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Obstetric Care For Primigravida Mothers With Antepartum Depression Before Delivery At Pratama Siti Kholijah Clinic Jl. Marelan I, Terjun, Kec. Medan Marelan

[1] Rahmawani Fauza, [2]Nova Linda Rambe
[1,2] Universitas Imelda Medan, Indonesia

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ABSTRACT

Antepartum depression or stress is a complication of pregnancy risks and negative experiences in a woman's life. According to a systematic review, the incidence of mental health disorders such as depression and anxiety disorders in mothers in developing countries was recorded to have an average of 15.6% during pregnancy and 19.8% after delivery. A study showed the prevalence of antepartum depression, amounting to 26.6%. Depression during pregnancy has been shown to produce unwanted perinatal eg preterm delivery, low birth weight, preeclampsia, low Apgar scores at 1 and 5 minutes. The adrenal cortex secretes cortisol in response to ACTH, diurnal rhythms, and stress. Guided imagery relaxation techniques using soothing words and sounds; directs the user to imagine a psychological or physiological state in a relaxed manner. Researchers provide comprehensive midwifery care for pregnant women, maternity, postpartum, BBL, neonates and family planning using a midwifery management approach to Mrs "I" with Antepartum Depression. Care in this study by observation, evaluation, counseling. The subject of this care is Mrs "I" with Antepartum Depression at Siti Kholijah Primary Clinic. Comprehensive midwifery care for Mrs. "I" during the third trimester of pregnancy with antepartum depression before delivery, in normal labor and spontaneous delivery, during the postpartum period with normal postpartum, BBL with BBLN, neonates with normal neonates, and being an acceptor for condom. This research activity is about the management of antepartum depression in primigravida women before delivery. Researchers conducted observations, evaluation, and counseling to mothers. Observations and evaluations were carried out by knowing and assessing emotional conditions, levels of fatigue, and support for mothers. The mother's hydration status also needs to be considered and if possible, the mother can be asked to eat even in small portions so that she can gather energy for delivery.

Email :
rahmawani.29@gmail.com

INTRODUCTION

Antepartum depression or stress is a complication of pregnancy risks and negative experiences in a woman's life. The aim of the care provided is to provide support during pregnancy to reduce the mother's self-doubt. There are 2 main points of discussion in Mencer's theory. First, the effects of antepartum stress. Mercer's research shows that there are 6 factors related to the mother's health status, namely interpersonal relationships, family roles, antepartum stress, social support, self-confidence, mastery of fear, doubt and depression. Maternal role according to Mercer's theory is how a mother acquires a new identity that requires complete thought and explanation of herself. (Tajmiati, 2016). Then the achievement of the mother's role. The mother's role is achieved within a certain period of time when the mother becomes close to her baby which requires a competent approach including the role of expressing role satisfaction and appreciation. The active role of women as mothers and partners interacts with one another. Then Mercer also wrote the results of his research on ante-partum stress on family function. In this case, the effects of family function are described, both positive and negative. Stress caused by risks in pregnancy will influence self-assessment of health status (Novianty, 2017).

Mercer's theory identifies four supporting factors for mothers with antepartum depression. The first is Emotional Support, namely feelings of love, attention, trust and understanding. The second is Informational Support, namely providing information that suits the mother's needs so that it can help

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the mother to help herself. The third is Physical Support, for example. by helping care for the baby and providing additional funds, the fourth Appraisal Support, this allows individuals to be able to evaluate themselves and the achievement of the mother's role. (Astuti, 2016)

According to a systematic review, the incidence of mental health disorders such as depression and anxiety disorders in mothers in developing countries is recorded to be an average of 15.6% during pregnancy and 19.8% after giving birth. A study shows the prevalence of antepartum depression is 26.6%. Depression during pregnancy has been proven to produce undesirable perinatal outcomes, for example premature birth, low birth weight, preeclampsia, babies born with Apgar, low Apgar scores at 1 and 5 minutes. The adrenal cortex secretes cortisol in response to ACTH, diurnal rhythms, and stress. Guided imagery is a relaxation technique that uses calming words and sounds, directing the user to imagine a psychological or physiological state in a relaxed manner (Soetrisno, 2021). The aim of this research is to provide comprehensive midwifery care to pregnant, maternity, postpartum, BBL, neonate and family planning mothers using a midwifery management approach with SOAP documentation for Ny'I' with cases of Antepartum Depression. The research was carried out at the Pratama Siti Kholijah Clinic.

METHOD

This method of care is through counseling, observation, evaluation, where researchers can find out and assess the condition of the mother and understand how to treat antepartum depression in mothers before delivery so that depression does not get worse, so that undesirable impacts do not occur which can result in death for the mother and baby. . The researcher also provided counseling by comforting the mother, and encouraged the mother to sit on the ball, guiding the mother to the first steps of sitting on the ball, then spreading her legs apart to support the body, placing both hands on her knees, or holding something for the mother to support, and moving her legs to the right and left. Researchers also recommend that mothers control their emotional conditions and levels of fatigue. Researchers also recommend providing full support for mothers, both from the family, especially husbands, and also from health workers. The mother's hydration status also needs to be considered and if possible, the mother can be asked to eat small portions so that she can gather energy for labor. Researchers conducted research at the Pratama Siti Kholijah clinic, using counseling, observation and evaluation methods. This activity was carried out on April 19 2022.

RESULTS AND DISCUSSION

This research activity is about treating ante-partum depression in mothers before delivery. The research was carried out using counseling, observation, evaluation methods, where researchers were able to find out and assess the condition of the mother and understand how to treat antepartum depression in mothers before delivery so that depression does not get worse, so that undesirable impacts that can result in death in the mother and baby do not occur.

Researchers also provide counseling by comforting the mother, while encouraging the mother to sit on the ball in order to relieve the mother's mind of anxiety, fear and sadness during labor and to stimulate the progress of labor in the mother. The researcher guides the mother to take the first steps to sit on a ball, then spread her legs wide to support her body, place her hands on her knees, or hold something for her to support, and move her legs to the right and left. The researcher also recommends that the mother control her emotional condition and level of fatigue. The researcher also recommends giving full support for the mother, both from the family, especially the husband, and also from health workers.

The mother's hydration status also needs to be considered and if possible, the mother can be asked to eat small portions so that she can gather energy for labor. The mother said she would be enthusiastic about facing the birth that she would face later. Researchers conducted research at the Pratama Siti Kholijah clinic, using counseling, observation and evaluation methods. This activity was carried out on

April 19 2022.

CONCLUSION

Research on mothers with antepartum depression is carried out using counseling, observation, evaluation methods, where researchers can find out and assess the mother's condition and understand how to treat antepartum depression in mothers before delivery so that the depression does not get worse, so that undesirable impacts that can result in death do not occur. in mother and baby. Researchers also provide counseling by comforting the mother, and encouraging the mother to sit on the ball. Researchers also recommend that mothers control their emotional conditions and levels of fatigue. Researchers also recommend providing full support for mothers, both from the family, especially husbands, and also from health workers. The mother's hydration status also needs to be considered and if possible, the mother can be asked to eat small portions so that she can gather energy for labor. Mother said she would be enthusiastic about facing the birth that she would face later. Researchers conducted research at the Pratama Siti Kholijah clinic, using counseling, observation and evaluation methods. This activity was carried out on April 19 2022.

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