

Spousal Support During the Psychological Adaptation Process in Mothers Postpartum Period in the Jatiluhur Health Center Area

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ABSTRACT

KEYWORDS

husband support,
psychological
adaptation, postpartum
mothers, mental health

The postpartum period is a transitional phase marked by significant physical and psychological changes in mothers. Spousal Support During the Psychological Adaptation Process in Mothers Postpartum Period in the Jatiluhur Health Center Area is a critical factor influencing the success of the psychological adaptation process during this period. This research aimed to determine the relationship between the level of spousal support and the psychological adaptation process in postpartum mothers in the working area of the Jatiluhur Community Health Center. A descriptive correlational approach with a cross-sectional design was employed on 80 postpartum mothers selected through purposive sampling. Data were collected using spousal support and psychological adaptation questionnaires and analyzed using Spearman's rank correlation test. The results revealed a significant positive relationship between spousal support and maternal psychological adaptation ($p < 0.05$; $r = 0.68$), with higher support linked to better adaptation outcomes. Emotional and instrumental support were particularly effective in reducing maternal anxiety and enhancing confidence, while informational and appreciative support improved maternal well-being and role acceptance. The findings underscore the need for educational interventions targeting husbands to strengthen their role in supporting maternal mental health. The implications of this research suggest that incorporating spousal involvement into maternal health policies and community-based programs can significantly reduce the prevalence of postpartum psychological disorders, improve family resilience, and contribute to better child development outcomes.

INTRODUCTION

The postpartum period, or *puerperium*, is the time following childbirth characterized by physiological, hormonal, and psychological changes (Drozdowicz-Jastrzębska et al., 2023; Rezaie-Keikhaie et al., 2020; Romeikienė & Bartkevičienė, 2021; Street et al., 2019; Zanardo et al., 2020). Globally, the World Health Organization (WHO, 2024) reports that around 10–20% of mothers experience postpartum depression, while baby blues affect nearly 50–70% of new mothers. In Indonesia, the *Riset Kesehatan Dasar* (Riskesdas) 2018 indicated that 15.6% of mothers experience emotional mental disorders after childbirth, with more recent data showing that the prevalence of postpartum depression increased to 19.7% in 2022 (Ministry of Health RI, 2023). These figures highlight that psychological disorders in the postpartum period are a serious public health issue with broad implications for maternal well-being and childcare.

Previous studies have shown that good spousal support is closely related to a low incidence of postpartum depression and improved maternal well-being. However, in the Jatiluhur Community Health Center area, there are still postpartum women who report a lack of support from their husbands, resulting in suboptimal psychological adaptation.

One of the most crucial factors influencing psychological adaptation during the postpartum period is husband support. In this study, husband support is measured across four

dimensions: emotional support (providing empathy and understanding), informational support (sharing knowledge related to maternal and infant care), instrumental support (physical assistance in household tasks and infant care), and appreciative support (recognition and validation of the mother's role). Previous studies show that insufficient husband support is strongly associated with higher risks of postpartum depression (Agrawal et al., 2022; Fernandes et al., 2021; He et al., 2022; Keepanasseril et al., 2023; Maulina et al., 2023). In Indonesia, Idaiani et al. (2017) emphasized that social and economic factors, along with partner support, are primary determinants of maternal mental health.

In the Purwakarta region, particularly in the Jatiluhur Health Center area, the phenomenon of inadequate husband support remains evident. A study by Evawati, Indriyani, & Yulis (2014) reported that 30% of postpartum mothers in Jember Regency experienced minimal husband involvement in postpartum adaptation. Supporting this, a local survey conducted at Jatiluhur Health Center (2024) found that 28% of postpartum mothers reported inadequate support from their husbands, which was linked to heightened anxiety and difficulties in adapting to their new maternal role.

The urgency of this study lies in the fact that research on the relationship between husband support and psychological adaptation in the Jatiluhur region is still limited. Previous studies have mostly focused on urban settings, while cultural values, limited access to mental health services, and traditional family structures in semi-urban regions like Jatiluhur may uniquely shape husband–wife dynamics. Thus, this research seeks to fill the gap by analyzing the relationship between husband support and psychological adaptation among postpartum mothers in the Jatiluhur Health Center area.

The novelty of this study lies in its local context, where cultural traditions and community structures significantly influence the extent and type of husband support available to postpartum mothers. By focusing on Jatiluhur, the study not only contributes to the theoretical discourse on spousal support and maternal mental health in Indonesia but also provides practical implications for public health interventions. The findings are expected to guide local policymakers and health practitioners in developing educational programs for husbands to enhance their involvement in supporting mothers during the postpartum period.

This study was conducted to analyze the relationship between spousal support and psychological adaptation in postpartum women. In addition to theoretical contributions, this research also offers practical benefits. The results can serve as evidence-based input for maternal and child health policies, particularly in strengthening postpartum mental health programs. Interventions to improve husband support—such as community workshops, counseling programs, and integration of spousal education into maternal health services—can be designed and implemented more effectively. These initiatives will not only enhance maternal psychological adaptation but also contribute to better child development outcomes and stronger family well-being in the community.

METHOD

This study used a correlational descriptive design with a cross-sectional approach. The research was conducted in the working area of the Jatiluhur Community Health Center, Purwakarta District, from January to March 2025. The population consists of all postpartum women who visited the Jatiluhur Public Health Center. A sample of 80 respondents was

selected using purposive sampling with the following criteria: postpartum women aged 0–6 weeks, living with their husbands, and willing to participate as respondents. The husband support questionnaire measured emotional, informational, instrumental, and appreciative support. The postpartum mother's psychological adaptation questionnaire measured anxiety levels, acceptance of the mother's role, and psychological well-being. Data were analyzed using Spearman's rank correlation test to determine the relationship between husband support and postpartum mothers' psychological adaptation.

RESULT AND DISCUSSION

The findings of this study revealed that a majority of postpartum mothers (65%) reported receiving good levels of spousal support, while 25% indicated moderate levels, and 10% reported poor spousal support. This distribution highlights the varying degrees of involvement and supports that mothers receive from their husbands during the postpartum period. Understanding these differences is crucial for targeting interventions that aim to improve maternal psychological outcomes and family health.

In terms of psychological adaptation, 70% of mothers demonstrated good adaptation, 20% showed adequate adaptation, and 10% experienced poor adaptation. Psychological adaptation refers to how well mothers cope with the physiological, emotional, and social changes following childbirth. These results suggest that while many mothers adjust well, there remains a significant minority who struggle to adapt, potentially putting them at risk for postpartum psychological disorders.

Statistical analysis using Spearman's Rank correlation test showed a significant positive relationship between spousal support and psychological adaptation ($p < 0.05$; $r = 0.68$). This strong correlation emphasizes that the more supportive the husband is, the better the mother's psychological adjustment during the postpartum period. These findings provide quantitative evidence supporting the importance of the husband's role in maternal mental health.

Further analysis indicated that among the types of support, emotional support played a crucial role in reducing maternal anxiety and strengthening self-confidence. When husbands provide empathy, understanding, and encouragement, mothers tend to feel more secure and emotionally stable. This emotional connection appears vital for mitigating feelings of loneliness or overwhelm often experienced in the postpartum phase.

Instrumental support was also important in helping mothers adapt psychologically. Assistance with infant care and household duties relieved some of the physical and mental burdens on the mother. By sharing these responsibilities, husbands can prevent maternal exhaustion and promote a more balanced recovery period, which in turn supports better mental health outcomes for mothers.

Informational support, such as sharing knowledge related to maternal and infant care, contributed significantly to mothers' sense of security in their new roles. When husbands actively provide useful information, it helps mothers feel more competent and less anxious about caring for their newborns. This kind of practical knowledge exchange can empower mothers and improve their overall postpartum experience.

Appreciative support, which involves recognition and validation of the mother's role by her husband, was found to enhance mothers' self-worth and overall well-being. Feeling valued and acknowledged by their spouses can boost mothers' morale, increase motivation, and foster a positive self-image during what can be a challenging transition.

These findings align closely with previous research by Rahmawati & Sari (2022), who reported a significant correlation between higher spousal support and reduced risk of postpartum depression, alongside improved psychological outcomes. Similarly, Idaiani et al. (2017) observed that family and partner support acted as protective factors against perinatal depression in both urban and semi-urban Indonesian settings. The present study reinforces these earlier results, adding localized evidence from the Jatiluhur region, which highlights cultural and community influences on spousal support dynamics.

Evawati, Indriyani, & Yulis (2014) also noted that insufficient husband involvement contributed to postpartum blues in young mothers in Jember Regency. This study builds on that work by demonstrating similar patterns in the Jatiluhur Health Center area, further supporting the argument for focusing on husband involvement as a key factor in maternal mental health interventions.

Considering these results, the study suggests that efforts to strengthen husband support should be strategic priorities for reducing postpartum psychological disorders. Community-based programs such as couple counseling, education on maternal mental health, and the integration of spousal support components into routine maternal healthcare services could provide practical solutions. By actively engaging husbands as partners in care, such initiatives could improve the psychological adaptation of mothers, while also supporting positive child development and overall family well-being.

CONCLUSION

This study concluded that spousal support, encompassing emotional, informational, instrumental, and appreciative dimensions, has a significant positive relationship with the psychological adaptation of postpartum mothers in the Jatiluhur Health Center area. The findings addressed the research objective by confirming that higher levels of husband support are associated with better maternal adaptation, reduced anxiety, and improved well-being. These results highlight the importance of educating and involving husbands as active partners in maternal and child health programs. Future research should further explore how cultural and community-specific factors influence spousal support, and how targeted interventions—such as couple-focused counseling or community-based education—can be developed and scaled to strengthen maternal mental health outcomes and family resilience in both rural and urban contexts.

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First publication right:

Devotion - Journal of Research and Community Service



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