ABSTRACT

Introduction: Postpartum depression is a mental disorder can happen after mother deliver her baby. The effects of postpartum depression can influence both infant growth and the mother’s relationship with her husband. The prevalence in Banyumas need further information to avoid conditions related to postpartum depression. Social support also one of predictor postpartum depression and need to explore it. The purpose of this study is to examine the prevalence and social support postpartum depression in Indonesia. Methods: A descriptive correlational study was conducted from February to March 2015. The 138 participants were recruited from the Public Health Sokaraja II in the Banyumas area, Central Java, Indonesia. The participants were collected from postnatal visits to public health facilities and home visits using convenience sampling. This study used 3 instruments, namely the Edinburgh Postnatal Depression Scale (EPDS) and Interpersonal Support Evaluation List (ISEL) which included demographic data. Results: Prevalence PPD in Banyumas 25 person This study found postpartum key helpers in social support consisted of; husband, mother, mother in-law, and also brother and sister who experienced significant postpartum depression symptoms ($\chi^2 = 15.995$, $p = 0.001$). Social support was also a significant difference between no depression and depression groups an ISEL mean of 3.676 ($t = 3.336$, $df=136$). Discussion: The prevalence PPD in Banyumas already found and social support was also involved prevalently with postpartum depression. Further research on intervention based on the culture of an Indonesian setting is need to improved nurses’ knowledge.

Key Words: Prevalence, Postpartum depression, Social support