

Emotion Regulation in Postpartum Mothers in Mamuju District, West Sulawesi

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Abstract

Psychological pressure after childbirth is an emotional phenomenon and a feeling in which a person feels moody, unable to sleep, excessive physical fatigue, and does not know what can be done for his new role. Depression is a serious public health problem. The World Health Organization (WHO) in 2000 declared that depression ranked fourth in the world as a cause of disability. It is estimated that by 2020, depression will increase and could be ranked second in world health problems. Emotional regulation is one form of coping that can help post partum mothers to face post partum blues so as not to become depression blues.

This study aims to determine the description of emotional regulation on post partum mothers in Mamuju District. This research uses qualitative method with research type is case study. Subjects in this study were detected post partum mother showed high level of emotional maturity based on alexythymia questionnaire as many as 4 people informant. The results showed that the form of postpartum mother's emotional regulation strategy in this study are self blame, blaming others, acceptance, rumination and positive appraisal. Thus it is necessary to educate the mother to be able to perform good emotional regulation to avoid the negative behavior of mother to her child considering the pattern of child care is greater done by a mother.

Keywords: Emotional Regulation, postpartum

Introduction

One of the goals of the Millennium Development Goals is to improve maternal health by reducing the risk of maternal death by 75% or 102 per 100,000 live births in 2015. According to the IDHS (Indonesian Health Demographic Survey) the number of MMR (Maternal Mortality Rate) in Indonesia has increased again from 228 per

100,000 live births in 2010 to 359 per 100,000 live births in 2013 (Wara, 2014).

Childbirth is a natural process that every woman experiences. Various reactions of mothers after giving birth will affect their attitudes, behavior and emotional level. Psychological stress after childbirth is an

emotional and emotional symptom in which a person feels depressed, cannot sleep, is excessively physically exhausted, and does not know what to do with his new role. Psychological stress after childbirth has several symptoms, including physical symptoms such as inability to sleep, excessive sleep, not being able to think clearly, feeling constrained by a situation and unable to get out of itself, and feeling tired and sluggish movement (Cahyo, et al., 2008).

Data from Riskesdas (Basic Health Research) in 2013, the prevalence of mental emotional disorders (symptoms of depression and anxiety), was 6% for those aged 15 years and over, while the prevalence of mental emotional disorders in West Sulawesi was 6.1%. In Riskesdas 2007 the prevalence of mental emotional disorders in rural areas was higher than in urban areas, but in Riskesdas 2013 the prevalence was reversed and the prevalence in urban areas was higher than in rural areas.

Based on gender, it was found that the rate of depression in women was higher than in men. The high rate of depression in women is due to the various roles that must be assumed, namely as household managers, workers, wives, and mothers at the same time; all of these are stressors that contribute to an increased incidence of depression. Women, especially housewives, are prone to depression because of the many problems experienced in married life, especially those related to husband's behavior, and also taking care of children (Ballo, 2012).

Gross (1998, 2007) defines emotion regulation as the way individuals influence the emotions they have, when they feel them and how they experience or express those emotions. Emotional regulation is a form of coping that can help post partum mothers face the post partum blues so they don't become depression blues.

This study aims to determine the description of emotional regulation in post partum mothers in Mamuju District.

Method

Research Design This research uses qualitative methods with this type of research is a case study. Subjects in this study were post partum mothers in Mamuju District. Postpartum mothers who were detected showed a high level of emotional maturity based on the Alexythymia questionnaire and answered questions from researchers through interviews as key informants as many as 4 informants.

Results and Discussion

Understanding of emotions

a. The ability to define emotions

From the exploration results in the field, the four informants defined emotions in various ways. Informant T defines emotion with the word angry (IT.101). In addition, emotions are seen as something that is difficult to express. Informant Y defines emotion as something that cannot be controlled and varies from person to person (IY.2-5). Unlike the case with Informant R, emotions are defined as a person's attitude towards the problems they face. Meanwhile, for

Informant B, emotions are analogous to feelings and several types of emotions such as anger, sadness and pleasure (IB.22).

I feel like expressing it, but I can't(IT.103).

emotion is how a person thinks in dealing with a problem, whether he is able or not. maybe like that.(IR.2-3)

b. recognize the forms of emotion

Each informant is able to recognize emotions, the causes of emotions and behaviors that accompany these emotions. Informant T is able to recognize emotional expressions of anger, happiness, fear and annoyance. Informant T recognized nagging behavior as an expression of annoyance.

If you are annoyed with something, whatever it is, you will grumble(IT.265-266).

Aspects of emotional regulation

a. Emotions monitoring

The ability to monitor emotions is characterized by the individual's ability to realize and understand feelings, thoughts and the background of their actions. Informant T is able to realize and understand the emotional process of being happy, angry, afraid and anxious. Informant T's happy emotions were caused by the birth of the child and success at work (IT.181-182), Angry emotions are caused by children not responding to being

reprimanded (IT.217-218), anxiety caused by surgical scars (IT.226-227) and the possibility of taking the child to a remote office location (IT.334). Meanwhile, fear is caused by being alone at home (IT.285-286).

When I was sick, I was very sad because I couldn't take care of my child. My mother and the others sometimes come to help me. one child came to me and asked for milk, the other wanted to be held(IB.81-83).

b. Emotions evaluating

Emotions evaluating is the individual's ability to manage and balance the emotions our experiences. This aspect was only found in informant T and informant R. Informant T was able to manage emotions of anxiety, fear and pain. Anxiety due to surgery scars can be managed by T by making efforts to see a doctor for postpartum control (IT.231). While the pain that is felt is reduced because of the support of the husband (IT.164). Fear caused by being alone at home can be managed by looking for a source of comfort in the house (room).

usually afraid to stay alone in the house, if I feel scared, I will enter the room(IT.285-286)

c. Emotions modification

Emotions modification At informant Y, the pain of childbirth was replaced with enthusiasm to see the baby soon (IY.32-33). In addition, the totality of

the husband in providing support raises Y's spirit.

since I got pregnant, my husband always accompanies me, sometimes he neglects his work(IY.59-60).

In informant T, the pain that was being experienced during labor contractions was modified by distraction and assumed that everything was fine (IT.143).Meanwhile, for informant B, the emotions of anxiety and despair before childbirth were modified by changing the perception that childbirth was the first experience in her life (IB.49-54).Emotional modification is done by R by changing the perception that children can be controlled (IR.22-24).

Emotion regulation strategy

Emotional regulation strategies found in Post Partum mothers include self-blame, blaming others, acceptance, rumination and positive appraisal.

a. Self Blame

This strategy was carried out by Infoman B, blaming himself for his illness.

sometimes the pain from the surgery comes, maybe if I move again

b. Blaming others

This strategy refers to the mindset of blaming others for what happened to

him. This strategy was found in informant B, blaming another person (her husband) for her illness (IB.89).

c. Acceptance

This strategy refers to the mindset of accepting and resigning to what happened to him. This strategy was found in all informants. Informant R, resigned and prayed to God as a way to distract from the sadness of being separated from her child.

Usually I pray to God so that I don't miss my child too much. my son lives with his grandmother.

Informant T. Informant T showed slightly different things to show a form of acceptance for what happened to him. T accepted the condition of dizziness and nausea as a normal thing that should not be questioned (IT.54-55).

d. Rumination

This strategy refers to the tendency to always think about feelings related to the situation that is happening.This strategy is indicated by the tendency to think about feelings of anger, helplessness and disappointment when facing the husband's indifference to his pregnancy (IR.31-35).Meanwhile, for informant T, this strategy is shown by tending to think about gloomy experiences at the time of the first delivery and postpartum pain influencing the decision to get pregnant again.

My first experience of giving birth was very gloomy, cesarean

plan but suddenly I gave birth normally.

The pain of childbirth traumatized me, as if I didn't want any more children. however, after 4 years I had another child.

e. Positive appraisal

Informant R, the first pregnancy that feels a little heavy to undergo is considered normal because there has been no previous pregnancy experience (IR.82-85). Positive suggestions from the husband also help ease the pregnancy process.

when I was pregnant I didn't experience nausea or vomiting, maybe because of my husband's traditional medicine.(IR.90-93)

Informant T felt cared for and given support by her husband when he faced the pain of childbirth.

when I feel pain, my husband will hug(IT.164)

Informant Y thinks about positive things about any difficulties she faces as a consequence of her decision to give birth normally. In addition, the presence of the husband is a factor that plays an important role in the delivery process.

Emotional regulation process

a. Choose conditions / situations

In this process of emotional regulation, individuals choose certain situations so that emotions

can be expressed in accordance with their goals (expectations).

Informant T chooses to be alone to overcome sadness (IY.67-68, IT.237), looks for a comfortable place (room) when he is afraid of being alone (IT.285-286), grumbles to show annoyance (IT.265-266, IT.278) and chose to cry to express the sad emotions they feel.

I cried, cried alone(IT.233)

Informant B chose to tell the family when faced with difficult situations (IB.121-122), complained to show anger (IB.91-92), pinched the child as a form of angry expression and saw the child as a form of remorse for pinching the child.

when my children make mistakes, I get angry and pinch them.(IB.97-98). however, when I have pinched them, I will regret it(IB.101-10)

b. Situations modification

Situation modification process means changing the situation or modifying the situation that becomes the stimulus for the emergence of emotions. This process was only found in informant T, in the form of planning to move to a temporary assignment to overcome the anxiety that arises if you have to take the baby to a distant workplace.

I am planning to move to a temporary assignment(IT.338)

- c. Focus / keep attention
Focusing / maintaining attention, done by focusing attention to influence his emotions and done when efforts to regulate emotions by changing the situation are not possible. Informant B focuses on appreciating the attention of the husband both on alertness and indirectly by telephone (IB.65-67).Meanwhile, informant R focused on the perception that pregnancy is a fortune from God to face difficulties during pregnancy.
- d. Cognitive changes
Cognitive change is done by changing the individual's understanding of the stimulus that triggers his emotions. This process of emotional regulation was found in informant B and informant R. Informant B changed the perception that the experience of childbirth was a memorable experience in his life even though the process was long (IB.36-38).In addition, B changed the perception of a long labor process as normal because of childbirth in the first child

Description of Emotions in Postpartum Mothers

Emotion plays an important role in human life.Emotion is one of the driving forces for humans to take action.Human behavior, both visible and invisible, is strongly influenced by emotionsFeelings such as fear, anger, happiness, sadness, and love are the result of the dynamics of human emotions.Apart from being a personal being, humans are social creatures, so that individual emotions have an effect on the social context.In interpersonal relationships, the role of emotions is seen in how individuals position themselves and how individuals perceive others.Awareness of their own emotional state or feelings leads individuals to realize that other individuals also have similar emotional or feeling sides (Baskara, et al, 2006).

The results showed that one of the informants defined emotion with the word angry, similar to what was stated by Lahey (2003) saying that emotion is something that is produced by physiology that causes emotional reactions.This reaction cannot be read but can only be seen from its expression and behavior.

Other informants interpret emotions as a person's attitude towards the problems they face.According to Prezz in Gratitude (2011) emotions are the body's reaction when facing certain situations.The nature and intensity of

emotions are closely related to human cognitive activity (thinking) as a result of the perception of the situation they are experiencing. Human reactions to the presence of emotions, consciously or unconsciously, have a constructive or destructive impact. Thus, it can be said that emotions are not only a reaction to one's own condition and outside oneself, but also an effort to achieve self-formation towards transcendental (spiritual) life.

Previous facts have shown that high intelligence or what ordinary people call IQ, does not guarantee emotional balance. A big question arises, can this wild emotion be educated so that it can be controlled? Emotional intelligence, or Emotional Intelligence, was first coined by a Yale psychologist, Peter Salovey, and a professor from the University of New Hampshire, John Meyer in 1990.

They define emotional intelligence as the ability to understand one's own feelings, to empathize with the feelings of others and to regulate emotions, which collectively play a role in improving one's standard of life (Martin, 2003).

Emotional Regulation Aspects That Are In Post Partum Mothers

According to Pitt (1986), most of the pregnant and childbirth women have anxiety, such as

sadness, irritability, irritability, feel floating, and like to think sad things. Pregnant women and childbirth will need support from anyone. Especially husbands, related to their behavior, attitudes, involvement, and abilities as a husband. Pregnancy also has a period of emotional stability and calm. In addition, the condition of pregnant women and childbirth also affects reduced concentration, fatigue, body aches, does not feel comfortable working, and tends to be emotional. Besides having to adapt to hormonal changes and physical changes. Pregnant women also have to struggle in dealing with drastically decreased stamina (Louise, 2006).

The aspects of emotional regulation that were found consisted of the ability to monitor emotions, the ability to evaluate emotions and the ability to modify emotions. The ability to monitor emotions is characterized by the individual's ability to recognize and understand feelings. This is in line with Prabawani (2015) which states that post partum women are often anxious because they have to adjust to increased responsibilities, the presence of new family members to be taken care of, chaotic sleep schedules that are burdensome both physically and psychologically. Informants with new functions and responsibilities

experience various emotions that accompany their adjustment during the post partum period. The results showed that basically the four informants in this study had the ability to monitor their emotions well. Every action taken is always based on a clear feeling of mind and background. None of the informants acted spontaneously and felt unaware of their actions. The ability to evaluate emotions (emotions evaluating) is the individual's ability to manage and balance the emotions he experiences. The ability to manage negative emotions such as anger, sadness, disappointment, resentment and hatred will prevent individuals from being carried away and deeply affected, which can result in individuals unable to think rationally. The ability to modify emotions (emotions modification) is the ability of individuals to change emotions in such a way that they are able to motivate themselves and make individuals able to survive the problems they are facing.

Forms of Emotional Regulation Strategies in Post Partum Mothers

The emotional well-being of the mother during the postnatal period is influenced by several factors, such as fatigue, successful feeding, as well as her role as a mother, anxiety about her own health or that of her baby and the level of support available to the mother (Rukiyah et al., 2011: 45). This can cause the mother to

experience stress, accompanied by feelings of sadness and fear, thus affecting the emotional and sensitivity of the postpartum mother.

From the 9 forms of emotional regulation strategies, there are 5 emotional strategies for informants in this study, namely Self Blame, Blaming others, Acceptance, Rumination, and Positive Appraisal. Towards delivery, anxiety increases due to fear of the birth process and imagining pain, so that the mother finds it difficult to sleep (Louise, 2006). Anxiety also occurs during periods of puerperium (rest period), undergoing lochia (puerperium), perineal pain (vulva-shaped female genital area), moodiness within three days or a period of adjustment (Pitt, 1986). Informant B views that support from her husband in taking care of children can replace her function as mother which cannot be done due to childbirth.

Every change that occurs in an individual is a stressor in life. For some women, pregnancy and the changes that follow, and childbirth are minimal stressors and are for the most part a happy time of life. (Maramis, in Ikarus 2009) as shown by informant T when she was pregnant when she had to experience dizziness and nausea.

Emotional Regulation Process That Is In Post Partum Mothers

Gross and John (in German, 2006), show that the emotional regulation strategy will have an effect on emotional processes as well as reassessment in working with many positive emotions, better individual

functioning and emphasis for better behavioral strategies afterwards.

The process of analysis of emotional regulation is to consider thinking to act as a psychological specification process that results in external and internal judgments on individual relationships to achieve a goal of emotional experience. Emotional experiences generate an exchange of thoughts as a form of behavior, expression, thoughts and feelings that are subjective to efforts to control emotions.

When viewed from the results of interviews with informants in this study, the process of emotional regulation in postpartum mothers in this study includes: the process of selecting different conditions / situations among the four informants, some choosing themselves when dealing with difficulties / sadness, some pouring it out. by grumbling, and those who choose to talk to their family when experiencing difficult situations. From the results of the interview regarding the selection of conditions / situations in the informant's regulatory process, there are 2 things that emerge, namely that there are those that give rise to positive behavior and negative behavior. Positive behavior is the impact of the mother's ability in the process of emotional regulation. The second emotional regulation process is to modify the situation, namely how the informant modifies the situation in his life to cope with the emergence of emotions. The results showed that of the 4 informants who were interviewed, only 1 informant indicated that there was a modification process as an effort

to overcome the emergence of emotions, namely the mother T.

Hoffenar et al. (2010) in their research found that there were levels of stress, anxiety, and depression for mothers who had just had children. However positive feelings increase and negative feelings decrease since the mother spends time building relationships with other people and family. With the support and assistance of the closest people and the surrounding environment, the subject is a little stronger and helped, so that the subject feels better and with the subject's condition slightly improved, the subject begins to do something that can solve the problem by looking for information, related to the problem he faces by asking for information to other people, finding out to experts and to people who might be experienced, as well as looking for articles on the internet so that his knowledge will increase and be able to solve the problem and give the best for his child.

Conclusion

Ability of participants to recognize emotions is different for each individual. The ability to monitor emotions, the ability to evaluate emotions is not shared by all informants, the ability to modify emotions. The forms of strategy used are self-blame, blaming others, acceptance, rumination and positive appraisal.

Conflict of Interest The author declare that they have no conflict of interest

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