

Acupressure for Postpartum Blues: A Literatur Review

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Abstract

The postpartum period is a critical period experienced by mothers after childbirth. In the postpartum period, there are both physical and psychological changes. New roles and responsibilities often make mothers feel insecure and experience stress that, if not immediately overcome, can cause postpartum blues or baby blues and can lead to postpartum depression. This study aims to identify the effect of acupressure intervention on reducing stress or postpartum blues in postpartum mothers. The research design used a literature review approach from 6 relevant articles from two databases, Science Direct and Google Scholar. The inclusion criteria used in this study were quasi-experiment research design, research subjects of postpartum mothers and original research reviewed and written in English or Indonesian. The results showed that Acupressure had a significant effect on reducing stress or postpartum blues in postpartum mothers.

Keywords: Acupressure, Postpartum Blues, Literatur Review

1. Introduction

The postpartum period is a period after childbirth where women experience critical times due to their psychological state, which can interfere with the mother's mental health [5]. In the postpartum period, there are physical and psychological changes in the mother. The psychological preparation of mothers before the postpartum period is the key to adaptation in the postpartum period [6]. The process of recovering the body in the postpartum period is called postpartum adaptation, which consists of physiological and psychological adaptation [4].

Psychological adaptation begins when a mother begins to care for and take care of her baby. This is a new role and responsibility for every postpartum mother. These new roles and responsibilities often make mothers feel insecure and experience stress [10]. Stress comes from psychological sources in the form of anxiety about changes in body appearance, lack of information about how to care for babies, and reduced time to take care of yourself [11]. Anxiety, if not addressed immediately, can cause postpartum blues or baby blues and can lead to postpartum depression. Data from the World Health Organization (WHO) in 2021 obtained data on the level of anxiety in postpartum mothers as much as 61%. Data on the level of anxiety in postpartum mothers in Indonesia in 2021 was 63% [2].

Postpartum blues is an unstable emotional state of the mother with symptoms such as anger, sensitivity, sadness, crying easily, decreased appetite, and disruption of physical activity during the postpartum period [15]. Efforts to assist and therapy to shape the coping skills of postpartum mothers' stress are with complementary therapy. Complementary therapy is a therapy that is used as a companion in conventional therapeutic efforts that a person has done [12]. One of the complementary therapies to deal with postpartum is Acupressure. A study found that 40% of depressed patients have been successfully cured using alternative therapies such as Acupressure to treat depression [14]. Acupressure is a simple, non-invasive intervention by applying pressure using the hands and fingers to cause redistribution of energy resources and restore body harmony and health, thus achieving balance in the body. Acupressure

Therapy is beneficial in reducing stress, fatigue and postpartum depression. Acupressure is a technique used to treat various conditions in obstetrics and gynaecology [3].

Acupressure is commonly used in obstetrics. Acupressure intervention uses the hands to press several acupuncture points on the body. Acupressure can restore and balance the body's energy to improve body function. This review aims to analyse the effect of Acupressure to reduce anxiety in postpartum mothers who experience stress or postpartum blues.

2. Method

This type of research uses a literature review. The literature reviewed is in the range of 2019- 2022. This literature review analyses articles that are relevant to the effect of Acupressure in the postpartum period to reduce stress or postpartum blues in postpartum mothers. The articles in this literature review used 2 databases: Google Scholar and Science Direct. The keywords used in the search for the main topic are Acupressure, postpartum blues, and postpartum period. Inclusion criteria with quasi-experiment research design, research subjects of postpartum mothers and original research that has been reviewed and written in English or Indonesian. Exclusion criteria are incomplete research articles and not by the research objectives.

3. Result

Based on the results of a review of 6 articles obtained, Acupressure can reduce stress or postpartum blues in the postpartum period significantly, can be seen as follows:

Table 1.1 The effect of Acupressure in the postpartum period to reduce postpartum blues

Author(s) and Year(s)	Acupressure Procedure	Results of Analysis
Bohari et al (2020)	Given Acupressure 3 times a week for 3 weeks	The results showed that Acupressure has the potential to reduce EPDS (Edinburgh Postnatal Depression Scale) scores with a P-value of 0.000.
Salama et al (2022)	The case group was given Acupressure three times a week for 4 weeks. The control group received only routine home care	There was a significant decrease in SDS (Self-Rating Depression Scale) scores after treatment in the case group compared to pre-treatment values, there was also a significant decrease in SDS scores in the control group with a P Value of 0.001.
Irianti et al. (2019)	The treatment was assessed by comparing the post-test with the pretest after the intervention. The instrument in this study was the back massage SOP using the oxytocin massage method	There is a significant effect of back massage therapy on the PSS (The Perceived Stress Scale) stress score of postpartum women with a P-value of 0.000.
Haerani & Bohari (2022)	Acupressure is done for 8 days. the way to massage is by Pressing lightly, moderately and hard. Several methods using hands, sticky rice, blunt objects, burnt apimoksa and brought closer to the painful area and They are repeated several times.	The provision of modified Acupressure has a significant effect on reducing EPDS (Edinburgh Postnatal Depression Scale) scores with a P value 0.000.
Buanasari et al (2022)	Consisting of two groups, treatment group 1 (ENMARONDER / endorphine	There is a difference in anxiety before and after being given ENMARONDER (endorphins massage and lavender

	massage and lavender aromatherapy) and treatment group 2 (lavender aromatherapy) were given a combination of facial massage therapy with lavender aromatherapy, which was carried out once for 15- 20 minutes.	aromatherapy) with a P value of 0.000. the distribution of the effect is better than lavender aromatherapy on anxiety in primiparous postpartum mothers.
Hapsari et al (2020)	The provision of effleurage massage intervention in postpartum mothers is carried out \pm 30 minutes for 2 times a week. The intervention was carried out for 3 meetings (7th, 14th and 21st postpartum days).	There is a significant difference in the level of depression in postpartum mothers after undergoing effleurage massage with a P value of 0.034.

5. Discussion

Calm mothers will have higher self-efficacy than mothers who are stressed, anxious or feel hurt. These conditions can be minimised by using Acupressure and affirmation relaxation [1]. Stress management can be done with massage. Massage can improve blood circulation, reduce anxiety and depression, and affect lymph flow, muscles, nerves, the digestive tract and stress. Postpartum mothers who do not experience changes in stress scores can occur presumably because there are other factors, such as anxiety about caring for their children in the future; this can be found in primiparous mothers [8].

Acupressure is a term used to stimulate acupuncture points with pressing techniques. Pressing is done as a substitute for needle sticks performed in acupuncture to facilitate the flow of vital energy (qi) throughout the body. In Acupressure, the axon nerve will transmit stimulation to the spinal cord and brain. So that the signal stimulation reaches the brain [13]. Acupressure has received increasing attention to reduce pain or discomfort associated with physical illness, injury, and surgical operations in different populations, ranging from children to the elderly. In addition, the benefits of Acupressure on psychological well-being have also been observed [9].

Based on the results of a review of 6 articles, Acupressure is given periodically with varying durations of time. Two articles mention the acupressure techniques given [14] [3]. 4 other articles do not mention the acupressure techniques explicitly given. Only 2 articles described the duration of time given for acupressure administration, namely 15-20 minutes and a duration of \pm 30 minutes [2] [7]. Research [7] shows that Acupressure can potentially reduce EPDS scores. The average postpartum blues score decreased from day to day. Pressing on acupressure points involves a reaction between the hypothalamus, where the hypothalamus will convey a message to the anterior pituitary/pituitary gland to produce adrenocorticotrophic hormone (ACTH). The production of ACTH causes an overproduction of cortisol, endorphins, and serotonin, all stress relievers and natural painkillers, providing comfort and pleasure. Then, of course, the body will relax or feel happy.

A study conducted [2] proved that giving ENMARONDER (Endorphine Massage and Lavender Aromatherapy) the distribution of its influence was better than giving lavender aromatherapy alone on anxiety in primiparous postpartum mothers. This is

As evidenced by the decrease in ENMARONDER anxiety results (Endorphine Massage and Lavender Aromatherapy), the average distribution is higher than that of lavender aromatherapy. This is because massage stimulates the body to release endorphin compounds that can normalise heart rate and blood pressure, reduce pain, control feelings of stress, create comfort, and improve relaxed conditions in the mother's body by triggering feelings of comfort through the skin's surface. In addition, research conducted by [7] shows that effleurage massage in postpartum mothers, done twice a week, provides comfort and relaxation to mothers to reduce cortisol hormone levels. So mothers who experience baby blues with effleurage massage intervention experience a significant change, namely a decrease in the baby blues score experienced by the mother.

6. Conclusion

Based on the literature review, it can be concluded that the provision of Acupressure in postpartum mothers influences reducing stress or postpartum blues based on research that has been done. Based on 6 articles analysed, Acupressure can comfort and relax mothers. The combination or modification of Acupressure with the provision of aromatherapy has a better effect than just giving aromatherapy alone.

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