

INTERPERSONAL COMMUNICATION OF HUSBAND-WIFE COUPLES IN OVERCOMING *BABY BLUES* SYNDROME POSTBIRTH MOTHER

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Abstract

Married couples facing the birth of their first child certainly have to adapt to various changes in roles and responsibilities. Especially with my wife's condition with baby blues syndrome. Through this research, researchers want to know how interpersonal communication between husband and wife is after the birth of their first child with baby blues syndrome. This research is a type of qualitative descriptive research. Informants in this research used interview and observation techniques. The research informants were 2 husband and wife couples who had just had their first child and their wives both experienced baby blues syndrome. The results of this research show that there have been changes in interpersonal communication between husbands and wives who experienced baby blues syndrome after giving birth to their first child. The nature of dishonesty and openness is a factor in the message not being conveyed well. After the birth of their first child, the husband and wife's interpersonal communication was ineffective because it was influenced by baby blues syndrome which caused physical fatigue, as well as emotional changes for the wife. After all, they were the ones who cared more about the baby. Various problems that arise choose to resolve the conflict with alternatives, disorientation, segmentation & integration

Keywords: Interpersonal Communication; Married Couple; Baby Blues Syndrome

1. INTRODUCTION

The presence of a baby or child is a happy thing for married couples. A woman after giving birth to a child will officially become a mother. Every woman wants to become a mother and when this status can be obtained by an individual, it is an extraordinary achievement because not all women can and have the opportunity to become a mother. A problem that may arise in a family may be the presence of a child. However, not every family that has just given birth also experiences this problem, it is possible that only some experience this conflict because it is experienced by postpartum mothers who experience mood swings. In this case, the condition experienced by the mother after giving birth is baby blues syndrome. This baby blues syndrome is a problem that appears in the family at the birth of the first child, Muslimah, T (2022). This syndrome is caused by a mother being physically tired because she has to take care of a new family member who requires extra attention and energy. If a mother is unable to cope, then what will happen is fatigue which will lead to arguments triggered by small conflicts.

The happiness felt by a mother after giving birth is apparently accompanied by various changes, one of which is the addition of the role from just being a wife to a more complex role, namely being a wife and a mother. Facts related to changes in these conditions have the potential to give rise to postpartum depression if the mother cannot adjust well (Widyaningtyas, 2019). One form of postpartum depression that is often experienced by mothers is known to the public as baby blues syndrome.

According to Wulandari and Handayani (2011), women who have given birth for the first time or are usually called primiparas are more likely to experience postpartum depression compared to women who have already given birth. This is because the mother's experience or abilities greatly influence the mother's way of dealing with problems in caring for the baby which is closely related to the incidence of baby blues syndrome (Mansur and Budiarti, 2014). This statement is supported by research conducted by Sari, et al (2022) that of thirteen primiparous mothers, nine of them experienced baby

blues syndrome, namely, around 69.2% of the total research sample. Based on data from the postpartum depression organization, around one in ten women will experience postpartum depression, while baby blues affects around 50-70% of primiparous mothers. The incidence of baby blues syndrome in Asia varies and is quite high, namely between 26-85%, and in Indonesia, the incidence of baby blues is around 50-70% of all mothers who give birth (Salat et al, 2021).

Attention to the problem of baby blues syndrome in Indonesia is not handled well because baby blues syndrome is classified as a mild mental disorder (Hanum et al., 2018). This is demonstrated by the absence of research institutions related to cases of baby blues syndrome (Saraswati, 2018). Data collection on someone experiencing baby blues syndrome is also not available from government health services. Even though baby blues syndrome is included in the category of mild mental disorders, if baby blues syndrome is not resolved properly it has the potential to increase the severity of the disorder and will rise to the next levels, namely, postpartum depression and the most severe condition is postpartum psychosis. This latter condition will increasingly have a negative impact on the physical and mental health of the mother after giving birth.

Effective communication within the family will reduce the emergence of conflict which might cause problems in relationships between family members. As stated by DeVito (2015), conflict will always arise in every relationship, especially in family relationships such as between husband and wife. Conflicts that usually arise in families can of course be caused by many things. If related to the factors that cause conflict in the family, Effendy (2003) explains further that conflict in the family can be categorized into two, namely those that focus on basic issues or those that focus less on basic issues. Central or fundamental issues such as those relating to religion, child ownership, and education. Meanwhile, conflicts that do not focus on the main issue are matters related to daily activities such as the decision to go on holiday or the division of work tasks. There are several types of conflicts related to the issues above that can be resolved and some that do not reach the settlement stage.

Postnatal Baby Blues Syndrome is characterized by the mother feeling sad or afraid. Apart from that, the mother is also very irritable and her feelings are unstable. Saryono & Pramana (2010) postpartum blues syndrome or maternity or postpartum syndrome is a syndrome that appears as a result of mild emotions which usually often appear in the first week after giving birth. This birth experience is experienced differently by each woman, especially those giving birth to their first child. The term used to describe a woman who has given birth to a child who is large enough to live in the outside world is called Iprimipara (Aisyah and Oktarina, 2012). The birth of a first child is an extraordinary experience for a woman. There are difficult times and emotional stress for mothers who have just given birth. So fear and worry always accompany mothers after giving birth to their first child. These worries and fears are included in the category of mild depression better known as postpartum blues or baby blues. If the Baby Blues condition continues, it will become a more severe condition, namely depression or Postpartum Psychosis which results in drastic changes in mood and often triggers extreme actions such as suicide and killing the newborn baby.

Interpersonal relationships in a family that has just welcomed its first child contain elements of conflict between husband and wife, disagreements in opinion, or differences in interests. Conflicts can arise due to mistakes in a person's communication that occur between husband and wife after giving birth to their first child. Therefore, communication is very important in managing and negotiating contradictions in relationships. Couples who have just had their first child tend to be very careful and possessive of their baby. Young and old mothers who take care of their babies 24 hours sometimes forget to take care of themselves and forget to take care of the house and husband. If this is left unchecked, it will result in a lack of effective communication between husband and wife and will also be a factor in the occurrence of baby blues because mothers are tired and easily stressed, Roswiyani, M (2015).

Women suffering from Baby Blues in society generally do not show symptoms of depression because they are afraid and ashamed of being thought that they are unable to carry out their role as mothers. Most Baby Blues sufferers who seek help come to health services to reveal little about their feelings of depression but only report disturbing physical symptoms. In the condition of baby blues syndrome, communication is very important in family communication between wife and husband. The baby blues syndrome will be very serious if we just keep quiet between husband and wife. Interpersonal communication plays an important role in overcoming baby blues syndrome, support from husband and

family is very meaningful for a mother after giving birth. Interpersonal communication also includes actions and reactions as well as feedback from married couples who experience baby blues syndrome, which will greatly reduce the condition of baby blues getting worse, Kusumah, A (2021). The intended support is providing love not only to the baby but to the wife. Helping the wife in taking care of the children is a form that the husband is responsible for more than just financial matters. Mothers/wives must be able to express their feelings to their husbands so that mutual understanding and interpersonal communication can be established. Based on initial observations and the results of interviews with two married couples, namely the first couple, Mrs. Iin Paramitha, 30 years old & Mr. Fajriansah, 28 years old, experienced postpartum periods which resulted in changes in mood.

These changes have an emotional impact on the mother the main character who experiences baby blues syndrome. Mrs. Iin doesn't have time to take care of herself and spend time with her husband, this makes Mrs. Iin's feelings and psychology become unstable, which makes her very tired and cry easily. A similar thing was also conveyed by the second couple who also experienced the postpartum period, namely Mrs. Hikma, 24 years old & Mr. Ramansyah, 26 years old, after giving birth to their first child, experiencing baby blues syndrome. Hikma's mother really finds it difficult to take care of her baby and is far from her family. As a result, Hikma's mother lost control of herself and hurt her baby. Previous research was used by researchers as a basis for preparing this research. The aim is to find out the results that have been carried out by previous researchers. As well as a comparison and illustration material that can support similar research activities. Previous research conducted by researchers showed several similarities and differences between them.

Based on this, the researcher took several references from previous research. Research conducted by Kinanti Puspa Sari & Maulana Rezi Ramadhana from Telkom University with the title Communication Patterns of Husband and Wife in Postpartum Pressure in Bandar Lampung City. The research results concluded that after giving birth, husband and wife shared equal responsibilities in different roles, and were supported by positive attitudes such as giving encouragement and being good listeners. The similarity in this research is that it uses qualitative descriptive research. The difference in research is that previous research focused on husband-wife communication patterns during postpartum stress in Bandar Lampung City. Meanwhile, this research focuses on Interpersonal Communication between Husband and Wife in Overcoming Baby Blues Syndrome in Postpartum Mothers. Research conducted by Mia Dwianna Widyaningtyas from Sultan Ageng Tirtayasa University with the title Mother's Communication Experience with Baby Blues Syndrome in the Narrative Paradigm. The results of the research show that humans are basically storytellers, so under whatever circumstances they need other people to tell stories. The similarity in research is using qualitative descriptive research. The difference between Mia Dwianna Widyaningtyas' research focuses on the Communication Experience of Mothers with Baby Blues Syndrome in the Narrative Paradigm while this research focuses on Postpartum Mothers. Based on the phenomena and findings in the field, the author decided to raise the research title "8 INTERPERSONAL COMMUNICATION OF HUSBAND AND WIFE COUPLES IN OVERCOMING BABY BLUES SYNDROME IN POST-BIRTH MOTHERS".

2. LITERATURE REVIEW

In terms of terminology, we can understand interpersonal communication as communication between individuals with each other in which the individuals physically carry out the interaction process and provide feedback to each other in turn. This interpersonal communication can form relationships with other people through interactions, conversations examinations, and interviews. Another opinion says that interpersonal communication is the process of delivering and receiving messages from the sender to the recipient of the message, either directly or indirectly. Directly (primary) can occur if the parties involved in communication can share information with each other without going through any media or intermediary. The orientation of interpersonal communication is towards behavior so that more emphasis is placed on the process of conveying information from one individual to another. From this, interpersonal communication is more effective and efficient if it is carried out with openness, empathy, support, positivity, and equality. Our daily activities are communication activities. Communication is very dominant in our lives, especially interpersonal communication. When we were born, it was our

mother who invited us to communicate using body language and touch. We can also talk because we follow the communication carried out by our parents and the people around us, Tatang (2015).

3. RESEARCH METHODS

3.1 Research Type

The approach in this research uses a qualitative descriptive approach. The aim is for researchers to be able to provide a systematic, accurate, and rationally explainable description of the data that the researcher has obtained. Qualitative descriptive is the term used in qualitative research for studies that are descriptive in nature. This type of research is generally used in social phenomenology. Qualitative descriptive focuses on answering research questions related to the questions of who, what, where, and how an event or experience occurs until finally it is studied in depth to find patterns that emerge in the event or incident.

3.2 Research Basis

This research studies forms of experience from the perspective of people who experience them directly and describes experiences related to concepts or phenomena. Researchers try to understand the meaning of events and their relationships to ordinary people in certain situations (Ikbar, 2012: 65).

3.3 Conceptual Definition

A conceptual definition is a limitation used by researchers regarding the variables or concepts that will be measured, researched, or analyzed data further (Hamidi, 2010: 141). Conceptual definitions are also used to make it easier for researchers to define research. The conceptual definition is as follows:

1. Interpersonal Communication

Interpersonal communication is the exchange of information or opinions carried out simultaneously between two or more people. Interpersonal communication is also the most effective type of communication in terms of changing someone's attitude or views and can even change someone's behavior.

2. Baby Blues Syndrome

Baby blues syndrome is a syndrome that is often felt by mothers after giving birth. This syndrome includes prolonged feelings of sadness and confusion. This is often experienced by young mothers who are not ready to control the attitudes of children who tend to be different. Post-partum blues is categorized as a mild mental disorder syndrome, therefore it is often ignored and not diagnosed as it should be.

3. Trust

Trust is an attitude of believing in someone with the hope that there will be honesty in every communication that occurs.

4. Supportive Attitude

It is our attitude of acceptance, honesty, and empathy to provide a positive atmosphere.⁴²

5. Open Attitude

Openness in interpersonal communication has a huge influence on determining effective communication so that we can first identify a person's characteristics.

3.4 Research Location

This research was carried out at the Dolo Main Community Health Center. The reason researchers chose this location or area was because there were many cases of early marriage and out-of-wedlock pregnancy in the Sigi area which resulted in people not being mentally ready to care for or have children and this was a factor in the occurrence of baby blues syndrome.

3.5 Research Objects

The research object is what is the focus and target of the research (Bungin, 2011:78). The research object that will be studied is the interpersonal communication of husband and wife couples in overcoming baby blues syndrome in postpartum mothers.

3.6 Research Subjects

Research subjects or informants are people who understand the research object information as actors or other people who understand the research object (Bungin, 2011:78). The reason why researchers chose informants in this research is apart from the criteria mentioned below, namely that the informants understand what baby blues syndrome is in postpartum mothers. In this research, researchers conducted

interviews with informants who met selected criteria that were⁴³ relevant to the research problem. The criteria for informants in this research are:

1. Mother who experiences baby blues syndrome and gives birth to her first child
2. Don't have a nanny/nun
3. Only live alone with my husband

These criteria were chosen to make research easier and more focused on an object.

Table 1. Informant Table

No.	Informant	Information
1.	Mrs. Iin Paramitha & Mr. Fajriansyah	Married for 3 years, husband and wife both work. First child
2.	Mrs. Hikmah & Mr. Ramansyah	Married for 2 years. Husband works & wife does not work First child

3.7 Types of Data and Data Collection Techniques

1. Data Type

Types of data collected in this research:

a. Primary data is data that can provide information, facts, and descriptions of events desired in research, or the first source where data is produced (Bungin, 2013:129) (in Ibrahim, 2015:69). In this case, primary data will be obtained directly from the results of in-depth interviews with informants.

b. Secondary data is data obtained in the form of documents, either in written form or photographs, or a second data source after the primary data source (Bungin, 2013:129) (in Ibrahim, 2015:70). Even though they are called secondary sources, documents cannot be ignored in research, especially written documents such as books, scientific magazines, archives, personal documents and official documents (Moleong, 2006: 159) (in Ibrahim, 2015: 70).

2. Data Collection Techniques

To obtain data both primary and secondary, the following data collection techniques were used:

a. Observation

Observation or observing is an activity of recording phenomena carried out systematically. Observation can be carried out in an involved (participatory) or non-participatory manner (Idrus, 2009:101). In this case, the researcher acts as a non-participant observation where the researcher only conducts interviews with married couples who experience *baby blues syndrome*.

b. Deep interview

In-depth interviews in general are the process of obtaining information for research purposes by means of face-to-face questions and answers between the interviewer and the informant or interviewee (guide) interview (Bungin, 2011: 111).

3. Data Analysis Techniques

Data analysis is the process of systematically searching and compiling data obtained from interviews, field notes, and documentation, by organizing data into categories, breaking it down into units, synthesizing it, arranging it into patterns, choosing what is important and what will be studied, and make conclusions so that they are easily understood by yourself and others (Sugiono, 2021). Data analysis in qualitative research consists of three activity streams that take place simultaneously, namely data reduction, data display, and conclusion drawing/verification. Data reduction is an activity that is inseparable from data analysis. Data reduction is a form of analysis that summarizes, selects, and selects the main things, focuses on the important things, and looks for themes and patterns. In this way, the reduced data will provide a clearer picture, and make it easier for researchers to carry out further data collection. Second is *the display/presentation of data*, namely the presentation of data can be done in the form of short descriptions, charts, relationships between categories, and the like.

4. RESULTS AND DISCUSSION

In this chapter, the researcher will describe in detail, as well as analyze the data collected through in-depth interview techniques and observations during the research. The data that has been collected is then reduced according to the needs of the problem formulation in this research. This sub-chapter also presents phenomena in the field related to interpersonal communication between husband and wife in overcoming baby blues syndrome in postpartum mothers. The four informants in this study were husband and wife couples who experienced baby blues syndrome in mothers after giving birth. Baby blues syndrome results in contradictions between husband and wife in terms of taking care of children and other work. It starts by looking at the dialectics of the relationship that occurs between husband and wife. This is to see the tensions and contradictions between husband and wife after the birth of their first child.

Interpersonal communication between husband and wife after the birth of their first child where the wife experienced baby blues syndrome had an impact on their domestic life, such as the informant's account of the condition of his household before the wife experienced baby blues syndrome and now. The following is what informant Mrs. Iin said: "It's not very significant, the difference is that there are additional family members, namely a baby who has to be taken care of apart from her husband and other work. "Not to mention, if I have a lot of work at the office, I'm overwhelmed. A year ago, before I had children, I was free to go anywhere with my husband" (interview 13 January 2024). Meanwhile, the informant Mr. Fajriansah said the following: "I see emotional changes, my wife gets emotional easily, especially when she gets home because she remembers that the three of us are still taking care of dinner, well that's how it is when she's tired" (interview January 13, 2024)

From the information obtained from the two informants, they said the same thing, namely that there were differences. The situation of the household after the birth of the first child, however, the way the two expressed it was different, Mrs. Iin tended not to feel there was a difference in herself, while her husband really felt the difference. The difference can be seen in changes in the wife's emotional condition, she becomes more emotional when she feels tired.

The informant Mrs. Hikmah also conveyed a similar thing, where she felt that interpersonal communication between herself and her husband had not changed much:

"Personally, nothing has changed from dating to marriage, we are still the same as before" (interview 13 January 2024). In contrast to what was expressed by her husband, Mr. Ramansyah, who felt that communication between him and his wife had changed:

"I understand, maybe because I'm tired of taking care of the baby, I'm a little angry. "In the past, when we were dating up to a year after marriage, everything could be discussed well, but now it's a bit difficult to communicate" (interview 13 January 2024)

Based on interviews with informants, it can be seen that there has been a change in interpersonal communication between husband and wife who experienced baby blues syndrome after the birth of their first child. However, this difference was expressed more by the husband. The cause of this change is more due to the wife's condition, which is irritable due to experiencing baby blues syndrome and physical fatigue. Apart from that, after the birth of the first child, there was a change in priorities, where husband and wife focused more on the needs of the child. This is as expressed by the informant Mrs. Iin: "So before having children, my husband and I were definitely responsible for providing the children's time and needs. We agreed to prioritize children first before other work. For example, if we are sick, one of us has to take permission not to work" (interview 13 January 2024)

Changes in conditions due to the birth of the first child also cause physical fatigue, as well as emotional changes for wives because they are the ones who take care of the baby more. Mrs. Iin also added that:

"I'm on maternity leave for three months, automatically I look after the baby all day and my husband works. At that time our communication was not that intense, sometimes I was angry because I was tired too, and my husband was also annoyed with me. Because the conditions are also tiring. But now I can control it and am free to express my feelings" (interview 13 January 2024). While they were both working, Mrs. Iin complained about the lack of attention from her husband. As a wife, she wanted to convey what she felt while caring for her children. According to her, the husband is too busy, however,

sometimes the husband replaces the wife's work after coming home from work. Mrs. Iin added her complaint:

"I sometimes get emotional when my husband is busy on his own, sometimes playing games on the terrace, like avoiding not wanting to listen to his wife's complaints. But sometimes the initiative helps me after coming home from work" (interview 13 January 2024).

In cases of baby blues syndrome, many mothers feel easily melancholy or sad, which is usually accompanied by slowed movements and bodily functions. Starting from feeling a little gloomy to a state of helplessness. Mothers who experience these feelings are sure that they have not done anything to change them and feel that whatever response they make will have no effect on the results that emerge, as Mrs. Iin said, "I once experienced that I was very annoyed with my husband and my baby. While I was enjoying my food, I was in the position of a baby playing with his father, suddenly he cried and immediately handed it to me. And what made me want to scream, my husband actually said to me "Mom, take care of this first, I'm crying, I want milk maybe." Suddenly I was no longer in the mood to continue eating but had to keep eating because I was hungry and tired. In that position I immediately cried while the child was breastfeeding" (interview 13 January 2024).

Some women think that the period after giving birth is a difficult time that will cause them to experience emotional stress. The psychological disorders that arise will reduce the happiness felt. In general, most women experience emotional disorders after giving birth, the common forms of postpartum blues disorder or baby blues syndrome are depression, irritability, and especially easily frustrated and emotional, as stated by Mrs. Hikma from her experience of experiencing baby blues syndrome:

"When I think back, I regret that I shouted and even played with my child, even though he was still very small and didn't know anything. I don't work so I spend one full day at home with my children. I sometimes don't have time to shower until my husband comes home from work. It's true that I'm really tired all day taking care of my child, what makes me frustrated is that my child won't stop crying even though he's been breastfed and has difficulty sleeping, that position makes me cry until I ask my baby to help him to be quiet and I let go, I leave him alone in the room and I pinch his mouth to keep quiet. "What I experienced made me feel like I was crazy, I can't explain the feeling at that time, basically I felt like I was possessed by a demon" (interview 20 January 2024).

In cases of baby blues syndrome, the partner/husband will also feel emotional when caring for the baby but not as deeply as what the mother/wife feels who is really focused on baby blues syndrome. What was conveyed by Mr. Ramansyah, Mrs. Hikmah's husband, is a real example of baby blues syndrome, he said:

"So this incident happened at night when I was about to sleep. I usually come home late from work, I'm very tired and when we want to sleep, my child cries, his mother has given him breast milk but he refuses. My child cried for a long time and when I picked him up I was still trying patiently to calm him down in case he would be quiet but apparently, he wouldn't stop crying, there I suddenly became emotional because of the noise. I took a pillow and smothered my child, my wife, who was making milk in the pacifier, immediately approached me and immediately took the child to carry her. "I almost killed my child because I was so stressed and tired when I came home from work" (interview 20 January 2024).

For the couple, Mrs. Iin and Mr. Fajriansyah, the husband suggested that the child stay at home with the help of his nani or call close family to look after him at home so that he can see him during office breaks because they both work so that the child does not need to be left in childcare. said Mr. Fajriansyah "I want someone to help look after the baby at home so that when we take a break from work we can go home to see the progress of the baby and actually I don't have the heart because every morning the baby has to join us when we go to work because he also has to be taken care of." leave it in childcare" (interview January 13, 2024)

Apart from that, as a wife who doesn't work, informant Mrs. Hikmah mostly takes care of the children at home, said: "Yes, of course, I take care of the children at home a lot, because I don't work, this is an agreement between the two of us that I will take care of the baby myself without the help of my nani. "We are also far from family, my parents or in-laws only occasionally come home because they are old too, I don't really expect anything, the important thing is that they have seen my grandchildren and are happy" (interview 20 January 2024). The informant Mrs. Hikmah also

complained about the lack of attention from her husband at the beginning of the birth of her first child. She wants her husband to listen to her complaints and lighten the burden on her mind: "This is just my feeling or it's true that my husband has been indifferent since we had children, I feel that I don't get enough attention, my husband doesn't ask or offer help with homework, well, that's me personally. I should take the initiative myself to help with the housework because I'm also tired all day looking after my own children without the help of a nanny" (interview 20 January 2024) Meanwhile, Mr. Ramansyah really wanted his wife to take care of the baby at home: "Since my wife doesn't work anymore, that's why I want to he alone takes care of the baby, no one else. "Even so, as a husband, I also have to be able to share my time and attention so that my wife doesn't feel alone" (interview 20 January 2024).

From the informant's information above, the contradictions between husband and wife are basically caused by the division of labor. According to the informant, Mr. Fajriansyah preferred to involve other people to help care for the child at home. Meanwhile, informant Mr. Ramansyah wanted his wife to take care of the children more. Wives who take care of their children more at home feel extreme physical fatigue, even though wives want their husbands to be more understanding in helping to care for their children.

5. CONCLUSION

Interpersonal communication occurred between husband and wife after the birth of their first child and the wife experienced baby blues syndrome. There have been various conflicts such as changes in interpersonal communication between husband and wife who experienced baby blues syndrome after the birth of their first child. Apart from that, after the birth of the first child, there was a change in priorities where the husband and wife focused more on the needs of the child. Changes in conditions due to the presence of the first child also cause physical fatigue, as well as emotional changes for wives because they are the ones who take care of the baby more. The contradiction between husband and wife is basically caused by the division of labor. The wife takes care of the children more at home. Various problems that arise choose to resolve the conflict with alternatives, disorientation, segmentation, and integration. This research also has limitations in research, and the limitations of this research are related to the lack of informants in this research, namely families after the birth of their first child with a wife who experienced baby blues syndrome.

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