

Literature Review: Influencing Factors Occurrence Postpartum Depression Blues in Postpartum Mothers

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Article Info	Abstract
Article History Submitted, 2025-10-30 Accepted, 2025-11-30 Published, 2025-12-31	Postpartum depression, or postpartum blues, is an emotional disorder often experienced by mothers after giving birth. This condition usually appears in the first few days to weeks after delivery and is characterized by symptoms such as sadness, crying, irritability, sleep disturbances, and loss of interest in daily activities. If not managed properly, postpartum blues can progress to more severe postpartum depression and negatively impact the mother's mental health, relationship with her baby, and the family's overall well-being. This literature review aims to examine factors influencing the incidence of postpartum blues in postpartum mothers based on the results of six national and international journals published between 2020 and 2025. The method used was a literature review, with articles searched through Google Scholar, BMC Psychology, and PubMed using the keywords "postpartum depression," "postpartum blues," and "postpartum mother." In conclusion, internal factors influencing the occurrence of postpartum blues include the mother's psychosocial well-being, age, type of delivery, and gender of the child. Meanwhile, external factors include economic status and support from her husband or family. Good support from her husband and family can help improve the mother's emotional stability, provide a sense of security, and create a comfortable and positive environment for both mother and baby, thus facilitating a smooth postpartum adaptation process.
Keywords: Postpartum depression, postpartum blues, postpartum mother	

Introduction

Postpartum depression, or postpartum blues, is an emotional disorder often experienced by mothers after giving birth. This condition usually appears in the first few days to weeks after delivery and is characterized by symptoms such as sadness, crying, irritability, sleep disturbances, and loss of interest in daily activities. If not managed properly, postpartum blues can progress to more severe postpartum depression and negatively impact the mother's mental health, relationship with her baby, and the family's overall well-being. Various studies have shown that several factors contribute to the development of postpartum blues. These factors include economic status, support from her husband and family, the mother's psychosocial well-being, her age, the child's gender, and the type of delivery she experienced. Mothers from lower economic backgrounds tend to experience higher levels of stress due to financial pressures, the baby's increased needs, and limited access to healthcare facilities and professional support. Emotional and social support from her husband and family also significantly impacts a mother's psychological stability. When a mother feels supported and understood by those closest to her, the risk of developing postpartum emotional disorders can be significantly reduced. Furthermore, psychosocial factors such as mental readiness to face the new role of mother, stress levels during pregnancy, and traumatic experiences during childbirth are also important triggers for postpartum blues. Being too young or too old also increases the risk because it is potentially related to the level of emotional maturity and readiness to face the physical and social changes after childbirth (Hanim, 2022).

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The type of delivery, whether vaginal or cesarean section, can affect the mother's psychological state due to its association with experiences of pain, fear, and the physical recovery process. Several studies have also found that the child's gender can influence the mother's emotional state, especially in certain cultures that still have gender preferences. This literature review aims to examine factors influencing the incidence of postpartum blues in postpartum mothers based on the results of six national and international journals published between 2020 and 2025. The method used was a literature review, with articles searched through Google Scholar, BMC Psychology, and PubMed using the keywords "postpartum depression," "postpartum blues," and "postpartum mother." In conclusion, internal factors influencing the occurrence of postpartum blues include the mother's psychosocial well-being, age, type of delivery, and gender of the child. Meanwhile, external factors include economic status and support from her husband or family. Good support from her husband and family can help improve the mother's emotional stability, provide a sense of security, and create a comfortable and positive environment for both mother and baby, thus facilitating a smooth postpartum adaptation process.

Methods

Writing This use Literature Review (LR) method or study library. Method This done with method collect and review results research that has been done There is for get clear picture about factors that influence postpartum blues in mothers postpartum. Tracing process journal done online through several scientific database sites, namely Google Scholar, BMC Psychology, and PubMed. Search limited to published articles between 2020 to 2025, so that the results obtained more up-to-date and appropriate with condition moment this. The keywords used namely "postpartum depression", "postpartum blues", and " mother postpartum". Criteria established inclusions in the review process literature This namely: 1) Articles that focus on the influence maternal postpartum depression postpartum. 2) Full text articles published in 2020–2025. 3) Articles research article type with method clear research criteria exclusion in the review process literature This namely: 1) Articles in the form of thesis or thesis. 2) An article that explains method study in a way complete.

Results and Discussion

A literature review was conducted on six articles, published between 2020 and 2025. The results of the journal analysis are presented in Table 1 as follows:

Table 1. Jurnal Analysis Result

No.	Study	Method	Results
1.	The effect of socioeconomic status on postpartum depression: a parallel mediation model (S.-M. Chen et al., 2025)	Study This done with method quantitative cross-sectional and involved 328 mothers who were in period 1 year time post childbirth. Data collected use offline and online surveys.	Social status low economic status (SES) in a way significant increase risk depression postpartum period (PPD). Influence This part big explained by two factors: satisfaction material and support needs low social.
2.	The Influence of Age on the Incidence of Postpartum Depression in Bantul Regency, Yogyakarta (Widarti, 2022)	Analytical survey studies and designs study is correlational. Sample chosen by purposive sampling of 210 out of 30.	Research result about Postpartum depression in Bantul Regency, namely obtained results 38.1% of subjects study experience postpartum depression and not experience postpartum depression by 61.9%. Research results This show existence level strong relationship between age and education to incident Postpartum depression in Bantul Regency, Yogyakarta. Research results show that the results of the chi square test prove existence connection between age Mother postpartum with incident postpartum depression with p value = 0.001.

3. The Influence of Family Support on Controlling Postpartum Depression (Mastarinda et al., 2023)	Study quantitative with design descriptive cross-sectional analysis. Population consists of 34 postpartum mothers at Sitti Khadijah I Women's and Children's Hospital, and 31 respondents were obtained with purposive sampling technique.	Found existence influence significant between support family with control postpartum depression ($p = 0.01$). Mothers who did not get support family own level depression more tall compared to with mother who gets support good. Form support the most influential family is support emotional and caring direct during the postpartum period .
4. Women Who Delivered by Caesarean Section (CS) (Kurniasari Pratiwi1, 2023)	search comprehensive from 5 databases, namely Google Scholar, Pubmed, PNRI, and Sciencedirect from May 1, 2018 to May 1, 2023 following PRISMA Guidelines	Mother with labor SC operation has opportunity risk postpartum depression more big compared to mother in labor vaginally.
5. Maternal expectations about fetal sex and the risk of postpartum depression (Rong et al., 2023).	Study cohort of 991 mothers at Fudan University Hospital, China, using EPDS questionnaire six Sunday after giving birth. Data analyzed with regression logistics and SEM for see connection between hope type sex fetus and postpartum depression .	As many as 12.8% of mothers experience postpartum depression. Mothers with type sex baby No in accordance hope risky about 2.4 times more tall experience depression, especially in primiparous mothers. Factors education low, dissatisfaction economy, and relations family bad also improves risk .
6. Postpartum Depression and Newborn Gender: An Investigation of Birth Outcomes and Maternal Well-Being in a Cross-Sectional Study (Iftikhar1 et al., 2024)	Study conducted in March – September 2022 on 90 mothers seven day postpartum depression in Rawalpindi using the Edinburgh Postnatal Depression Scale (EPDS). Data were analyzed with SPSS version 25 using t-test and Chi-square ($p < 0.05$).	Mother who has child Woman own risk depression more postpartum tall compared to with others (OR = 1.15, 95% CI: 1.01–1.31; $p = 0.03$).

Internal Factors:

Age: Research result (Widarti, 2022a) show existence connection significant between age Mother postpartum and events postpartum depression with p value = 0.001 and OR = 3.50. Mothers aged ≥ 35 years own 3.5 times greater risk tall experience postpartum depression compared mothers < 35 years old. This is Because difference readiness physical and psychological; mother young tend Not yet ripe in a way emotional and easy stress, whereas Mother more old prone to to fatigue physical and stress not quite enough answer. In this study, mothers who are still young (< 35 years old) are more likely to experience domestic violence (KDRT) because it is possible that at a young age, mothers are not yet able to make good decisions so that their husbands dominate the family, this can indirectly encourage domestic violence, so that the mother's psychology can be disturbed.

Type Sex: Study with cross-sectional design in Rawalpindi (Iftikhar1 et al., 2024) show that mother who gives birth baby Woman own level more postpartum depression tall compared to with mother who gives birth baby men , with prevalence depression reached 69%. In discussion, author linking results the with the existence of cultural bias to type sex baby, where the child man considered more worth in a way social and economic compared to child women. Pressure social as well as disappointment family on birth baby Woman can cause burden emotional for mother and trigger emergence depression. Analysis of gender bias indicates significant differences in maternal mental health after childbirth: 94% of mothers who gave birth to girls experienced moderate levels of depression. In contrast, 72% of mothers who gave birth to boys reported no signs of depression. In a male-dominated society, mothers of daughters often experience greater anxiety about the challenges of raising a daughter. This anxiety is thought to contribute to the higher rates of postpartum depression among mothers of

daughters. This highlights how a gender-biased social environment can directly impact a mother's emotional well-being.

Psychosocial: Research conducted on mothers teenagers in some facility Bandung City Health (Ariani Fatmawati*, 2021) show that condition psychosocial relate significant with postpartum depression ($p = 0.007$) that Mother teenagers who have condition psychosocial not enough Good like mental and emotional unpreparedness teenager in face role as Mother new can increase vulnerability to pressure psychological. In the study, women giving birth for the first time experienced feelings of sadness, irritation, and anxiety after giving birth. This is due to increased cortisol levels. This hormone influences the mother's mood postpartum. In addition to hormonal changes, increased roles and responsibilities require adjustments during the postpartum period. Failure to adjust to this period can lead to stress and emotional distress.

Type Labor: As research (Pitaloka et al., 2024) stated before the administration of aromatherapy, most participants experienced severe pain that was still under control (73.3%), but afterward, the majority switched to moderate pain (80%). Meanwhile, in the control group, most participants still felt severe pain after the delivery process (80%). Bivariate analysis indicated that there was no significant difference in pain intensity levels between the control and intervention groups before the intervention was carried out ($p = 0.054$), but after the intervention, there was a very significant difference ($p = 0.000$), where the mean rank value in the intervention group was lower (9.63) than the control group (21.37).

External Factors:

Support Husband/ Family: Research conducted at Sitti Khadijah I Makassar (Mastarinda et al., 2023) show that support family influential significant to control postpartum depression with p value = 0.01. The influence of husband's support on postpartum depression management was found in 27 mothers (87.1%), 22 mothers (71.0%), and 26 mothers (83.9%) who did not receive family support. The influence of family support on postpartum depression management was related to the level of family support among mothers in the work area of the Sitti Khadijah 1 Muhammadiyah Women's and Children's Hospital (RSIA). The study found that mothers with higher levels of depression were those who did not receive family support, while mothers with lower levels of depression were those who consistently received family support. Research results This explain that mother who does not get support family adequate own level more depression tall compared to mother who received support good. Form support family plays a role important covering support emotional, caring, help in maintenance babies, and good communication.

Economy: Study (S. Chen et al., 2025) confirm that limitations economy can make things worse stress psychological Mother through two mechanism main, namely limited access to service health and low support social. When mother No own source Power financially sufficient, they tend postpone inspection postpartum or no get mentoring adequate emotional condition. Mothers with low economic status often struggle after childbirth due to unmet basic needs and limited social support. These conditions lead them to delay postpartum check-ups and receive inadequate emotional guidance, increasing their risk of mood disturbances such as postpartum blues and postpartum depression. This increase risk emergence mood disorders, including postpartum blues which then can develop become postpartum depression.

Conclusion and Suggestion

Factors influencing the incidence of postpartum depression include internal and external factors. Internal factors include the mother's psychosocial well-being, age, type of delivery, and gender. External factors include economic factors and husband/family support. Postpartum depression in postpartum mothers requires early detection and appropriate treatment to prevent further delays. Husbands/family members can increase their support and knowledge about postpartum depression to prevent early detection and create a comfortable and positive environment for both mother and baby

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