pkk mothers in Arang Limbung Village, Kubu Raya District

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ABSTRACT

Postpartum depression is defined as non-psychotic depression that occurs after giving birth for up to six weeks or more. Untreated postpartum depression has an impact on the mother's mental and physical health, requiring special attention to the prevention and management of postpartum depression to improve the health of the mother and child. The research method using a quantitative approach was chosen as the method in this research using a One Group Pre-test-post-test design research design which is included in the quasi-experimental research design. The population taken in this study were PKK mothers in Arang Limbung Village by setting exclusion criteria, namely mothers who had never been pregnant or given birth and the number of samples taken in this study used a total sampling of 40 respondents. The research results showed that the mother's level of knowledge about depression before being given the pocket book was less than 38. It can be concluded that there are still many mothers who do not know what postpartum depression means in mothers. After being given the booklet most mothers (65%) improved to a "good" knowledge level, this shows that the booklet and counseling play an important role in increasing mothers' understanding of postpartum depression.

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INTRODUCTION

The government's efforts in health development are essentially to improve the quality of life of the community and the economy carried out by all components of the nation. This effort is carried out by increasing awareness and how each individual lives their life well. One of the important points in health development for the 2020-2024 period is to improve maternal and child health (Kemenkes, 2022), including improving postpartum maternal health which is a priority in health development in Indonesia. Postpartum or the postpartum period begins after the labor and birth process, starting from when the placenta is born until the female reproductive organs, such as the uterus, vagina, and cervix, recover to their pre-pregnancy condition. The postpartum period

usually lasts about 6 weeks or 40 days after giving birth, although the length of the postpartum period can vary between individuals (Suzanna et al., 2023).

Mothers who are in the postpartum adaptation period are more susceptible to various problems in certain conditions including mental health problems such as postpartum depression (Sinaga & Jober, 2023). Postpartum depression is defined as non-psychotic depression that occurs after giving birth for up to six weeks or more (Nguyen et al., 2023). According to the World Health Organization (WHO) report, as many as 80% of women may experience complex emotional difficulties in the postpartum period, the prevalence rate of postpartum depression is quite high and varies in Asia, namely 26-85%. In Indonesia itself, the incidence rate is between 50-70% of postpartum mothers (Dominiak et al., 2021)(La Isa, 2023). According to the results of observations by (Umalihayati & Qonita, 2023) in November 2020, of the total respondents, 24.7% of postpartum mothers experienced postpartum blues. In developing countries, the incidence of depression and anxiety disorders in postpartum mothers is considered higher than in pregnant women (Widianti et al., 2022).

Untreated postpartum depression has an impact on the mental and physical health of mothers, and can also have an impact on the development of their children (Appiah et al., 2021). The impacts that can arise in children include a lack of emotional bond between mother and child, cognitive disorders, and delayed psychomotor development (Kroska & Stowe, 2020). In addition to the impact that can arise on children, according to previous research, it shows that the willingness of mothers to seek psychological help from professional staff or health services in dealing with this psychological problem is still low (Li et al., 2023), so that based on the high incidence and consequences caused by postpartum depression, this indicates the need for special attention to the prevention and management of postpartum depression to improve maternal and child health. Seeing this condition, the author determined the purpose of this study to carry out assistance to PKK mothers on techniques to prevent mental health disorders including in mothers during the postpartum period or after giving birth.

RESEARCH METHOD

The quantitative approach was chosen as the method in this study using the One Group Pre-test-post-test design research design which is included in the quasi-experimental research design. In this design, the assessment is carried out by giving two identical tests at two different times. The first test is carried out before giving treatment or counseling (Pre-test), and the second test is carried out after giving treatment (Post-test). This aims to assess the increase in respondents' knowledge about postpartum depression after being given treatment or counseling using a pocket book. This research design is to obtain the results of the effectiveness of using pocket books on the knowledge of PKK mothers. This research was conducted in Kubu Raya Regency, West Kalimantan Province, precisely in Arang Limbung Village, Sungai Raya District in August 2023, with the population taken in this study being PKK mothers in Arang Limbung Village totaling 40 people with exclusion criteria, namely mothers who have never been pregnant and given birth. The number of samples that meet the criteria will be used as research respondents considering the small population, the method used is a total sampling of 40 people.

This study uses primary data collection. The data collected includes filling in personal identity and filling out questionnaires. Observations were conducted before and after the provision of a pocket book on postpartum depression to respondents. This observation involves distributing questionnaires using a research instrument in the form of a questionnaire. The use of the same questionnaire in pre-test and post-test data collection with consideration of the importance of data collection that allows for a comparison of how respondents' knowledge was before and after being given a pocket book on postpartum depression. Data collection was carried out after obtaining research permission and approval from research respondents by conducting informed consent. The results of the study will be analyzed with computer aids and processed with SPSS. Data processing

is carried out with the stages of editing, coding, data entry, cleaning and analysis. Data analysis was carried out to find relationships and differences between pre-test and post-test data. To conduct bivariate analysis with the paired sample T-test, the paired sample T-test was used because the data analyzed came from the same sample (the same respondents) before and after the intervention (provision of a pocket book on postpartum depression). This makes it possible to compare the effects of the intervention on the same group of respondents.

RESULTS AND DISCUSSIONS

Result

From the findings in Table 1, it can be concluded that before being given counseling intervention, the average percentage of respondents' knowledge was 40.5%, with a minimum value of 20% and a maximum value of 50%. After being given counseling intervention, there was a significant increase in respondents' knowledge, with the average percentage of knowledge increasing to 80.5%. The minimum value of respondents' knowledge after the intervention was 50%, while the maximum value was 100%. Knowledge of depression before and after being given counseling can be seen in the following average distribution table (Table 1):

Table 1. Average value before and after being given pocket books

Variables	Min Value	Max Value	Average	Elementary School
Before Counseling	20	50	40,5	9,377
After Counseling	50	100	80,5	9,205

The level of knowledge of depression before and after being given the pocket book can be seen in the frequency distribution (Table 2).

Table 2. Respondents' knowledge before and after being given counseling

Knowledge level	N	Before		After	
		N	%	N	%
Good	0	0	0	26	65
Enough	12	30	30	14	35
Less	28	70	70	0	0

Based on table 2, it means that there is a significant increase in the level of knowledge of respondents after being given an intervention through a pocket book on postpartum depression. Before the intervention, 30% of respondents had sufficient knowledge, while 70% had insufficient knowledge. After the intervention, there was an increase in the level of knowledge, where 65% of respondents had good knowledge and 35% had sufficient knowledge.

Bivariate analysis results

The difference in knowledge values before and after being given the pocket book can be seen or presented in (Table 3).

Table 3. Paired samples test results

Knowledge Variable	Mean	p	α	Decision
Before Intervention	70,978	0,000	0,05	H ₀ rejected
After Intervention	80,870			

From the results of statistical tests using the Paired Samples Test in Table 3, a p value of <0.05 was found. This means that the null hypothesis (H₀) is rejected and the alternative hypothesis (H₁) is accepted. In the context of this study, this means that there is a significant difference between the level of knowledge of respondents before and after being given counseling. Thus, it can be concluded that counseling is effective in increasing respondents' knowledge of

postpartum depression. Counseling plays an important role in providing the necessary information to respondents, and the more information received, the broader the knowledge they have. This shows the importance of an educational approach in increasing public awareness and understanding of health issues such as postpartum depression (Hadi et al., 2022).

Discussion

The results of the study showed that before counseling through pocket books, most respondents (70%) had insufficient knowledge about postpartum depression, while only 30% had sufficient knowledge. However, after counseling, there was a significant increase in respondents' knowledge. Most respondents (65%) had good knowledge, while 35% still had sufficient knowledge, and no respondents had insufficient knowledge. These findings indicate that the use of pocket books is effective in increasing respondents' knowledge about postpartum depression. This is in line with previous studies showing that the use of pocket books can bring about significant changes in knowledge. The importance of making pocket books as attractive as possible so that they are easy to understand is also highlighted by other studies (Maay & Etnis, 2023). In addition to pocket books, other studies also show that leaflets are also effective in increasing respondents' knowledge. This shows that various media, including pocket books and leaflets, can be used as effective tools to increase public knowledge about postpartum depression (Hidayah & Sopiandi, 2019). This is because pocket books have an attractive appearance, are easy to carry anywhere, and are able to focus on the explanations in the book (Wulansari et al., 2021).

From the results of the statistical test using the Paired Samples Test in Table 3, it was found that the p value <0.05 , which indicates a significant difference between the level of knowledge before and after being given counseling on postpartum depression. This confirms that counseling is effective in increasing respondents' knowledge on the topic. Counseling is a communication process that aims to disseminate information, build awareness, and influence the behavior of the target audience to be more in line with certain goals (Harapan et al., 2022)(Sidiq et al., 2024). In the context of this study, counseling on postpartum depression through pocket books has succeeded in increasing respondents' knowledge, which indicates that the purpose of counseling has been achieved well. This emphasizes the importance of an educational approach in providing accurate and relevant information to the public to improve their understanding of important health issues. Most recent studies on postpartum depression have focused on prevalence and risk factors alone, while prevention and increasing public awareness are often overlooked (Holopainen & Hakulinen, 2019). To increase a person's knowledge, there are many things that can be done, one of which is by using effective media. The role of the media is very important in increasing the knowledge of mothers, especially mothers who are undergoing their first pregnancy. This is in line with a study that found that around 50% of participants searched for information about their baby's health and their health through YouTube (Liu-Zarzuela et al., 2023). Postpartum depression can be prevented if done properly, one of which is by providing information to women regarding knowledge about depression (8). In line with research by Grech et al (2022) which revealed that pregnant women need sufficient knowledge to deal with all possibilities that arise during their pregnancy. Including postpartum depression so that if the mother experiences this condition, she can immediately seek treatment or seek help from experts or health professionals.

The way a person learns affects their level of retention. Although the specific percentages may vary, the general concept that the use of visual media such as pictures and videos can improve a person's ability to remember information is consistent with research in the psychology of learning (Japar et al., 2019)(Angga et al., 2020)(Susilo et al., 2022)(OKI, 2024). The use of pocket books, which include text as well as perhaps pictures or diagrams, can be an effective learning method because they include visual elements. When information is presented in an easy-to-understand and engaging format, such as through a pocket book with clear illustrations or a video that illustrates complex processes, a person's chances of remembering the information can be increased. In accordance with research (Akhiryanto et al., 2021) where samples were given pocket

books were considered more effective in providing information. In addition, counseling or health promotion activities still need to be carried out continuously to increase public knowledge about postpartum depression (SURBAKTI et al., 2022). A system approach with screening and counseling in health services is also a step in providing more integrated services (Gopalan et al., 2022).

The results of the study stating that counseling statistically provides an increase in knowledge are very significant results. The use of pocket books does have a clear purpose to increase the level of knowledge of respondents regarding certain health issues, in this case, postpartum depression. With increased knowledge, it is hoped that respondents can be more aware of their own health conditions or those of people around them, and can take appropriate action. The combination of targeted counseling using effective media can be a very powerful strategy in increasing public knowledge and awareness of health issues, this can have a positive impact on the welfare of society as a whole.

CONCLUSION

Significant differences in the level of maternal knowledge about postpartum depression before and after being given the pocket book and counseling. Previously, the majority of mothers (76%) received a knowledge score of "poor". After being given the pocket book, most mothers (65%) increased to a "good" level of knowledge, and some (35%) reached a "sufficient" level of knowledge. This shows that the pocket book and counseling play an important role in improving maternal understanding of postpartum depression. The significant p value ($p = 0.000$) from the statistical test confirmed that the difference in the level of knowledge before and after being given counseling was statistically significant. This shows that the counseling intervention is effective in improving maternal knowledge about postpartum depression. These results show the importance of an educational approach and effective use of media in disseminating information about maternal mental health after giving birth. By increasing knowledge about postpartum depression, it is hoped that mothers can recognize the signs and symptoms that may arise and seek appropriate help if needed.

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