



# Marriage satisfaction is associated with the incidence of perinatal depression: Original Research

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Academic Editor: Untoro Dwi Raharjo

Received: 20 January 2025

Accepted: 12 February 2025

Published: 17 February 2025

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## Abstract

**Introduction:** Marital satisfaction, which includes aspects of communication, emotional intimacy, partner support, and quality of interaction, is believed to play an important role in maternal mental health after childbirth. This dissatisfaction can increase feelings of loneliness, stress, and anxiety, all of which can worsen the mental state of the postpartum mother. Women who experience dissatisfaction in their marital relationships have a higher tendency to experience postpartum depression. The prevalence of depressive disorders in the world population is 3-8% with 50% of cases occurring at the productive age of 20-50 years. World Health Organization. (WHO) states that depressive disorder affects 20% of women and 12% of men at some point in life. **Objective:** To find out if there is a relationship between marital satisfaction and the incidence of postpartum depression in East Bekasi. **Methods:** This study is an analytical study, meaning a study that aims to see the relationship or influence in the form of analytical descriptive research with a crosssectional approach using the chisque test, **Research results:** the results of the Chi-Square Statistical Test obtained a p-Value of 0.043 (p-value <0.05) so that Ha was accepted by Ho and rejected which means that there is a meaningful relationship between marital satisfaction and depression in postpartum mothers. **Bottom Line:** Women who are dissatisfied with their marriage are more at risk of postpartum depression. These findings are in line with many previous studies that show that the quality of a marital relationship can affect a mother's mental well-being after childbirth. Therefore, it is important to pay attention to the aspect of marital satisfaction as part of efforts to prevent postpartum depression.

**Keywords:** D Suppression, Pregnancy, Marriage Satisfaction, Perinatal, Post Partum

## Introduction

Marriage is a social institution that has a significant impact on the well-being of individuals, including the emotional and psychological well-being of married couples. In the context of the family, especially after the

birth of a child, various factors can affect the psychological condition of the mother, one of which is the level of satisfaction in marriage. Marital satisfaction is often considered an indicator of emotional and psychological well-being in a couple's life. This satisfaction includes various dimensions, such as communication quality, conflict management, emotional support levels, and involvement in relationships. Low marital satisfaction can act as a risk factor for chronic stress that can affect the mental state of both partners. Research conducted by Leach et al. (2021), found that couples who experience tension in marital relationships are more likely to experience an increased risk of prenatal and postnatal depression. Factors such as the inability to communicate effectively, disharmony in family roles, as well as a lack of emotional support from a partner, can increase the likelihood that the mother will experience stress that leads to depression.

When a woman experiences marital dissatisfaction it can increase feelings of loneliness, stress, and anxiety, all of which can worsen the mental state of postpartum mothers and potentially increase the risk of mental health disorders, such as postpartum depression (Karadogan & Ozdemir, 2021). Conversely, couples who have a healthy marital relationship can serve as a protective factor that supports the mother's mental well-being, and tend to be better able to cope with the challenges of parenthood and have a lower risk of postpartum depression (Negrón et al., 2022; Perry et al., 2022). Based on recent research, healthy relationships in marriage can serve as a protective factor against perinatal depression. Mothers who feel emotionally supported by their partners are better able to cope with the stresses that arise during pregnancy and postpartum (Mauvais-Jarvis et al., 2020). Conversely, conflict and dissatisfaction in a marital relationship can worsen the mental well-being of mothers who are pregnant or have just given birth.

Some studies suggest that the level of satisfaction in marriage can affect an individual's mental health, including an increased risk of psychological disorders such as anxiety and depression (Markman et al., 2020). The link between marital satisfaction and mental health during the perinatal period is important, as the stress caused by marital dissatisfaction can exacerbate the risk of perinatal depression. Perinatal depression refers to a depressive disorder that occurs during pregnancy (prenatal depression) or after childbirth (postnatal depression). This is a serious condition that can affect the quality of life of mothers and babies.

According to a recent study, the prevalence of perinatal depression is estimated to reach 10-20% of pregnant and postpartum women (Howard et al., 2020). Risk factors for perinatal depression include a history of mental disorders, psychosocial stress, and dissatisfaction in personal relationships, such as marriage. Several studies have identified that marital dissatisfaction can increase their susceptibility to mental disorders, including perinatal depression (Figueiredo et al., 2019). Emotional instability in a marriage relationship can cause mothers to feel isolated, have less social support, and be more prone to mood disorders.

Various studies show that the quality of the relationship between husband and wife can affect the risk of perinatal depression. In line with the research of Nurbaeti et al., (2019) which stated that mothers with low marital satisfaction are more prone to postpartum depression than mothers with high marital satisfaction. This is supported by the results of a study conducted by Ira (2021) which explained that mothers with low marital satisfaction were 3.67 times at risk of postpartum depression. Marital satisfaction was 1.28 to 10.65 times the risk of postpartum depression. This means that the lower the marital satisfaction, the higher the risk of the mother experiencing postpartum depression. On the other hand, the higher the marital satisfaction, the lower the risk of the mother to experience depression.

According to the American Psychiatric Association (APA, 2019), perinatal depression can have an impact on maternal well-being, interpersonal relationships, and children's developmental health. This condition can affect mothers in various aspects of life, including physical health, psychological, and social interactions. Postpartum depression not only affects the mother's mental state, but can also adversely affect the mother's relationship with the baby, interfere with child development, and increase the risk of other mental health disorders such as anxiety and post-traumatic stress disorder (PTSD) (Miller et al., 2021).

Some factors that contribute to postpartum depression include postpartum hormonal and physical changes, lack of social support, as well as emotional distress associated with the new role of motherhood (Tandon et al., 2023). One factor that is often overlooked but has a significant influence is the quality of the marriage relationship. Marital satisfaction, which includes aspects of communication, emotional intimacy, partner

support, and quality of interaction, is believed to play an important role in maternal mental health after childbirth (Beach et al., 2022).

Although the evidence suggests a link between marital satisfaction and postpartum depression, much remains to be explored further into the mechanisms behind the relationship. Factors such as partner communication, the role of husband support, and the impact of role changes in the family after the birth of a child still need to be explored further. In addition, different social and cultural dynamics in each community can influence views on marriage and the role of mothers, which can enrich the results of this study (Jang et al., 2023). Therefore, this study aims to further explore the relationship between marital satisfaction and postpartum depression in mothers, hoping to provide more in-depth insights into the role of marital relationship quality in supporting postpartum maternal mental health. The findings of this study are expected to be the basis for interventions that focus more on supporting married couples in reducing the risk of postpartum depression, as well as improving overall family well-being.

## Materials and Methods

### *Study Design*

This study is an analytical research conducted using a quantitative method with a *cross sectional* approach. *Cross sectional* research is a research that uses a cross-sectional approach and does not use the same subject and is carried out at the same time (Syamsunie, 2018). The data used is primary data by means of quantitative collection through questionnaire instruments. The independent variable studied was marital satisfaction, while the dependent variable in this study was perinatal depression.

### Sample and setting

This research was conducted in the working area of the Pengasinan Health Center in East Bekasi, West Java, Indonesia. The reason for conducting research in this place is because the Pengasinan Health Center is a place of health services where the majority of people in the area are classified as lower middle class and there is no screening for depression in pregnant women until postpartum. This study was conducted on 86 postpartum mothers with NonProbability Sampling (*Purposive sampling*) sampling technique.

## Variable

This study examines the relationship between two variables. The Independent Variable is Marriage Satisfaction which has the meaning of positive feelings of husband and wife in marriage, which reflects each individual's cognitive evaluation of the marriage. Dependent Variable is perinatal depression assessed in the postpartum period.

## Instruments

The method of collecting research data uses primary data taken directly from respondents/informants using a questionnaire in the form of a sheet of paper. The instrument used in this study consisted of 2 questionnaires, namely: 1. Marriage Satisfaction Questionnaire using the Marriage Satisfaction Scale (MSS) which consisted of 12 statements. The measurement method uses a rating of 1-10 for each question item. The categories of marriage satisfaction assessment results consist of: very satisfied if the score is  $>84$ , satisfied if the score is 72-83, less satisfied if the score is 61-71.

The perinatal depression variable was assessed using the Edinburgh Postnatal Depression Scale (EPDS) questionnaire which consisted of 10 questions. Each question has four choices that are graded from 0-3 with a pattern, in questions 1,2, and 4: get a score of 0,1,2, and 3 with the top answer 0 and the bottom get a score of 3. Questions 3, 5 to 10 are reverse assessments, with the top answer getting a score of 3 and the bottom 0. Question 10 is a question that shows suicidal thoughts. The total of all values is a maximum of 30. The likelihood of depression if the score is  $\geq 10$ , a score of  $\leq 10$  without suicidal thoughts is said to be not depressed.

## Data Collection

Data collection used primary data obtained directly from respondents using a questionnaire consisting of demographic data questions, questions about marital satisfaction and a depression assessment questionnaire using EPDS which consisted of 10 questions. The data processing technique is carried out after the data collection is completed with the intention that the collected data has clear characteristics and is analyzed using SPSS.

## Data Analysis

The results of the data that have been processed are then presented in the form of tables and analyzed univariate and bivariate. Univariate analysis was carried out to see the frequency distribution of all existing variables such as repondent characteristics (age, education, and occupation), incidence of depression, and marital satisfaction. Univariate analysis was carried out using the computer assistance of the descriptive SPSS program. Bivariate analysis Bivariate analysis is a cross table of two variables (independent and dependent variables). This analysis was to see the significance of the relationship between marital satisfaction and depression in postpartum mothers using the Pearson Correlation test using the SPSS computer program.

## Ethical consideration

Research ethics aims to protect subjective rights, including ensuring the confidentiality of respondents' identities. Before carrying out the research, the researcher will approach the respondents to explain the purpose and objectives of the research to be carried out and give a letter of consent regarding the willingness of the respondents to be participants in this research, by first giving the opportunity to read, understand and understand the content of the consent letter. This research obtained a research permit from The East Bekasi Health Office and passed the ethical test from the Ethics Committee of Bani Saleh Health College with number: EC.066/KEPK/STKBS/V/2023.

## Results

The results of this study show the characteristics of postparum mothers which include age, occupation and education which are outlined in the table below.

*Table 1 Distribution of Characteristic Frequency of Postpartum Women*

Characteristic	Frequency	Percentage (%)
<b>Age</b>		
20- 35 year	82	95,3
>36 year	4	4,7
Total	86	100
<b>Job</b>		
Civil Servants	5	5,8
Private	6	7,0

Characteristic	Frequency	Percentage (%)
Self employed	14	16,3
Housewives	61	70,9
Total	86	100
<b>Education</b>		
Primary school	1	1,2
Junior High School	2	2,3
High School	61	70,9
College	22	25,6
Total	86	100

Based on the data obtained, the results of this study show the age distribution of respondents as follows: Most of the respondents, namely 95.3% or 82 people, are in the age range of 20 to 35 years while the other 4.7% of the respondents, or as many as 4 people, are over the age of 36 years. Thus, the majority of respondents in this study are individuals in the young age category, which is between 20 and 35 years old. This data provides an idea that this age group dominates in the context studied.

Based on the data obtained, the distribution of respondents' jobs in this study can be explained as follows: there are 5 respondents who work as civil servants amounting to 5.8% of the total respondents. This shows that a small percentage of respondents work in the government sector. A total of 6 respondents (7.0%) work in the private sector. Jobs in the private sector are still relatively small when compared to other sectors. Self-Employed Employment: 14 respondents (16.3%), which shows that there is a group of respondents who are entrepreneurial and play a role in creating jobs. The majority of respondents, namely 61 people (70.9%), are housewives. This shows that most of the respondents play the role of household managers and are not directly involved in formal work activities. Overall, this data reflects that the majority of respondents in the study work as housewives, with the self-employed and private sectors also having a role, albeit to a lesser extent. Jobs in the government sector (PNS) were also recorded in the least number among other job categories.

Based on the data obtained regarding the education level of the respondents, the distribution is as follows: There is only 1 respondent (1.2%) who has an elementary school education level. This shows that most of the respondents have a higher level of education than elementary school. Only 2 respondents (2.3%) studied up to junior high school. This percentage is also relatively small, indicating that most respondents have continued

their education to a higher level. Most of the respondents, namely 61 people (70.9%), had the last level of high school education. This shows that the majority of respondents have high school education as their last formal education. There were 22 respondents (25.6%) who had studied in higher education, both at universities and colleges, with a significant percentage. This shows that some respondents also have a higher level of education, namely bachelor or equivalent. Overall, this data shows that the majority of respondents have a secondary education level, with some other respondents continuing their education until college. Only a small percentage of respondents had a basic education level, which indicates a higher educational tendency among respondents.

The picture of marriage satisfaction in postpartum mothers in East Bekasi City is described through the data in table 2.

Table 2 Incidence of Frekuensi Marital Satisfaction in Postpartum Women

Marriage Satisfaction	Frequency	Percentage (%)
Satisfied	27	31,4
Dissatisfied	59	68,6
Total	86	100

Based on the data obtained regarding the level of marital satisfaction of the respondents, the distribution is as follows: A total of 27 respondents (31.4%) stated that they were satisfied with their marriage. This percentage shows that about one-third of the total respondents are satisfied with their married life. Most of the respondents, namely 59 people (68.6%), expressed dissatisfaction in their marriage. This shows that the majority of respondents are dissatisfied with the condition of their marriage, which reflects the existence of problems or unhappiness in marriage relationships among respondents. Overall, this data shows that respondents' marital satisfaction levels tend to be low, with more than two-thirds of respondents feeling dissatisfied with their married life. In contrast, only about one-third of respondents were satisfied. This can indicate the challenges in married life experienced by most of the respondents in this study.

The impact of dissatisfaction in marriage can worsen the psychological condition of the mother, one of which is postpartum depression. This dissatisfaction is often related to tension in the husband-wife relationship which increases emotional stress in the mother after childbirth. Some studies suggest that marital dissatisfaction can increase the risk of postpartum depression by worsening feelings of anxiety, depression, and isolation (Abe & Tamaki, 2019).



Stress due to feelings of unsupported or unappreciated feelings in a marriage relationship disrupts the mother's emotional balance and contributes to the onset of postpartum depressive symptoms. Research by Lee et al. (2021) also highlights that feelings of dissatisfaction in relationships can exacerbate the emotional exhaustion that new mothers often experience, making them more susceptible to depression. Disturbed emotional attachment in marriage, coupled with the burden of motherhood responsibilities, can create a cycle of stress that is difficult to break without proper intervention. Therefore, it is important to address dissatisfaction in marriage as a prevention effort for postpartum depression (Zhao et al., 2022).

The picture of perinatal depression in postpartum mothers in the working area of the Pengasinan community health center in East Bekasi is described through the data in table 3.

Table 3 Incidence of Depression in Postpartum Women (n=86)

Depression Incidence	Frequency	Percentage(%)
Depression	42	48,8
Not depressed	44	51,2
Total	86	100

Based on the data obtained regarding the incidence of depression in the respondents, the distribution is as follows: A total of 42 respondents (48.8%) experienced depression. This percentage shows that almost half of the total respondents experience depressive symptoms or conditions, which can be caused by various factors, be it personal, family, or environmental problems. A total of 44 respondents (51.2%) did not experience depression. This suggests that slightly more than half of the respondents showed no symptoms of depression and may have a more stable or healthy mental state. Overall, this data shows a relatively balanced division between respondents who are depressed and those who are not. Although the majority of respondents did not experience depression, nearly half of the respondents experienced the condition, which may indicate that depression is a significant problem among the respondents in this study. This could open up opportunities for further research or interventions to support mental health among respondents.

Table 4 Analysis of The Relationship Between Marital Satisfaction and The Prevalence of Postpartum Depression (n = 86)

Marriage Satisfaction	Post Partum Depression				Total	P-value	Odd Ratio
	Depression		Not depressed				
	F	%	F	%			
Satisfied	9	21,4	18	40,9	27	0,043	2,538
Dissatisfied	33	78,6	26	59,1	59		
Total	42	100	44	100	86		

Based on the data obtained regarding the relationship between marital satisfaction and postpartum depression, the distribution is as follows: Respondents who were satisfied with their marriage amounted to 27 and experienced postpartum depression as many as 9 respondents (21.4%) while 18 respondents (40.9%) did not experience postpartum depression. Of the group that was satisfied with their marriage, more people did not experience postpartum depression (40.9%) compared to those who were depressed (21.4%). Respondents who were dissatisfied with their marriage were 59 respondents, 33 respondents (78.6%) experienced postpartum depression and 26 respondents (59.1%) did not experience postpartum depression. The group that was dissatisfied with their marriage showed a higher rate in the incidence of postpartum depression (78.6%), while those who did not experience depression were only 59.1%. The total number of respondents in this study was 86 people, with 42 people experiencing postpartum depression and 44 people not experiencing postpartum depression. A p-value of 0.043 indicates that there is a significant relationship between marital satisfaction and the incidence of postpartum depression. This means that marital satisfaction has an effect on a person's likelihood of experiencing postpartum depression with an Odd Ratio (OR) of 2.538 showing that respondents who are dissatisfied with their marriage are 2.5 times more likely to experience postpartum depression compared to respondents who are satisfied with their marriage.

## Discussion

The results of this study showed a significant relationship between marital satisfaction and the incidence of postpartum depression (P-value = 0.043). In the group of mothers who were satisfied with their marriage, only 21.4% experienced postpartum depression, while 40.9% of mothers who were not satisfied

with their marriage experienced postpartum depression. This reflects the important role of marital satisfaction in influencing the mother's psychological condition after childbirth. This study showed that women who were dissatisfied with their marriage had a higher likelihood of developing postpartum depression ( $p\text{-value} = 0.043$ ;  $\text{Odd Ratio} = 2.538$ ). An odds ratio of 2.538 indicates that mothers who are dissatisfied in marriage are more likely (2.5 times) to experience postpartum depression compared to mothers who are satisfied in their marriage.

Several studies support the findings in this study. Research by Lee et al. (2021) found that marital dissatisfaction is a major risk factor that increases the likelihood of postpartum depression. They explain that dissatisfaction in marital relationships can lead to emotional isolation, increased stress, and feelings of unsupported that contribute to the appearance of postpartum depression. This research is in line with the results found in this study, which shows that marital dissatisfaction increases the prevalence of postpartum depression.

Satisfaction in marriage is a psychosocial factor that can affect a woman's mental well-being, including in facing the postpartum period. Some previous studies have also shown that marital dissatisfaction can increase the risk of psychological problems, such as depression. A study by Kuo et al. (2020) found that marital dissatisfaction was associated with increased levels of stress and depression in postpartum women. Decreased emotional support in marital relationships can worsen the mental health condition of new mothers, who are prone to postpartum depression. Browning et al. (2018) also highlighted the importance of the quality of the couple's relationship in reducing the risk of postpartum depression, suggesting that support from a partner who has a good quality of relationship can serve as protection against mental disorders after childbirth.

The social support received from the partner has a very important role in a mother's mental health after childbirth. In this study, it was found that the majority of respondents who were satisfied with their marriage did not experience postpartum depression, which indicates that emotional support from a partner can improve the psychological resilience of mothers after childbirth. A study by Meltzer-Brody et al.

(2019) showed that women who received good support from their partners were less likely to develop symptoms of postpartum depression. Conversely, emotional alienation or conflict in marriage can worsen the mother's psychological condition and increase the risk of postpartum depression (Stewart et al., 2020).

Duan (2020) in their study stated that poor quality of couple relationships is related to an increase in postpartum depression. Her research observed that relationship dissatisfaction can worsen mental disorders in postpartum women, which is in line with the study's findings suggesting that marital dissatisfaction increases the risk of postpartum depression. Browning et al. (2018) also found that women with strong partner support were less likely to experience postpartum depression, which supports the conclusion that marital satisfaction has a positive impact on maternal mental health after childbirth.

Some of the results of the study show different results. A study by Doss et al. (2020) showed that while marital dissatisfaction can contribute to postpartum depression, other factors such as social support, self-confidence, and quality of postpartum care also influence the incidence of postpartum depression. They found that marital dissatisfaction was not the only predictor of postpartum depression, but rather more complex and influenced by various other aspects of the mother's life after childbirth. In addition, research by Morris et al. (2019) suggests that while there is a relationship between marital satisfaction and postpartum depression, the relationship may differ among different cultural groups. They emphasized the importance of cultural factors in influencing the impact of marital satisfaction on maternal mental health after childbirth.

Marriage conditions in Indonesia have characteristics and social dynamics that affect mental health, including in the context of postpartum depression. In Indonesia, marriage is often seen as a strong institution and not only emotionally binding, but also social and cultural. This can be a motivating or inhibiting factor for mothers to express their dissatisfaction with marriage, which in turn can affect their psychological state, including postpartum depression. In addition, the strong cultural role in Indonesian society often reinforces family values and influences expectations of a mother's role in the family.

According to research by Lestari & Djuwairiah (2021), in Indonesia, most women feel that they must maintain marriage harmony for the sake of their families and the surrounding community. Dissatisfaction in marriage is often not expressed, due to cultural factors that deify the role of the perfect mother and avoid confrontation in the household. This emotional tension can increase psychological stress in new mothers, trigger stress, and ultimately potentially become a risk factor for postpartum depression. For example, in this study, it was found that young mothers who faced problems in their marriages were more likely to experience anxiety and difficulty in adapting to their new role as mothers, which worsened the symptoms of postpartum depression. In addition, research by Yuniarti & Yuliana (2020) shows that socio-economic factors and lack of emotional support from the partner also play a role in increasing the prevalence of postpartum depression in Indonesia. Mothers who are dissatisfied in their marriages, especially those facing economic hardship or a lack of husband involvement in childcare, tend to have higher levels of stress and are at risk of postpartum depression. This is consistent with the findings in this study, which show that marital dissatisfaction contributes greatly to the increased likelihood of postpartum depression in Indonesia.

Some studies suggest that family support factors, especially those from extended families, have an important role in preventing postpartum depression, despite marital dissatisfaction. According to research by Sari & Arifin (2022), support from extended family or social communities can be an effective complement to reduce the negative impact of marital dissatisfaction on mothers' mental health. This support can reduce feelings of isolation and increase mothers' confidence in taking on their new roles. Overall, although marital dissatisfaction in Indonesia is related to postpartum depression, cultural factors and strong social support also play an important role in mitigating these negative effects. Therefore, to reduce the prevalence of postpartum depression, there needs to be more attention to marital relationships as well as emotional support from both couples and extended families.

The results of this study underscore the importance of spouse support in marriage as a protective factor against postpartum depression. Emotional support and good communication in marriage can reduce stress and improve the mental well-being of mothers after childbirth. Therefore, interventions that target

improving the quality of marital relationships can be an effective measure to prevent postpartum depression in women.

### Clinical Implications

The results of this study show that marital dissatisfaction contributes significantly to the increased risk of postpartum depression in mothers. Therefore, there are several clinical implications that need to be considered by medical personnel, especially in the fields of psychology, psychiatry, and maternal health, in designing prevention and intervention approaches for postpartum depression, including: **1)** The importance of marital satisfaction screening in the assessment of postpartum depression, **2)** Provision of emotional support and counseling for couples, **3)** The importance of social support in maternal mental health, **4)** Interventions Based on Culture and Social Context, **5)** Training of Health Professionals in **6)** Identifying Psychosocial Factors, and **7)** Community Counseling on the Impact of Marriage Dissatisfaction on Maternal Mental Health.

This study emphasizes the need to include marital satisfaction factors in routine screening for new mothers, especially in prenatal and postpartum care. Counseling on marriage mental health can be part of routine health screening at maternal and child clinics, in order to detect early the potential for postpartum depression triggered by marital dissatisfaction. Medical personnel and clinical psychologists should collaborate to identify marriage-related psychosocial risks that can have an impact on the mother's mental state. Marriage dissatisfaction is often related to feelings of isolation or unsupported by a partner. Therefore, a more holistic approach, including involving couples in counseling sessions, can help address tensions in marriage that could potentially exacerbate postpartum depression. Marriage counseling and couples therapy can help improve communication and deepen the role of husbands in supporting mothers after childbirth, which can reduce feelings of loneliness and anxiety experienced by mothers.

Given that the study also found the role of social support in preventing postpartum depression, clinicians should encourage mothers to seek support not only from their partner, but also from extended family and community. Community-based mental health programs that involve families can help reduce feelings of

isolation and improve mothers' emotional well-being. Activities such as support groups for new mothers or educational programs on the role of the family in maternal and child care can serve as reinforcement to improve the quality of life of mothers after childbirth.

In Indonesia, cultural factors greatly influence the perspective on marriage and the role of mothers. Therefore, clinical interventions must be tailored to the local social and cultural context. Providing therapy or counseling that is sensitive to the cultural values that underlie mothers' perceptions of marriage and their role as mothers will be more effective. Mental health clinics or institutions need to consider existing cultures, values, and social norms to provide more relevant and sensitive support to the mother's marital situation.

Training needs to be carried out for health workers who are directly related to the mother from pregnancy to postpartum. Doctors, midwives, and nurses involved in the care of pregnant and postpartum women need to be trained on the importance of psychosocial factors in detecting and managing postpartum depression. This training includes not only the introduction of the symptoms of postpartum depression, but also how to identify risk factors, such as marital dissatisfaction, that can affect maternal well-being. Health professionals should be given the skills to sensitively assess marital relationships and other factors that have the potential to affect a mother's mental health.

In Indonesia, there is often still a stigma associated with talking about marriage and mental health issues. Therefore, counseling to the wider community is essential to reduce stigma and increase understanding of the importance of maintaining marital satisfaction to support maternal mental health, especially after childbirth. Educational programs that prioritize the importance of communication and support in marriage and the mental health of new mothers need to be introduced in society.

## **Conclusions**

Overall, the results of this study show a significant relationship between marital satisfaction and postpartum depression. Women who are dissatisfied with their marriage are more at risk of postpartum

depression. These findings are in line with many previous studies that show that the quality of a marital relationship can affect a mother's mental well-being after childbirth. Therefore, it is important to pay attention to the aspect of marital satisfaction as part of efforts to prevent postpartum depression.

Overall, although there are variations in the findings of previous studies, the results of this study confirm that marital satisfaction plays an important role in preventing postpartum depression. Therefore, it is important for health professionals to consider aspects of marital relationships in the treatment and prevention of postpartum depression in new mothers.

The clinical implications of this study emphasize the importance of a holistic approach to the treatment of postpartum depression. In addition to medical care for mothers, psychosocial aspects, especially marital satisfaction and social support, should be an integral part of prevention and intervention strategies. By taking these factors into account, medical personnel and mental health professionals can help new mothers to be better prepared for their new role as mothers, as well as reduce the risk of postpartum depression.

### ***Declaration of Interest***

*All authors declare that no conflicts of interest*

### ***Acknowledgment***

*We thank the respondents*

### ***Funding***

*This research received no external funding*

### ***Data Availability***

*Not applicable*

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