


Risk Factors Affecting The Incident Of Baby Blues Syndrome

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Article Info	ABSTRACT
Keywords: Baby Blues Syndrome, Age Factors, Literature Review	Twenty articles were reviewed using a synthesis table to see the variables that influence baby blues syndrome. Of the 20 articles, 10 articles mention age as an influential factor, with several advantages including data that represents both local and international data with the latest publications and samples that are suitable for analysis. These articles also identify the main variables that influence the incidence of baby blues syndrome, and emphasize the need for interventions to reduce the risk of this syndrome. However, there are several limitations, such as potential bias in terms of data sources, prioritization of data according to the researcher's hypothesis which can influence research results, and insufficient population coverage in some literature studies. Apart from the age factor, the author found seven articles that examined educational factors and five articles that discussed employment factors as variables that influence the incidence of baby blues syndrome. Differences in analysis results regarding the most common factors in the incidence of baby blues syndrome can be caused by different locations and sample populations. One of the strengths of these articles is their detailed and detailed discussions, arranged using certain procedures or stages, and presenting abstracts and conclusions that are easy to understand.
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INTRODUCTION

Women in the postpartum period will adjust to their new role as a mother. Women who are unable to adjust after giving birth will experience psychological disorders, this is called baby blues syndrome. New mothers who experience baby blues syndrome will experience emotional disturbances in the form of anxiety, lack of concentration, and feelings of sadness that dominate. Baby blues syndrome or postpartum blues is a transient state of increased emotional activity experienced by women after giving birth for a period of one week. Symptoms of baby blues syndrome will appear on days 3 to 5 and will disappear or continue until the following days.²

Halbreich & Karkun's research shows that the incidence of baby blues syndrome in the world ranges from 0.5% -60%. Klainin & Arthur's research shows that the incidence of baby blues syndrome in Asia ranges from 3.5%-63.3%. Munawaroh's research shows that the incidence of baby blues syndrome in Indonesia is between 50%-70%. These percentage figures show that 50%-70% of women will experience baby blues syndrome after giving birth.^{3,4,5}

Baby blues syndrome can be influenced by many factors. Several factors that can influence the occurrence of baby blues syndrome are maternal age and parity. The factors that influence baby blues syndrome are usually influenced by several causes so that the signs and symptoms of baby blues syndrome are a multifactorial mechanism.⁶ The results of research conducted by Machmudah showed that primiparous mothers who experienced baby blues syndrome reached 88.9% or 48 out of 52 respondents. The research results on multiparous mothers had a percentage of 11.1% or 6 respondents out of 28 multiparous mothers.⁷

Masruroh's research results show that primiparous women suffer from postpartum blues more easily because after giving birth primiparous women will be in an adaptation period. The condition after giving birth for primiparous women is a condition that is experienced for the first time so it can cause stress. Most primiparous women will feel anxious and restless after giving birth because this birth is their first birth. ⁸

The results of research conducted by Fatmawati showed that mothers aged less than 20 years experienced baby blues syndrome reaching 88% or as many as 23 respondents, while mothers aged over 20 years only experienced 26% or as many as 14 respondents. Women who become pregnant under the age of 20 years are at risk for their reproductive organs because their reproductive organs are not yet ready to accept pregnancy, while women who become pregnant at the age of over 35 years are at risk in childbirth because their reproductive organs start to become loose and stiff. ^{9,10}

Based on a preliminary study on July 4 2017 at the Hastuti Main Clinic for Mothers and Children, Sragen using the Edinburg Postnatal Depression Scale (EPDS) questionnaire method, the results obtained from 7 respondents were 5 primiparous mothers who felt anxious and uneasy after giving birth, 1 primipara mother who felt happy about the birth of her child and 1 multiparous mother who also felt happy about the birth of her child. Based on this description, the author is interested in conducting research on "The relationship between age and parity and the incidence of baby blues syndrome".

METHOD

This research uses a literature review type of research with a narrative review design. Data was collected from various relevant literature to carry out a narrative review of the factors that influence the incidence of baby blues syndrome. The data used is secondary data obtained through searches on various websites, such as research results from national or international accredited scientific journals, journal citations, Google Scholar, Garuda Portal, and other sources published in 2018-2023.

Inclusion criteria in this study include research articles, textbooks and citations that meet national and international standards. Articles or literature included must discuss factors that influence the incidence of baby blues syndrome and have been published in the 2018-2023 time period. Meanwhile, exclusion criteria include articles or literature that do not have an ISSN if it is a journal, and an ISBN if it is a book, as well as incomplete articles or literature that only contain an abstract.

RESULTS

No.	Title	Author/Year	Method	Research result
1.	Correlation between history of normal delivery and action with the incidence of postpartum blues at the Wara Community Health Center, Palopo City	Yuniar Dwi Yanti, Farida / 2022	Cross-sectional study approach	This shows that mothers who give birth by caesarean section have a tendency to experience post partum blues compared to those who undergo normal labor. However, normal delivery with surgery can also cause postpartum blues.
2.	Frequency Distribution of Postpartum Blues in Postpartum Mothers	Nabilah Tarisa, Fonda Octarianingsih Festy Ladyani, Woro Pramesti / 2020	Quantitative descriptive	This research states that low socioeconomic status is significantly related to the incidence of postpartum depression, and low family income has a very significant relationship to the occurrence of postpartum blues.
3.	Factors Associated with the Incident of Postpartum Blues in the Temindung Health Center Work Area in 2019	Dayang Mardhatillah RMP, Andi Lis Arming Gandini, Ratnawati / 2019	Cross-sectional.	The results of this study showed that as many as 40% of postpartum mothers experienced postpartum blues, this occurred in 34.4% of mothers who were not at risk, 40.9% of mothers with medium/multiparous parity, 41.2% of mothers with medium/high school educational backgrounds. and 53.6% of mothers who do not work.
4.	Analysis of Factors Causing Baby Blues Syndrome in Postpartum Mothers	Lina Wahyu Susanti, Anik Sulistiyanti. / 2017	Correlational analytics	Research was conducted on 72 respondents with the results that there was a relationship between the type of delivery and the incidence of baby blues syndrome. There is a relationship between maternal readiness and baby blues syndrome. There is a

No.	Title	Author/Year	Method	Research result
				relationship between husband's support and baby blues syndrome. These three factors contribute to baby blues syndrome.
5.	Factors that Cause Postpartum Blues	Purwati Purwati, Alfi Noviyana. / 2020	Qualitative	The results of the postpartum blues research were caused by the following: worry about the baby, maternal fatigue, comments from people around about the mother, support and presence of the husband, adaptation to the presence of the baby. Factors related to postpartum blues include adjustment, coping with stress and social support.
6	The Relationship Between Age and Parity and the Incidence of Baby Blues Syndrome	Ilham Paramasatya / 2018	Observational analytics	This shows that statistically only the age variable is related to the incidence of baby blues syndrome with an OR of 4,000, which means that mothers aged < 20 years and > 35 years are 4,000 times more likely to suffer from baby blues syndrome compared to mothers aged 21 - 35 years. .
7	<i>Post partum blues,</i> A literature review	Eva Yunitasari, Suryani / 2020	<i>Literature review.</i>	According to data from one researcher, the symptoms most frequently experienced were 48% sadness, 23% crying, 41% irritability, 41% anxiety, 26% emotional lability, 15% sleep disorders and 21% appetite disorders. Postpartum blues (PPB) or often also called Maternity blues or Baby blues is

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				understood as a syndrome of mild side effects that often appears in the first week after delivery and peaks on the third to fifth day and attacks within 14 days after delivery.
8	The Relationship between Early Pregnancy and the Incident of Postpartum Blues at Wonosari Hospital in 2017	Herlina Tri Nugraheni / 2017	Cross-sectional analytics.	The results of this study show that there is a significant relationship between early pregnancy and the incidence of postpartum blues. In this study, it was found that 50 respondents (55.6%) experienced postpartum blues and 40 respondents (44.4%) did not experience postpartum blues. In pregnancies aged <20 years, there were 15 (16.7%) respondents who experienced postpartum blues. Mothers who experience early pregnancy have a 4.0 times risk of postpartum blues compared to mothers who experience pregnancy at age ≥ 20 years.
9	The Relationship Between Mothers' Knowledge About Baby Blues, The Childbirth Process, And Parity With Baby Blues At Rsia Srikandi Ibi Jember Regency	Putri Suci Wulansari, Erdi Istiaji, Mury Ririanty / 2017	Quantitative analytics	The research results show that the majority of respondents are 21-25 years old. The safe age for pregnancy and childbirth in the healthy reproductive period is in the range of 20 to 35 years, so it can be concluded that the majority of respondents based on age are in the safe category for pregnancy and childbirth.

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				This is in accordance with Ekasari's statement that age at pregnancy greatly influences the mother's readiness to accept responsibility as a mother so that the quality of human resources increases and readiness to nourish the next generation can be guaranteed.
10	Factors Influencing the Occurrence of Post Partum Blues at Gadjah Mada University Academic Hospital	Budi Susilawati, Evita Ratih Dewayani, Winda Oktaviani, Ayuk Rahadhian Subekti. / 2020	Cross-sectional.	The majority of respondents were aged < 20 years and > 35 years, with high education status, high income, primiparous, unwanted pregnancy status, no husband support, delivery by caesarean section, and working mothers, more than 50% of mothers experienced postpartum. blues. Data analysis used logistic regression. The factors that influence the incidence of postpartum blues are age, parity, and employment status
11	Factors Associated with Baby Blues Syndrome in Post Partum Mothers at RSUD dr. Zainoel Abidin Banda Aceh City	Roza Aryani, et al (2022)	Quantitative with correlative methods	The research results show a correlation between age and baby blues syndrome in postpartum blues mothers, birth complications, type of delivery, education and family support.
12	The Influence of Individual Characteristics, Internal and External Factors of	Servasia Yosefina Mones, et al (2022)	Descriptive analytics	From the results of the Chi-Square test, factors that significantly influence the incidence of BBS include education, type of birth,

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	Postpartum Mothers with Baby Blues Syndrome in Rural and Urban Areas in Kupang City			family economic status, and social support. From the Mann Whitney Test, it was found that there were differences in factors between rural and urban areas, including education, employment, nutritional status, parity, type of delivery, and family economic status.
13	The Relationship between Characteristics of Primiparous Mothers and the Occurrence of Baby Blues	Sopiatun Nadariah, et al (2019)	Observational analytics	The results of the characteristics of primiparous mothers include age, education, employment, pregnancy status, family or husband support, and no correlation was found between these characteristics and the incidence of baby blues. So there is no correlation between the characteristics of primiparous mothers and the occurrence of baby blues syndrome.
14	Prevalence And Factors That Contribute to Baby Blues Syndrome in Postpartum Mothers	Ekadewi Retnosari, et al (2022)	Quantitative	Among the research subjects, 441 (85.7%) were aged 25-45 years and almost 85% were married. The majority of participants, 350 (65.9%) had attended formal education. In terms of ethnicity, the majority of research participants, 403 (75.9%) were native Muara Enim residents and 128 (24.1%) were ethnically from outside. A total of 461 (86.8%) participants had

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				income above the minimum monthly income of IDR. 3,158,000,-.
15	Factors Influencing the Occurrence of Baby Blues Syndrome in Postpartum Mothers	Namirah, et al (2023)	Observational analytics	A correlation between education and work was found with baby blues syndrome. Meanwhile, the factors age, parity and type of delivery do not show a correlation with the occurrence of baby blues syndrome.
16	Characteristics of Postpartum Mothers and Husband Support with Baby Blues Syndrome	Ni Wayan Eka Wahyuni, et al (2023)	Descriptive	There were 24 informants, age range 20 to 35 years, 16 informants with higher education, 18 informants with first pregnancy, 20 informants with work, and 25 informants with good husband support. Mothers experienced baby blues syndrome, namely 6 informants with sufficient husband support.
17	The relationship between maternal age and parity and the incidence of postpartum blues at PMB "W" Magetan	Oktavia Puspita Sari, et al (2021)	Analytic	There is a correlation between maternal age and the incidence of postpartum blues. The results of the statistical test of the parity variable on the incidence of postpartum blues say there is a correlation between maternal parity and postpartum blues.
18	Determinants of Postpartum Blues for Postpartum Mothers Survey Study at the Madiun City General Hospital	Tinuk Esti Handaya ni, et al (2021)	Descriptive analytics	The results of the study showed that there was a correlation between age and symptoms of postpartum blues and type of delivery. So that the experience of giving birth to the symptoms of

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				postpartum blues is correlated with education and family support.
19	Relationship between maternal characteristics and husband's support with the risk of postpartum blues in postpartum mothers	Ni Made Ari Febriyan ti, et al (2021)	Analytic	The research results showed that the informants did not experience symptoms of postpartum blues and almost half of the informants experienced symptoms of postpartum blues. Bivariate results show that there is a correlation between parity, education, and husband's support on the risk of postpartum blues.
20	Frequency Distribution of Postpartum Blues in Postpartum Mothers	Nabilah Tarisa et al (2022)	Quantitative descriptive	The results of the research were obtained from 40 mothers after giving birth, 7 informants indicated baby blues syndrome, and 33 informants did not indicate baby blues syndrome. There is a correlation between baby blues syndrome and the characteristics of informants based on age and income and age of income.

Discussion

Twenty articles were reviewed using a synthesis table to see the variables that influence baby blues syndrome. Of the 20 articles, 10 articles mentioned age as an influential factor (journals 6, 8, 9, 10, 11, 13, 14, 17, 18, 20). Some of the advantages of these articles are data that represents both local and international data with updated publications and samples that are suitable for analysis, the main variables that influence the incidence of baby blues syndrome, and the need for interventions to reduce the risk of this syndrome. However, there are several limitations, such as potential bias in terms of data sources, prioritization of data according to the researcher's hypothesis which can influence research results, and the data presented in literature studies does not fully answer the research questions due to insufficient population coverage.

Furthermore, the author found seven articles that examined educational factors as influencing factors in the incidence of baby blues syndrome (journals 3, 10, 11, 12, 13, 15,

19). Five other articles discuss occupational factors as factors influencing the incidence of baby blues syndrome (journals 2, 10, 12, 14, 20). The author identified differences in the results of the analysis regarding the most common factors in the incidence of baby blues syndrome which could be caused by different locations and sample populations. One of the strengths of these articles is that the discussions are very detailed and detailed, arranged using certain procedures or stages, and present abstracts and conclusions that are easy to understand.

CONCLUSIONS

The conclusion of this study shows that age is the most dominant factor influencing the incidence of baby blues syndrome, followed by education and employment factors. Apart from that, there are several other characteristics such as parity, family support, type of birth, marital status, and income that also play a role. As a suggestion, it is hoped that postpartum mothers can obtain information about postpartum blues so that they can prevent or overcome this condition. This research found that family support has a big influence on the incidence of baby blues, but the sample is not evenly distributed between mothers who receive family support and those who do not, causing a high incidence of baby blues in the group with family support. Therefore, for future researchers, it is recommended to expand the sample size with similar topics in order to obtain more optimal results and develop this research on other factors, such as emotional problems during pregnancy and low maternal self-esteem, which can influence the incidence of baby blues. Apart from that, it would be better to carry out a more in-depth preliminary study before determining the research location so that you can make maximum use of your time.

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