

STRENGTHENING MIDWIFERY CARE THROUGH EARLY SCREENING AND PSYCHOSOCIAL SUPPORT FOR POSTPARTUM MATERNAL MENTAL HEALTH

Rani Darma Sakti Tanjung^{1*}, Oktaria Safitri²

¹Institut Teknologi dan Kesehatan Ika Bina, Rantauprapat, Sumatera Utara

²Sekolah Tinggi Ilmu Kesehatan Adila Bandar Lampung

Article Info	ABSTRAK
Article History: Received 21/08/2026 Revised - Accepted 02/09/2026 Keywords: Kesehatan Mental Postpartum Depresi Postpartum Asuhan Kebidanan Dukungan Psikososial Skrining Dini	Latarbelakang: Masa postpartum merupakan periode penting ketika perempuan mengalami proses adaptasi fisik, emosional, dan sosial yang besar. Namun, pelayanan kesehatan setelah persalinan masih sering berfokus pada pemulihan fisik, sementara aspek kesejahteraan psikologis belum mendapatkan perhatian yang optimal. Depresi postpartum merupakan salah satu masalah kesehatan mental yang sering terjadi setelah melahirkan. Systematic review dan meta-analisis global tahun 2021 yang mencakup 565 penelitian dengan 172.342 perempuan postpartum dari 80 negara melaporkan prevalensi gabungan depresi postpartum sebesar 17,22% (95% CI: 16,00–18,51). Temuan tersebut menunjukkan pentingnya integrasi aspek kesehatan mental dalam pelayanan ibu postpartum. Tujuan: Artikel ini bertujuan untuk mengkaji pentingnya penguatan asuhan kebidanan melalui skrining dini kesehatan mental dan dukungan psikososial dalam meningkatkan kesejahteraan ibu postpartum. Metode: Kajian naratif dilakukan dengan menganalisis publikasi ilmiah dan pedoman internasional terkait depresi postpartum, adaptasi psikologis ibu, instrumen skrining kesehatan mental, serta intervensi psikososial dalam pelayanan maternal. Analisis difokuskan pada kontribusi bidan dalam mendeteksi dini dan memberikan dukungan terhadap masalah kesehatan mental ibu setelah melahirkan. Hasil: Bukti ilmiah menunjukkan bahwa penggunaan instrumen skrining tervalidasi seperti Edinburgh Postnatal Depression Scale (EPDS) dapat membantu tenaga kesehatan mengidentifikasi ibu yang berisiko mengalami gangguan psikologis. Dukungan psikososial melalui konseling, penguatan emosional, dan keterlibatan keluarga dapat membantu meningkatkan kemampuan adaptasi ibu serta mempercepat akses terhadap pelayanan lanjutan. Bidan memiliki posisi strategis karena memberikan pendampingan berkelanjutan sejak masa kehamilan hingga postpartum. Kesimpulan: Kesehatan mental ibu perlu menjadi bagian integral dari pelayanan kebidanan postpartum. Penguatan pengetahuan dan keterampilan bidan dalam skrining kesehatan mental serta dukungan psikososial dapat membantu deteksi dini masalah psikologis dan mendukung luaran kesehatan yang lebih baik bagi ibu dan bayi.
	ABSTRACT <i>Background: The postpartum period is a crucial phase in which women undergo substantial physical, emotional, and social adaptation. However, maternal health services after childbirth often remain focused on physical recovery, while psychological well-being receives less attention. Postpartum depression (PPD)</i>

is one of the most common mental health concerns following childbirth. A global systematic review and meta-analysis global published in 2021, involving 565 studies with 172,342 postpartum women from 80 countries, reported a pooled prevalence of PPD of 17.22% (95% CI: 16.00–18.51). This finding highlights the need for stronger integration of mental health assessment within routine postpartum care. Objective: This article explores the importance of strengthening midwifery care through early mental health screening and psychosocial support to improve postpartum maternal well-being. Methods: A narrative review was conducted by examining scientific publications and international guidelines related to postpartum depression, maternal psychological adaptation, screening tools, and psychosocial interventions in maternal healthcare. The analysis focused on the contribution of midwives in early recognition and supportive management of postpartum mental health problems. Results: Evidence suggests that early screening using validated instruments, particularly the Edinburgh Postnatal Depression Scale (EPDS), can assist healthcare providers in identifying mothers at risk of psychological distress. Psychosocial support through counseling, emotional encouragement, and family involvement may improve maternal coping and facilitate timely access to further care. Midwives are uniquely positioned to provide this support because of their continuous relationship with women throughout pregnancy, childbirth, and the postpartum period. Conclusion: Maternal mental health should be incorporated as an essential component of postpartum midwifery care. Strengthening midwives' knowledge and skills in mental health screening and psychosocial support may contribute to earlier recognition of psychological problems and promote healthier outcomes for mothers and infants.

**Corresponding Author: (ranizaidan@gmail.com)*
