

ABSTRACT

Post Partum blues are a mild affective disorder syndrome that occurs in the early post partum period. This is a naturally problem that occurs after childbirth. Signs and symptoms are reactions of sadness or dysphoria, crying, irritability, anxiety, feelings lability, tend to blame themselves, sleep disorder, and appetite disorder. These symptoms appear after childbirth and disappear within a few days. Post partum blues happen because of multi factorial, consisting of hormonal factors, physica lactivity factors, and psychosocial factors.

It is an observational analytical study with cross sectional design. The population is the second day post partum woman in dr. Abdoer Rahem Situbondo Hospital on 1-31 March 2016. Number of sample are 60 respondents according to the criteria of the sample. Independent variable is psychosocial factors, dependent variable is post partum blues. This study use general questionnaire and edinburgh postnatal depression scale (EPDS) questionnaire. Data analysis use chi square.

The results shows as much as 65% of post partum mother experience post partum blues. Each variable obtained p values are age $p=0,015$, parity $p=0,038$, education $p=0,513$, jobs $p=0,019$, revenue $p=0,009$. Variables with $p<0,05$ shows there is significantly relation between these variables and post partum blues.

The conclusion, the most cause of post partum blues incidence from psychosocial factors are low economic status. Therefore, to reduce the incidence of post partum blues need to improve the economic status.

Keywords : *post partum blues, psychosocial factors*