

POSTPARTUM DEPRESSION AND PERSONALITY

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REVIEW

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ABSTRACT

Introduction – Postpartum depression is a psychological problem that occurs in women after giving birth. A study says that about 10-20% of women experience depression. The cause of postpartum depression is not known with certainty. Some studies say psychological factors are one of the causes, therefore researchers use Big Five Personality (conscientiousness, neuroticism, agreeableness, openness to experience, and extraversion) neuroticism, extraversion, conscientiousness, agreeableness, openness to experience) to help explain the description of personality types in postpartum mothers. This can help health workers in improving health services to mothers. This paper aims to find the relationship of personality with the degree of depression postpartum

Methods – study, the source of data obtained from the electronic database used in this review literature uses 4 databases, namely Pubmed, Frontiers, ScienceDirect, and Elsevier which have been published from 2019-2022.

Results – The results of this study neuroticism, extraversion, and conscientiousness have a significant association with the occurrence of postpartum depression.

Discuss – Neuroticism personality type is also associated with anxiety in women after giving birth, therefore health workers need to learn personality types and conduct routine checks on postpartum mothers to minimize the occurrence of postpartum depression.

Conclusion – In the Big Five Personalities personality types neuroticism, extraversion, and conscientiousness can be used as dominant indicators of the occurrence of postpartum depression, while for personality types agreeableness and openness to experience are currently still under further research development.

Keywords: personality, depression, postpartum.

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INTRODUCTION

Postpartum depression is a psychological problem that commonly occurs in the puerperium. A study says that about 10-20% of women experience depression. This situation in addition to disturbing the inner condition of a mother also causes emotional and cognitive disorders of her baby.¹ Symptoms that can appear include; easily panicking, by doing activities, being less able to take care of themselves, motivation decreases, not caring about the baby, difficulty controlling feelings, and difficulty making decisions.^{2,3}

The prevalence of postpartum expression globally ranges from 10-15%. In Asia, postpartum depression is high at around 26-85%, and in Indonesia rate is between 30-60% of women after childbirth. Psychological problems such as postpartum depression are one of the most common things in the world.⁴ Postpartum psychiatric disorders are divided into 3 ranging from mild ones, namely baby blues, postpartum psychosis, and postpartum depression. A person's personality traits can be

reflected when there are emotional and environmental stimuli. Personality disorders are one of the disorders that affect thoughts, perceptions, and behavior. Therefore, the personality type of an individual determines the treatment and treatment of that person so that the risk of postpartum depression can be minimized.⁵ Factors that can cause working postpartum depression include physiological factors, changes in the hormone estrogen, progesterone, prolactin, and cortisol that increase and decrease too quickly or slowly. Psychological factors include a mother's personality type, history of previous psychiatric disorders, and self-efficacy. social actor, in the form of the absence of social support (husband, friends, and parents). Violence and economic problems.⁶

The cause of postpartum depression is not known with certainty, some studies say psychological factors are one of the causes.^{7,8} The Big Five Personality consists of five personality types that have different characteristics. The five traits include neuroticism, extraversion, conscientiousness, agreeableness, and openness to experience. This personality type can help to

explain personality images in mothers with postpartum depression.⁹

This big five theory has the advantage that it can be used in general, so that can be applied to individuals with different cultures and tribes. This theory can be used from childhood to adulthood.⁹ The harmful effects that can be caused by postpartum depression problems one of which is that mothers can commit suicide or kill their babies. Mothers often do not respond positively to their babies when the baby cries, body movements, or eye gaze. As a result, mothers cannot take optimal care of their babies they can affect the health, growth, and development of their babies.²

Based on the description above, it is very interesting to be able to analyze more deeply about psychological factors, namely

personality types with postpartum depression levels through literature review studies, because the impact that occurs as a result of postpartum depression can harm the mother and her child.

METHOD

Database Elektronik The data source obtained from the electronic database used in this review literature uses 4 databases, namely Pubmed, Frontiers, ScienceDirect, and Elsevier which have been published from 2019-2022. Keywords used are; Personality traits, Postpartum, Depression, and Big five personalities.

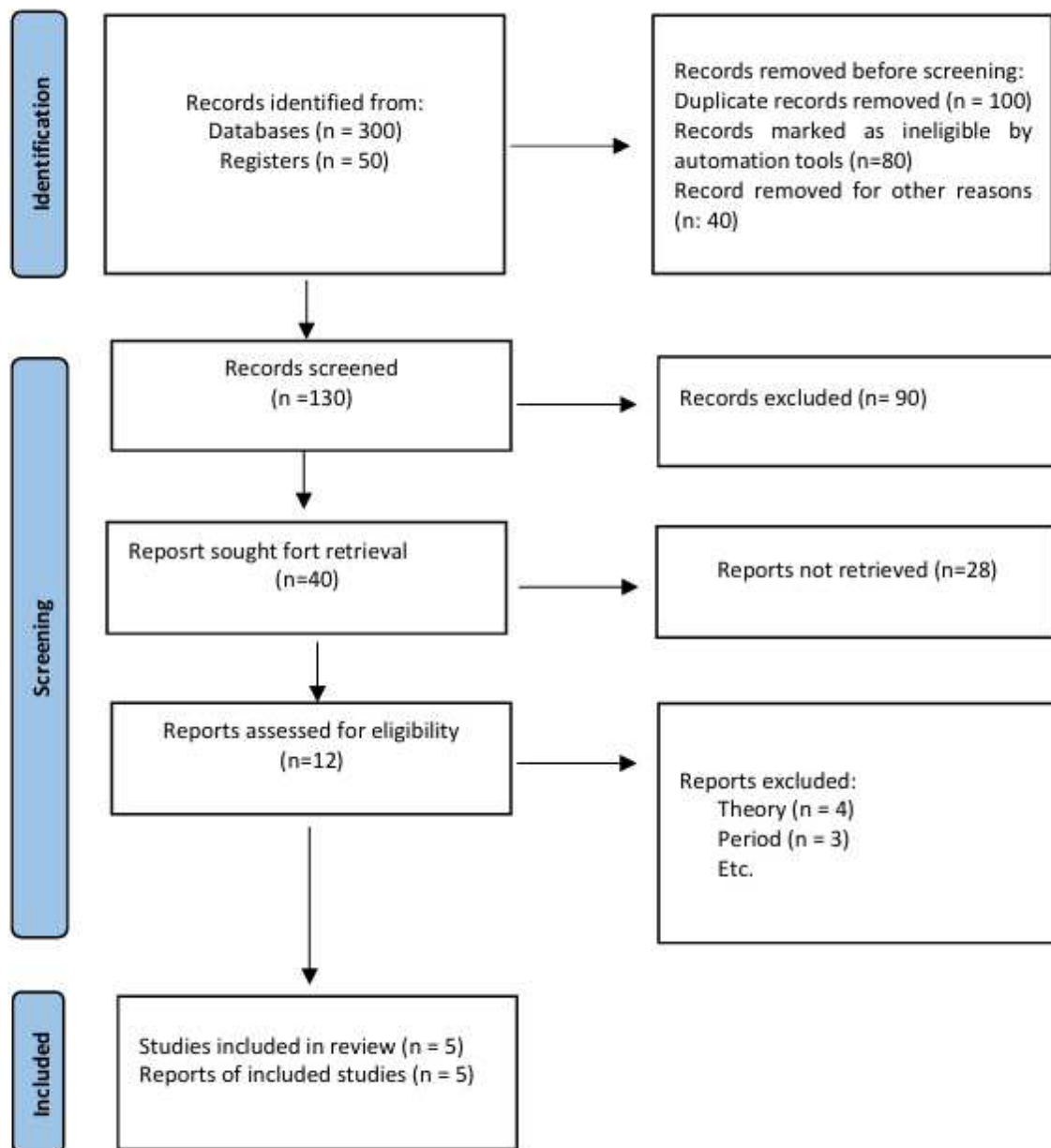


Chart 1. Literature Review Selection

RESULT

Table 1. Literature Review

No	Author Name, Article Title, Year	Purpose	Design	Result
1	Roman et al., Personality traits and postnatal depression: mediated role of postnatal anxiety and moderated role of type of birth. 2019	The aim of this study was to explore personality traits associated with postnatal depression	Experimental	The results of this study are : 1. Personality neuroticism relationship with postnatal depression, which can affect postpartum depression 2 weeks postpartum. 2. While no significant association was found on trait agreeableness and openness to experience in postpartum depression 2 weeks after delivery.
2	Galdiolo and Roskam., Personality traits and attachment orientations: longitudinal associations around the event of childbirth. 2019	The purpose this study longitudinal Big Five Personalities (Agreeableness, Extraversion, Openness to Experience, Neuroticism, Conscientiousness) with attachment orientation (anxiety and avoidance) surrounding event of childbirth	Cross-lagged	The results of this study are 1. Longitudinal neuroticism is associated with anxiety 2. Extraversion is associated in point in time with avoidance.
3	Kazmierczak et al., Parents personality and maternal experiences in childcare as predictors of postpartum depression in couples in transition to parenthood. 2020	The purpose of this study is to analyze the interrelationships between the big five personality experiences of parents globally and related to maternal feeding to infants/ children, and determine its role as predictor postpartum depression.	Experimental	The results of this study are: 1. Neuroticism is associated with incidence postpartum depression 2. Neuroticism in mother correlates negatively with overall belief parenting and positive awareness of breastfeeding.
4	Murakami et al., Maternal personality and postpartum mental disorders in Japan: the tohoku medical megabank project birth and three generation. 2021	The purpose of this relationship maternal personality with postpartum depression in Japan	Cohort Study	The results of study are: 1. A higher extreme personality scale is associated with a reduced risk of the disorder. 2. Higher neuroticism is associated with an increased risk of the disorder
5	Puyah., Personality traits as a risk factor for postpartum depression: A systematic review and meta-analysis. 2022	The purpose of this study was to identify the characteristics of bad chips that increase the risk of postpartum depression	Cohort Study	The result of this study is that neuroticism is associated with postpartum depression

DISCUSS

Neuroticism Personality Type Factors Influence the Incidence of Postpartum Depression

Personality neuroticism is associated with an increased occurrence of postpartum depression. Neuroticism is one of the psychological disorders that is co-associated with the incidence of emotional disorders in women after childbirth. High neuroticism also affects the level of postnatal anxiety that occurs about 3-4 days after delivery, which can eventually progress to postnatal depression.^{10,11} Neuroticism personality type is also associated with anxiety in women after giving birth, therefore health workers need to learn personality types and conduct routine checks on postpartum mothers to minimize the occurrence of postpartum depression.¹²

Extraversion personality type factors influence the incidence of postpartum depression

The extreme personality is one of the personalities that shows an active attitude towards the outside world, which can make the atmosphere happy so that they have a cheerful attitude in expressing their emotions. This personality type is very dynamic and can change depending on the environment.¹³ This personality type is associated with negative social or interpersonal associations such as social anxiety, social indifference, coldness, and emotional attitudes.¹⁴ Rendahnya nilai kepribadian ekstrasversi setelah melahirkan justru berhubungan dengan terjadinya depresi postpartum.⁷ This is also in line with one study that conveys that the extraversion personality type is significantly associated with postpartum depression during breastfeeding.¹⁵

Conscientiousness Personality Type Factors Influence the Incidence of Postpartum Depression

Conscientiousness personality is a type of personality that has a cautious nature in acting in making decisions.⁹ According to one study, conscientiousness personality type is slightly correlated with the incidence of postpartum depression.⁵

Agreeableness Personality Type Factors Influence the Incidence of Postpartum Depression This personality type has a trait that tends to be more obedient compared to other individuals and likes to avoid conflict. So agreeableness personalities often look aloof, shy, quiet, and timid.⁹ According to one study stated that at 2 weeks after delivery,

CONCLUSION

The personality types in the Big Five Personality model that are associated with postpartum depression are neuroticism, extraversion, and conscientiousness. In addition, openness to experience and agreeableness personality types have not been significantly associated in recent years, so they cannot be accurately ascertained. development is still needed.

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