

FACULTY OF MEDICINE AND HEALTH SCIENCES  
MUHAMMADIYAH UNIVERSITY OF MAKASSAR

Jesika Efendi<sup>1</sup>, Dwi Andina Farzani<sup>2</sup>, Andi Arwiny Asmasary<sup>2</sup>, Dahlan Lamabawa<sup>4</sup>

<sup>1</sup>Student of Faculty of Medicine and Health Sciences Muhammadiyah University of Makassar, Class of 2022/Email: [jesikaefendi54@gmail.com](mailto:jesikaefendi54@gmail.com). <sup>2</sup>Lecturer of Faculty of Medicine and Health Sciences Muhammadiyah University of Makassar, <sup>4</sup>Lecturer of Department of Al-Islam Kemuhammadiyah Faculty of Medicine and Health Sciences Muhammadiyah University of Makassar.

**“Factors Associated with the Incidence of Postpartum Mental Disorders Based on EPDS and PSS Screening at RSIA Sitti Khadijah 1 Muhammadiyah Makassar in 2025”**

ABSTRACT

**Background:** Postpartum mental disorders are common psychological problems experienced by mothers after childbirth and may negatively affect maternal health, infant development, and family well-being. Hormonal changes, physical exhaustion, psychological stress, and social factors increase the risk of postpartum mental disorders. Early detection using screening tools such as the *Edinburgh Postnatal Depression Scale* (EPDS) and *Perceived Stress Scale* (PSS) is essential for prevention and management. **Objective:** To analyze factors associated with postpartum mental disorders based on EPDS and PSS screening among postpartum mothers at RSIA Sitti Khadijah 1 Muhammadiyah Makassar. **Methods:** This observational analytic study used a cross-sectional design involving 42 postpartum mothers selected through purposive sampling. Data were collected using structured interviews and EPDS and PSS questionnaires. Univariate and bivariate analyses were performed to assess associations between maternal characteristics, psychosocial and obstetric factors, and postpartum mental disorders. **Results:** A total of 17 respondents (40.5%) were at risk of postpartum mental disorders based on EPDS scores  $\geq 13$ , while 16 respondents (38.1%) experienced mild to severe stress based on PSS screening. Associated factors included maternal age  $\geq 35$  years, education level, unemployment, multiparity, cesarean delivery, suboptimal infant health, limited social support, and breastfeeding difficulties. Higher stress levels were also associated with an increased risk of postpartum mental disorders. **Conclusion:** Postpartum mental disorders remain prevalent among postpartum mothers at RSIA Sitti Khadijah 1 Muhammadiyah Makassar. EPDS and PSS are effective for early detection, and routine screening with comprehensive medical, psychosocial, and spiritual interventions is recommended to improve maternal mental health.

**Keywords:** postpartum mental disorder, EPDS, PSS, postpartum mother,

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FAKULTAS KEDOKTERAN DAN ILMU KESEHATAN  
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Jesika Efendi<sup>1</sup>, Dwi Andina Farzani<sup>2</sup>, Andi Arwiny Asmasary<sup>2</sup>, Dahlan Lamabawa<sup>4</sup>

<sup>1</sup>Mahasiswa Fakultas Kedokteran dan Ilmu Kesehatan Universitas Muhammadiyah Makassar, Angkatan 2022/Email: [jesikaefendi54@gmail.com](mailto:jesikaefendi54@gmail.com), <sup>2</sup>Dosen Fakultas Kedokteran dan Ilmu Kesehatan Universitas Muhammadiyah Makassar, <sup>4</sup>Dosen Departemen Al-Islam Kemuhammadiyah Fakultas Kedokteran dan Ilmu Kesehatan Universitas Muhammadiyah Makassar.

**“Faktor-Faktor yang Berhubungan dengan Kejadian Gangguan Mental Postpartum pada ibupostpartum Berdasarkan Skrining EPDS dan PSS di RSIA Sitti Khadijah 1 Muhammadiyah Cabang Makassar Tahun 2025”**

**ABSTRAK**

**Latar Belakang:** Gangguan mental postpartum merupakan masalah psikologis yang sering dialami ibu setelah melahirkan dan dapat berdampak negatif terhadap kesehatan ibu, bayi, serta kesejahteraan keluarga. Perubahan hormonal, kelelahan fisik, tekanan psikologis, dan faktor sosial berperan dalam meningkatkan risiko terjadinya gangguan mental postpartum. Deteksi dini menggunakan instrumen skrining seperti *Edinburgh Postnatal Depression Scale* (EPDS) dan *Perceived Stress Scale* (PSS) sangat penting untuk pencegahan dan penanganan. **Tujuan:** Mengetahui faktor-faktor yang berhubungan dengan kejadian gangguan mental postpartum berdasarkan skrining EPDS dan PSS pada ibu postpartum di RSIA Sitti Khadijah 1 Muhammadiyah Cabang Makassar. **Metode:** Penelitian observasional analitik dengan desain *cross-sectional* ini melibatkan 42 ibu postpartum yang dipilih melalui *purposive sampling*. Data dikumpulkan melalui wawancara terstruktur dan kuesioner EPDS dan PSS, kemudian dianalisis secara univariat dan bivariat untuk menilai hubungan karakteristik ibu, faktor psikososial dan obstetri, dengan gangguan mental postpartum. **Hasil:** Sebanyak 17 responden (40,5%) berisiko mengalami gangguan mental postpartum berdasarkan skor EPDS  $\geq 13$ , dan 16 responden (38,1%) mengalami stres ringan hingga berat berdasarkan PSS. Faktor yang berhubungan meliputi usia ibu  $\geq 35$  tahun, pendidikan, status pekerjaan, multiparitas, persalinan *sectio caesarea*, kondisi kesehatan bayi, kurangnya dukungan sosial, dan kesulitan menyusui, serta tingkat stres yang tinggi. **Kesimpulan:** Gangguan mental postpartum masih cukup tinggi pada ibu postpartum di RSIA Sitti Khadijah 1 Muhammadiyah Cabang Makassar. Skrining EPDS dan PSS efektif untuk deteksi dini, dan skrining rutin dengan pendekatan medis, psikososial, serta spiritual diperlukan untuk meningkatkan kesehatan mental ibu postpartum.

**Kata kunci:** gangguan mental postpartum, EPDS, PSS, ibu postpartum, skrining dini