

# EFFECTIVENESS OF LOGO-THERAPY MANAGEMENT IN MOTHERS WITH DEPRESSION AFTER CHILDBIRTH IN THE WORKING AREA OF PUBLIC HEALTH CENTER SOKARAJA II

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## ABSTRACT

### **EFFECTIVENESS OF LOGO-THERAPY MANAGEMENT IN MOTHERS WITH DEPRESSION AFTER CHILDBIRTH IN THE WORKING AREA OF PUBLIC HEALTH CENTER SOKARAJA II**

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**Background of the problem:** Psychological changes after childbirth is a normal thing. However, when the symptoms of depression such as crying, prolonged sadness appear on the mother, it will have a negative impact on the mother and her baby as well as her couple. The depression after childbirth begins from the prenatal period and has an effect on the low weight also slow gestation of the newborn. Logo-therapy is one of the interventions to reduce depression after giving birth. The therapeutic logo technique is relaxation to reduce anxiety and depression by analogizing the spiritual dimension in humans in addition to the physical and psychological dimensions and by assuming that the meaning of life and the desire for meaningful life.

**Objective:** This study aimed to determine the effectiveness of logo-therapy for the incidence of depression after giving birth to postpartum mothers Public Health Center (Public Health) Sokaraja II

**Method:** The sampling technique used the purposive sample method of 40 respondents. The instrument used was EPDS to measure the level of depression and an observation chart was carried out before and after logo-therapy.

**Results:** Based on the results of the study, it was found that the age of the majority of respondent or 32 people (80.0%) was between 20-35 years old, 17 persons (42.5%) were graduated from elementary school, and 38 people (9.5%) were housewives. There found 25 postpartum mothers with the incidence of depression after giving birth. It was proven that logo-therapy was effectively used with OR 6.333 / and it was significant with the *p value* of the 0.00 test.

**Conclusion:** Logo-therapy is found effective as the intervention to reduce the incidence of depression after childbirth. The training was given to the Health Workers then the mothers were screened for giving birth depression of normal childbirth.

**Keywords:** logo-therapy, depression after childbirth

## INTRODUCTION

The postpartum period is the period when women experience changes both physically and psychologically. In this period, mothers experience the return of the reproductive and psychological organs. If not handled properly, this will have a negative impact. One of them is depression after childbirth or a change in mood that can cause negative effects to the mother, her baby and couple (American Psychiatric Association. & American Psychiatric Association. Task Force on DSM-IV., 1994). Some studies suggest that depression after childbirth begins with the prenatal period and has an effect on the low birth weight of the newborn as well as slow gestation (Filed, 2006, Patel and Prince, 2006). Postpartum depression in Asia is a problem because it imposes medical costs and the average incidence rate ranges <sup>11</sup> from 3.5% to 63.3%, with Malaysia and Pakistan having the lowest and highest incidence (Klainin and Arthur, 2009).

In Indonesia, based on the RISKESDAS (Regional Health Research) 2013, the incidence of depression after childbirth is categorized as one of the mental problems to be overcome. Research in Surabaya found that the contributing factors were family problems and lack of material support. And it was found a prevalence of 22.35% of 100 respondents (Andajani-Sutjahjo, Manderson, & Astbury, 2007).

There are many kinds of interventions conducted by several studies to reduce depression after childbirth, such as relaxation techniques, discussion forums, and even hypnosis technique and aromatherapy. In addition to some of the interventions mentioned, music therapy has also been found to be able to reduce the negative impact on the incidence of depression after giving birth. Although logo-therapy is an alternative to reduce depression after giving birth, there have not been many studies on the effectiveness of the use of logo-therapy. A research on Logo-therapy conducted in 2011 by Widiati showed that this therapy was given to adolescents who had

to undergo a sentence due to criminal acts prone to anxiety in order to reduce and help resolve the incidence of anxiety (Widianti, Mustikasari, & Waluyo, 2011). The therapeutic logo technique is relaxation to reduce anxiety and depression by analogizing <sup>7</sup> the spiritual dimension in humans in addition to the physical and psychological dimensions and by assuming that the meaning of life and the desire for meaningful life. Those are the main motivations of humans to achieve the meaningful life level they craved. This technique is very simple and proven effective and efficient in its application. This logo-therapy technique is very useful not only to overcome anxiety but to reduce depression, especially in mothers after childbirth. The negative impact of the mother after giving birth does not only occur on the mother who could commit suicide but also on the baby who could experience developmental delays, Therefore, before it is too late, it can be overcome by logo-therapy techniques.

Based on a preliminary study conducted by researchers in the last 3 months (July-September) 2016 <sup>3</sup> in the working area of Public Health II Sokaraja Banyumas there were 150 postpartum mothers. From the number of postpartum mothers <sup>3</sup> in the working area of Public Health II Sokaraja Banyumas, 17 were found experiencing postpartum depression. Based on the phenomena <sup>3</sup> in the working area of Public Health Sokaraja II, it encouraged researchers to conduct research on an intervention to overcome depression after childbirth entitled "The Effectiveness of Management <sup>3</sup> of Logo-therapy in Mothers with Depression After Childbirth in the Working Area of Public Health Center Sokaraja II".

## RESEARCH METHODS

The design used in this study was: "Quasi experimental pre and posttest with control group." using logo-therapy intervention. This study was conducted to determine differences in

the depression scale after childbirth between before and after logo-therapy treatment. The population in this study were all mothers giving birth for 6 weeks and living <sup>3</sup> in the working area of Public Health Sokaraja II with 150 people. The sample of the research was done by Slovin and it obtained 40 respondents. <sup>9</sup> The sampling technique used was purposive sampling. The sampling was based on the inclusion criteria namely that postpartum mothers were in their 6 weeks after giving birth, they can read and write and are willing to be respondents. The mothers who were sick at the time of the study and had complications at the time of delivery belonged to exclusion in this study.

This research applied logo-therapy to the women with depression after giving birth done in Public Health Center of Sokaraja. <sup>1</sup> Logotherapy is a term derived from “logos,” a Greek word that translates as “meaning,” and therapy, which is defined as treatment of a condition, illness, or maladjustment. Developed by Viktor Frankl, the theory is founded on the belief that human nature is motivated by the search for a life purpose; logotherapy is the pursuit of that meaning for one’s life. Frankl's theories were heavily influenced by his personal experiences of suffering and loss in Nazi concentration camps. Logotherapy is based on the premise that humans are driven to find a sense of meaning and purpose in life. According to Frankl, life’s meaning can be discovered in three different ways: By creating a work or accomplishing some task, by experiencing something fully or loving somebody, and by the attitude that one adopts toward unavoidable suffering. Therefore, in this study, the logo-therapy was done by making the patients find meanings in their lives. The therapy tried to motivate the depressed women by giving questionnaire about guilty feeling, shifting and passing the problems, failures and symptoms towards success, goals, solutions and empowerment. This questionnaire was distributed to dig information about the reasons of

their depression as well as then to make them realize the meaning of life. This is done so that they cannot be sad or stressed anymore and they should be able to face the real world. This therapy is intended to make the patients stronger than before. They need to be brave and realistic to face the problems and the facts they have at the present.

This research was conducted at Public Health Sokaraja II for approximately 3 months for data collection. The research instrument used EPDS and log observation therapy sheets. <sup>4</sup> The Indonesian translation of the EPDS has already been validated by Edward, et.all (2006). EPDS Indonesia version is positive when EPDS score is more than 10 (threshold 10/11, sensitivity 91.7 and specificity 76.9, predictive value positive 46.7%, threshold 11/12, sensitivity 79.2, specificity 82.0., predictive value positive 47.0%. (Pollit, D.F. & Beck., C.T. 2006). Logotherapy is therapy method to release mother from guilt, anxiety and also depression. This therapy is able to release in multiple sclerosis patient (Ashouri, A., Pasha, R., Ahadi, H., Hafezi, F., & Makvandi, B., 2018).

Before the study, it was selected some subject samples with depression from the subjects of the research. From this cases, the researcher selected some women who will get the treatment based on some criteria proposed previously. During this study, the treatment was done for once a week with the duration of ten minutes in one therapy. This therapy was done for approximately one month. The observation was done by observation sheet distributed to the mothers with depression after childbirth. The questions consist of some questions, namely about the guilty feeling, shifting and passing the problems, failures and symptoms towards success, goals, solutions and empowerment. The respondents filled out the questionnaire and did the therapy within the time scheduled. Then, after submitting the questionnaire, it is expected that there

should be changes in their behavior, performance, attitude, mindset, mentality, manners, deeds, mood, as well as outlook.

## RESEARCH RESULT

After collecting the data according to the inclusion and exclusion criteria, there were 40 people willing to become respondents, 5 people stated that they were not willing to be respondents because of some reasonable reasons, such as moving to other area and living outside the study area. The following are the results of the study:

### 1. Characteristics of Respondents

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Table 4.1 Characteristics of Respondents

Characteristics of Respondents	Total	Percentage (%)
Age		
< 20 years old	3	7,5
20 – 35 years old	32	80,0
> 35 years old	5	12,5
Total	40	100,0
Education		
Elementary School	17	42,5
Junior High School	13	32,5
Senior High School	9	22,5
University	1	2,5
Total	40	100,0
Jobs		
Housewife	38	95
Private Employee	1	2,5
Businesswoman	1	2,5
Total	40	100,0

The characteristics of respondents in this research consist of ages, last education and job. The criteria of ages is divided into three parts namely under 20 years old, between 20 until 35 years old and more than 35 years old. 6  
Based on table 4.1, it shows that the age the majority of

respondent or 32 people (80.0%) was between 20-35 years old which belong to adult criteria. While the criteria of education consist of Elementary School, Junior High School, Senior High School, and University. From the result of the study, it shows that 17 persons (42.5%) were graduated from elementary school, 13 persons (32,5%) were graduated from Junior High School, 9 persons (22,5%) were graduated from Senior High School, and only one person (2,5%) was graduated from University. The last criteria is the jobs of the respondents consisting of Housewife, Private Employee, and Businesswoman. From the result of the study, it shows that there are 38 respondents (95%) who work as housewives and 1 respondent (2,5%) who works as a private employee and a businesswoman. Therefore, it could be concluded that the most repondents or 38 persons (95%) are housewives.

## 2. Results of EPDS in Mother Postpartum at Sokaraja II Health Center, Banyumas Regency.

Table 4.2 Results of the EPDS Scale in Postpartum Mothers in the Puskemas Sokaraja II, Banyumas Regency.

Stress Level	Total	Percentage (%)
Mild	10	25
Moderate	25	62.5
Severe	5	12.5
Total	40	100

<sup>6</sup> Based on table 4.2, it shows that the majority of respondents or 25 people (62.5%) experienced moderate depression level. Meanwhile, there were 10 respondents (25%) who experienced moderate stress level and 5 respondents (12.5%) who experienced severe stress level. This research used EPDS with 10 questions for postpartum mother <sup>4</sup> to measure women's levels of depressive symptoms which include lack of interest, guilt, anxiety, and thought of

self-harm. The maximum score is 30, with a range between 0-3 per individual depression scale item (0=normal, 3 =severe).

### 3. Depression Cases After Childbirth in Postpartum Mother in Public Health Sokaraja II, Banyumas Regency.

Table 4.3 Cases of Depression After Childbirth at Postpartum Mother in Public Health Sokaraja II, Banyumas Regency.

	Total	Percentage (%)
Not experiencing	10	25%
Experiencing	30	75%
Total	40	100,0

Based on table 4.3 it shows that the majority of respondents or 30 people (75%) experienced depression after giving birth while the rest or 10 respondents (25%) did not experience depression after giving birth. From the result about cases of depression after childbirth in this research, it is seen that 30 mother or 75% of the respondents were supposed to be treated to feel better. From some some studies done previously, it was found that logo-therapy is supposed to be one of the interventions to help the mother reduce depression. Then, logo-therapy treatment was conducted to the respondents with depression after childbirth. In this experiential research, they were divided into two groups. First groups consisting of 15 mothers was determined as a case group with logo-therapy treatment while another group consisting of 15 mothers was determined as control group without any treatment given. The treatment was done by nurses in the public health of Sokaraja.

#### 4. Effectiveness of Administration of Logo-therapy

Table 4.4. Effectiveness of Administration of Logo-therapy

Depression Level	Logo-therapy				<i>p</i>	OR	CI95%
	Cases		Control				
	N	%	N	%			
Moderate	10	67	12	80	0,000	6,333	3,551-15,722
Severe	5	33	3	20			
Total	15	100,0	15	100,0			

It is seen from the table that OR value is 6.333, it means that mothers with a moderate level of depression experience a lower depression after logo-therapy treatment. It was 6.333 times higher than mothers without logo-therapy therapy. Based on the result of the experiment, it is proven that logotherapy intervention is effectively done for mothers to prevent postpartum depression. It is also seen that the level of depression of the case group with the logo-therapy was better in reducing the mother's depression after the childbirth than the control group without any treatment. Thus, it is clearly true that this therapy is absolutely beneficial for the mothers with depression after giving birth.

#### DISCUSSION

The results showed that the majority of respondents or 30 respondents experienced depression and the rest 10 respondents did not experience it. Each puerperal woman will experience the process of body adjustment to pregnancy according to the trimester stage being undertaken. As many as 50% -75% of postpartum mothers will experience symptoms of sadness and even crying and not being able to care for babies at the beginning of the first week or the third week after childbirth, however, this is a natural thing (Bobak, Lowdermilk & Jensen, 2005). The study about using logotherapy as a treatment for postpartum depression has been done by

Mohammadi Fahime et al (2014) in Teheran Iran. The study shows that respondents of the research consisted of all women visiting the counseling centers in Teheran with the selected samples of 36 individuals. These women were treated by logotherapy while another group of women were not treated using logotherapy. ANCOVA results showed that logotherapy has been effective to increase the hope of life for women with depression. It means that the women in this study felt more relieved during and after this therapy. It could be much more effective if done for these women. The study of logotherapy is in line with S. Robatmili (2015) who conducted this kind of study for students who experienced depression. This study used an experimental method which divided the students into two groups consisting of Iranian students with depression. The first group of ten students was treated by logotherapy as the experimental group while the other group of ten students was not treated by any method as the control group. It was proven that the depression of the Iranian students decreased after the treatment of logotherapy, while the control group that was not treated by any method did not experience any betterment. The results of the study show that logotherapy is very effective to decrease the stress level as well as to improve the quality of life of those students.

A study by Leili Mosalanejad (2013) states that Logotherapy <sup>5</sup> is related to stress reduction and can decrease psychiatric symptoms of worry and perceived stress. This approach tends to improve an infertile person's ability to deal with their problem of finding the meaning of life. Thus it can be concluded that logotherapy along with other treatment methods, is a useful approach for infertile couples. This study is in line with other studies which proved that logotherapy is not only effective for depressed mothers after childbirth, but it is also very effective for infertile women.

Another study conducted by Hanny (2012), about the relationship between gravida status and the incidence of depression after childbirth found that of the 40 respondents, most of them or 23 respondents (57.50%) experienced emesis gravidarum  $\leq 3x$  a day and almost half of them or 17 respondents (42.5%) did not experience emesis gravidarum. Physically, primigravida <sup>10</sup> has not been able to adapt to the estrogen and gonadotropin chorionic human hormones, so the depression is more common after giving birth. The other similar study was a research conducted by Luvlyna (2011) in *RB Ibunda* Sembon Village, Karangrejo District, Tulungagung District. She found that of the 40 respondents in trimester I, 23 pregnant women or 57.50% were depressed, psychologically everyone has a different response to the diagnosis of pregnancy.

After logo-therapy treatment, it was found that the OR value was 6.333 meaning that mothers in working area of the Public Health II Sokaraja with depression levels were experiencing a decrease of 6.333 times higher than mothers without logo-therapy treatment. Depression after childbirth is a psychological form that plays an important role in the puerperium. The bad conditions of family relationship, loss of work, <sup>10</sup> fear of pregnancy and childbirth and <sup>10</sup> fear of responsibilities as a mother <sup>10</sup> can cause mental conflicts that can aggravate the condition (Mitayani, 2009). This study is in line with the study done by <sup>13</sup> Haghghi, F., Khodaei, S., & Sharifzadeh, G. R. (2012) titled "Effect of logotherapy group counseling on depression in breast cancer patients". This study using <sup>2</sup> the experimental group participated in logotherapy with a group counseling approach for ten 2 hour sessions and the control group did not receive any psychological treatments. SPSS software (V: 13) and statistical tests independent and dependent  $t$  were; and  $\alpha=0.05$  was taken as the significant level. Results: The rate of depression significantly decreased in the experimental group ( $8.27 \pm 4.7$ ,

P<0.001), while it was unchanged in the control group. From these studies, it is clearly proven that logo-therapy is effective to be conducted to breast cancer patients.

Logo-therapeutic intervention is a form of releasing the burden to makes the psychological condition of mothers undergoing the puerperal process better (Guyton, 2007). The results of this study are in line with the results of Sulistyowati's (2012) research. It showed that the results of the non-parametric statistical test with the Fisher's exact test obtained p value of 0,000 less than the significant level (0.05). This showed that there was a significant relationship between cognitive intervention therapy and the incidence of depression in postpartum pregnant women in *BPS Ny. Sayidah Kendal*. The results obtained an OR value of 0.007 which means that respondents with moderate depression had the opportunity of 0.007 times to decrease their depression.

## **CONCLUSION**

Based on the results of the study conducted in the in working area of the Public Health II Sokaraja, it can be concluded that the After logo-therapy treatment, it was found that the OR value was 6.333 meaning that mothers with depression levels were experiencing a decrease of 6.333 times higher than mothers without any treatment. <sup>2</sup> Regarding the findings of this study, it is recommended that, in addition to medicinal treatments, logo-therapy should be applied to such patients, especially to the mothers with depression after giving birth.

## **SUGGESTIONS**

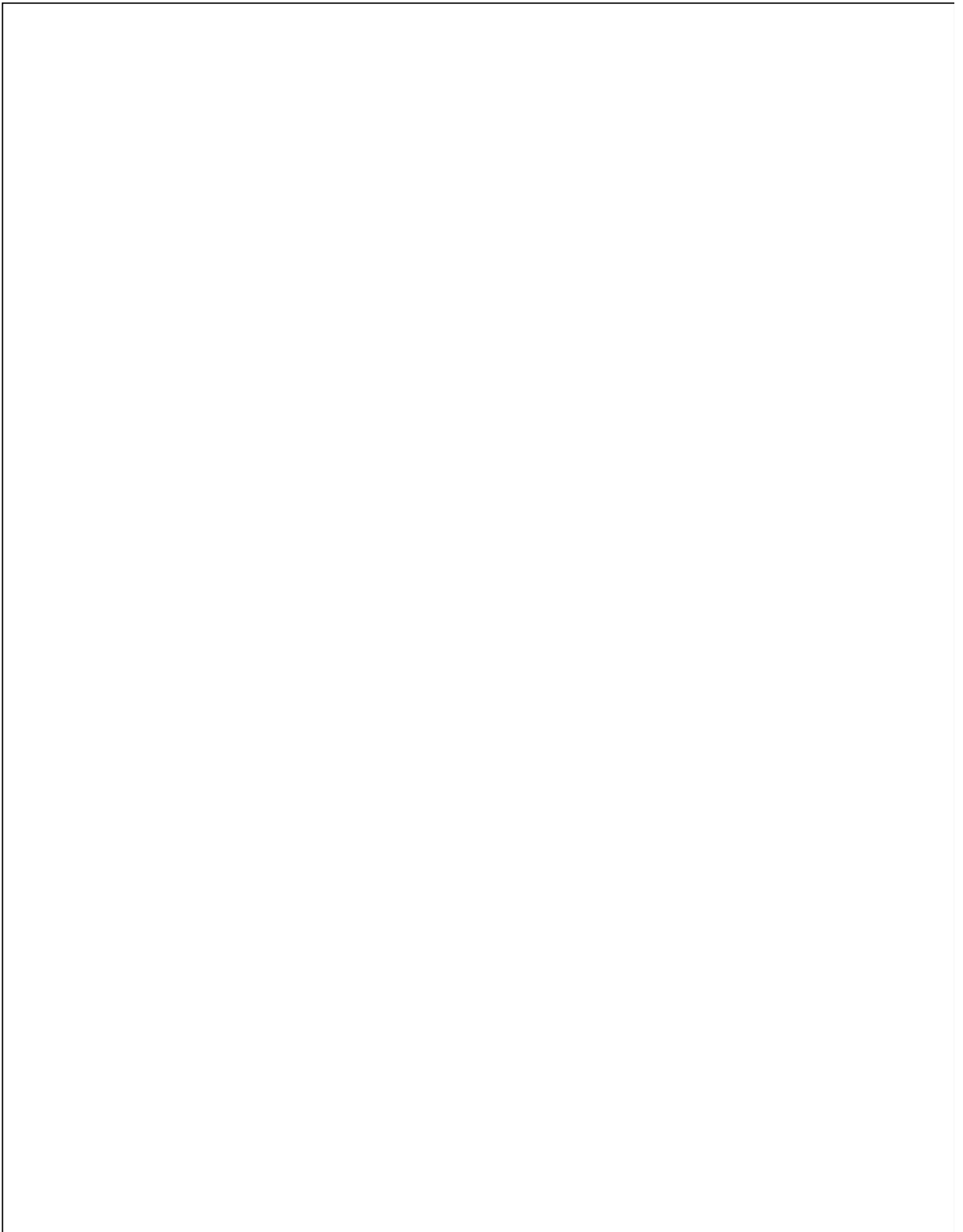
After conducting the study, it is suggested that:

1. The logo-therapy is effective to be done to solve the depression problems of mothers after giving birth. Therefore, it is very important for all nurses to have such kind of training to know this therapy well so they can apply this therapy wherever and whenever they are.
2. The other study of logo-therapy is needed to find out more about the possibility of its application to the other health problems. It is also important to find out more about the weaknesses of this therapy.
3. The management or the intervention of logo-therapy should involve other professional health officers to detect the presenece of postpartum depressed mothers in Integrated Health Care Center in villages so that they could be well treated especially by logo-therapy.

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