

## DESCRIPTION OF QUALITY OF LIFE FOR POST PARTUM MOTHERS DURING THE COVID-19 PANDEMIC

Anisa Nismawati<sup>1</sup>, Rilyani<sup>2\*</sup>, Aryanti Wardiyah<sup>3</sup>

<sup>1</sup>Faculty Of Health Sciences, Malahayati University

<sup>2,3</sup>Nursing Study Program, Malahayati University

\*Korespondensi email : simahayarily@gmail.com

### ABSTRAK : GAMBARAN KUALITAS HIDUP IBU NIFAS PADA PANDEMI COVID-19

Latar Belakang: Hasil dari prasurvey didapat jumlah ibu post partum di Puskesmas Sukaraja sebanyak 1.111 ibu post partum, sedangkan di Puskesmas Kedaton diketahui sebanyak 1.296 ibu post partum

Tujuan: Diketahui gambaran kualitas hidup ibu post partum pada masa pandemic covid-19.

Metode: Jenis penelitian kuantitatif, Jumlah ibu post partum usia 0-42 hari di Puskesmas Sukaraja sebanyak 1.111 ibu post partum dan di puskesmas Kedaton sebanyak 1.296 ibu post partum, pemilihan sampel menggunakan rumus isaac sehingga didapat  $S = 100$  sampel. Tehnik sampling pada penelitian ini adalah *purposive sampling*. Anlisa data univariat dengan distribusi frekuensi.

Hasil : Gambaran kualitas hidup ibu post partum di Puskesmas Sukaraja dengan kategori baik 1 responden (2,0%), sangat baik sebesar 49 responden (98,0%). Sedangkan di Puskesmas Kedaton dengan kategori baik 7 responden (14,0%), dan sangat baik sebesar 43 responden (86,0%).

Kesimpulan Gambaran kualitas hidup ibu postpartum 98% sangat baik di Puskesmas Sukaraja

Saran : Kepada peneliti selanjutnya untuk meneliti factor yang mempengaruhi penegeluaran ASI pada ibu post partum seperti nutria selama hamil dan factor yang mempengaruhi pengeluaran kecemasan pada ibu post partum seperti keadaan pandemi Covid-19.

Kata Kunci :Covid 19, Ibu Nifas,Kualitas Hidup

### ABSTRACT

Background: The results of the pre-survey found that the number of post partum mothers at the Sukaraja Health Center was 1,111 post partum mothers, while at the Kedaton Health Center it was known that there were 1,296 post partum mothers

Objective: To know the description of the quality of life of post partum mothers during the Covid-19 pandemic.

Methods: This type of research is quantitative, the number of post partum mothers aged 0-42 days at the Sukaraja Health Center was 1,111 post partum mothers and at the Kedaton Health Center there were 1,296 post partum mothers, the sample selection used the isaac formula so that  $S = 100$  samples were obtained. The sampling technique in this study was *purposive sampling*. Univariate data analysis with frequency distribution.

Results: A description of the quality of life of post partum mothers at the Sukaraja Health Center with good category 1 respondent (2.0%), very good 49 respondents (98.0%). Meanwhile, in the Kedaton Health Center, 7 respondents (14.0%) were in good category, and 43 respondents (86.0%) were very good.

Conclusion The quality of life for postpartum mothers is 98% very good at the Sukaraja Health Center

Suggestion: For future researchers to examine the factors that influence breastfeeding in post partum mothers such as nutria during pregnancy and factors that influence anxiety expenditure in post partum mothers such as the Covid-19 pandemic.

Keywords: Covid 19, Postpartum Mothers, Quality of Life

### INTRODUCTION

Although nationally, the indicators for delivery services in delivery service facilities in health care facilities have not yet reached the target. Of the 21 provinces that have not yet reached the target, 6 of

them have coverage below 40%, namely Papua, Maluku, Riau, North Maluku, North Sulawesi and West Papua. With a performance indicator target in 2020 of 87% and indicator coverage of 81.18% (4,046,521 birth mothers who received delivery

assistance by health personnel at health service facilities according to standards of the 4,984,432 target birth mothers). So the performance indicator for delivery services at health facilities in 2020 is 93.31% (Ministry of Health, 2019).

Quality of life is an individual's perception of life related to cultural background, behavior, and values of life, as well as related to living standards, expectations, excitement, and assessment of an individual's position in life. According to WHO, measurement of quality of life includes physical health, mental health, level of freedom, social relationships, and relationships with the environment (Lara & Hidajah, 2017). Several factors that influence quality of life include: gender, age, education, occupation, and income, each of which is explained below (Ardiani et al., 2019).

Quality of life during post partum, post partum is the period up to 6 weeks or 42 days after delivery is complete. In the postpartum period, as before pregnancy, the reproductive system undergoes gradual changes. Changes in the reproductive system is called degeneration. Since about 60% of maternal deaths occur during this period, attention should be paid to postpartum care. The Maternal Mortality Rate (MMR) does not count the number of women who die during pregnancy, childbirth and the puerperium (42 days postpartum) from causes of death related to interruption or treatment of pregnancy (excluding accidents). Pregnancy per 100,000 live births (Maritalia, 2017).

The postpartum period is an important stage in the life of a mother and newborn. The postpartum period is an important period because postpartum mothers have various problems, including urinary incontinence, uterine rupture, pain and sexual dysfunction (Wahdakirana & Rahayuningsih, 2021).

Maternal death due to pregnancy, childbirth, postpartum and related complications as a cause of death for women of reproductive age. However, it does not mean that not passing through this period is the best choice to avoid the risk of maternal morbidity and mortality. The pregnancy and postpartum phases are stages that must be passed by every woman to carry out the reproductive role in her life cycle. Being able to present a healthy new generation is one of happiness, even pride for most women. So it is the responsibility of every health worker to be able to help every woman during her reproductive cycle, especially the role of midwives, because the biggest providers of antenatal care (ANC) services are midwives, where 42.5 percent of services are obtained from Mandiri Midwives Practices and 18.4 percentage obtained from the health center or auxiliary health center (Pustu). In

addition to providing curative services, midwives also provide promotive and preventive health services, so that midwives are expected to have good skills in carrying out pregnancy and postpartum assistance according to the needs of the mother (Duhita et al., 2021).

Post partum mothers during a pandemic, the presence of the COVID-19 pandemic outbreak has certainly had many unusual impacts and influences on life. Not only the impact on physical health, but also the psychological conditions of individuals and society are also affected. There are even different psychological impacts when a pandemic occurs and are felt by people, namely post traumatic stress disorder, confusion, anxiety, frustration, fear of affection, insomnia and feelings of helplessness. The most severe condition is the occurrence of cases of xenophobia and also cases of suicide because a person is very afraid that he himself will be infected with a virus which is considered very terrible (Setyaningrum & Yanuarita, 2020).

A pandemic is a global disease outbreak. According to the World Health Organization (WHO), a pandemic is declared when a new disease spreads around the world beyond its limits. There are many examples in history, the new one is the Covid-19 pandemic. This flu-like pandemic was declared by the World Health Organization (WHO) on March 12, 2020.

According to the Indonesian Ministry of Health, (2020) the symptoms that occur are usually mild and appear gradually. Some infected people show no symptoms and still feel fine. The most common symptoms of COVID-19 are fever, tiredness and dry cough. Some patients may experience pain, nasal congestion, runny nose, headache, red eyes, sore throat, diarrhea, loss of smell, and a rash.

In the postpartum period (after giving birth), common problems that can occur in mothers are helplessness caused by fatigue, pain, edema in the legs and wrists, bleeding and cramps and psychological problems (Tyasning & Prasetyorini, 2016).

There are several negative consequences of postpartum depression, the impact of postpartum depression experienced by babies who are born include poor parenting patterns, disrupted infant behavior, and physical violence. Women who experience postpartum depression will often show negative expressions to their babies such as sad, unenthusiastic, lazy. Besides that, women can also bring up irritability, anxiety and even actions that hurt physically (Sumantri & Budiyan, 2017).

Problems that postpartum mothers often complain about during the Covid-19 pandemic are

breast milk (breast milk) that is not smooth, swollen breasts, difficulty urinating, difficulty defecating, pain in the abdomen, pain in the perineal wound. Problems for postpartum mothers often occur, but are considered normal, these disorders or problems can cause discomfort for postpartum mothers so that the quality of life for these mothers can be disrupted (Wahdakirana & Rahayuningsih, 2021).

During the Covid-19 pandemic, it created conditions that caused psychological problems for pregnant women and postpartum women, which could cause anxiety. A study reported that depressive and anxiety symptoms in pregnant women after the declaration of the COVID-19 pandemic were higher than before the declaration of COVID-19, including the tendency to want to hurt themselves. This can cause dangerous conditions during pregnancy, thereby affecting the condition of the mother and fetus. Studies reporting anxiety related to COVID-19 are not only for pregnant women, but also for postpartum women (Yuliani & Aini, 2020).

What distinguishes the current research from previous research is the impact resulting from the role on the quality of life of postpartum mothers

Based on the results of the pre survey, the researchers obtained data on the number of post partum mothers at the Sukaraja Health Center in 2021 totaling 1,111 post partum mothers, and data at the Kedaton Health Center in 2021 totaling 1,296 post partum mothers.

Based on previous research, the impact of the quality of life of post partum mothers during the Covid-19 pandemic said that from cross tabulation it was found that respondents with poor physical factors, as many as 14 people (58.3%) had poor quality of life for postpartum mothers and 10 people (41.7%) ) the quality of life of post partum mothers is good.

Based on the phenomena described above, the researchers wanted to conduct a study entitled "Description of the Quality of Life of Postpartum Mothers during the Covid-19 Pandemic in the Working Area of the Bandar Lampung City Health Center in 2022".

## RESEARCH METHODS

This type of quantitative research. The number of post partum mothers aged 0-42 days at the Sukaraja Health Center was 1,111 post partum mothers and at the Kedaton Health Center there were 1,296 post partum mothers in 2021, the sample selection used the isaac formula so that  $S = 100$  samples were obtained. The sampling technique in this study was purposive sampling. Frequency distribution univariate data analysis.

The research steps are formulating research problems and research objectives. The researcher determines a title that is appropriate to the problem to be discussed, namely "Description of the Quality of Life of Postpartum Mothers during the Covid-19 Pandemic in the Work Area of the Bandar Lampung City Health Center in 2022". Then the researcher conducts a survey or visits the research location with the aim of knowing the location and making an approach. Determine the concept and explore the literature on the quality of life of post partum mothers during the Covid-19 pandemic. Sampling was 100 respondents who were determined by the researcher by taking into account the inclusion criteria, for the location of 2 Community Health Centers, namely the Sukaraja Health Center and the Kedaton Health Center. Conducting observations about the quality of life of post partum mothers during the Covid-19 Pandemic. Looking for a questionnaire. Fieldwork (interviews and documentation). Data processing. Data analysis is an activity that requires research accuracy in determining the technique of analyzing data to suit the type of data.

Reporting is the result of a summary of the researchers and recommendations provided by the author.

As for the method of data collection, namely submitting an application for permission from the head of the Dean of the Faculty of Health Sciences, Malahayati University, Bandar Lampung, after the permit application is approved, the researcher then proceeds to apply for research permits to the parties concerned, in this case the head of the Bandar Lampung City Kesbangpol, Bandar Lampung City Health Office, The Head of the Kedaton Health Center in Bandar Lampung City, the researcher asked for the help of friends, who numbered 2 Nursing students at the University of Malahayati Bandar Lampung in research to expedite the data collection process in the form of distributing questionnaires.

Request the respondent's consent by providing an explanation orally and in writing with the research objectives, research benefits and the respondent's rights. Ensure that the sample is willing to become a respondent in this study. Read the questionnaire to the respondents, here researchers are assisted by friends. Provide an explanation to the respondent for each question given. After the researcher finished giving questions to respondents. Researchers thank the respondents for their participation in this study.

**RESEARCH RESULTS**

**Univariate analysis**

Respondent Demographic Characteristics

Characteristics of Age, Education, Occupational Salary Parity, Tribal Religion

**Table 1**  
**Respondent Demographic Characteristics (N = 100)**

Characteristics of Respondents	Sukaraja		
	N	%	
<b>Age</b>	17 tahun	2	4,0
	19 tahun	1	2,0
	20 tahun	1	2,0
	21 tahun	2	4,0
	22 tahun	8	16,0
	23 tahun	3	6,0
	24 tahun	1	2,0
	25 tahun	2	4,0
	26 tahun	5	10,0
	27 tahun	4	8,0
	28 tahun	2	4,0
	29 tahun	1	2,0
	30 tahun	3	6,0
	31 tahun	2	4,0
	32 tahun	1	2,0
	33 tahun	3	6,0
	36 tahun	2	4,0
	37 tahun	2	4,0
	38 tahun	2	4,0
39 tahun	1	2,0	
42 tahun	1	2,0	
43 tahun	1	2,0	
<b>Education</b>	Diploma	1	2,0
	Senior High School	39	78,0
	Junior High School	10	20,0
<b>Parity</b>	1	15	30,0
	2	20	40,0
	3	11	22,0
	4	4	8,0
<b>Work</b>	Laborer	1	2,0
	IRT	45	90,0
	Private sector employee	4	8,0
<b>Wages</b>	1-2 juta	47	94,0
	2-3 juta	3	6,0
<b>Ethnic group</b>	Jawa	40	80,0
	Lampung	5	10,0
	Madura	2	4,0
	Sunda	3	6,0
<b>Religion</b>	Islam	41	82,0
	Katolik	5	10,0
	Kristen	4	8,0

Characteristics of Respondents	Kedaton		
	N	%	
<b>Age</b>	18 tahun	2	4,0
	20 tahun	3	6,0
	21 tahun	1	2,0
	22 tahun	3	6,0
	23 tahun	5	10,0
	24 tahun	2	4,0
	25 tahun	3	6,0
	26 tahun	4	8,0
	27 tahun	4	8,0
	28 tahun	7	14,0
	29 tahun	2	4,0
	30 tahun	3	6,0
	32 tahun	1	2,0
	33 tahun	4	8,0
	34 tahun	2	4,0
	35 tahun	2	4,0
36 tahun	1	2,0	
38 tahun	1	2,0	
<b>Education</b>	Diploma	2	4,0
	Senior High School	44	88,0
	Junior High School	3	6,0
	SD	1	2,0
<b>Parity</b>	1	13	26,0
	2	13	26,0
	3	18	36,0
	4	6	12,0
<b>Work</b>	Laborer	2	4,0
	IRT	43	86,0
	Private sector employee	5	10,0
<b>Wages</b>	1-2 juta	43	86,0
	2-3 Juta	5	10,0
	> 3Juta	2	4,0
<b>Ethnic group</b>	Jawa	40	80,0
	Lampung	5	10,0
	Madura	2	4,0
	Sunda	3	6,0
<b>Religion</b>	Islam	41	82,0
	Katolik	5	10,0
	Kristen	4	8,0

Table 1 shows the characteristics of the Sukaraja Health Center and based on age, the most age is 22 years with 8 respondents (16.0%) while the Kedaton Health Center has the highest age, namely 28 years with 7 respondents (14.0%). Most of the education is high school 39 respondents (78.0%) and 44 respondents (88.0%). The highest parity was the birth of the second child by 20 respondents (40.0%) and the third child by 18 respondents (36.0%). Occupation of housewives 45 respondents (90.0%) and 43 respondents (86.0%). Salaries of 1-2 million 47 respondents (94.0%) and 43 respondents

(86.0%). The largest ethnic group is Javanese in the two Puskesmas, with a total of 40 respondents (80%). The most dominant religion is Islam as many as 41 respondents (82.0%) and 44 respondents (88.0%).

Postpartum mothers during the Covid-19 pandemic

Table 2 shows the number of post partum mothers exposed to Covid-19 at the Sukaraja Health Center and Kedaton Health Center as many as 50 respondents (100%) at each Health Center were not exposed to the Covid-19 virus.

**Table 2**  
**Frequency Distribution of Post Partum Mothers During the Covid-19 Pandemic at the Sukaraja Health Center and Kedaton Health Center, Bandar Lampung City**

Post Partum Mother during the Covid-19 Pandemic	Sukaraja		Kedaton	
	N	%	N	%
Not experiencing	50	100	50	100
Experiencing	0	0	0	0

### Quality of Life for Postpartum Mothers

**Table 3**  
**An overview of the quality of life of post partum mothers at the Sukaraja Dan Health Center Kedaton Health Center in Bandar Lampung City**

Quality of life	Sukaraja		Kedaton	
	N	%	N	%
Good	1	2,0	7	14,0
Very good	49	98,0	43	86,0

Table 3 shows the description of the quality of life of post partum mothers at the Sukaraja Health Center with good category 1 respondent (2.0%), 49 respondents (98.0%) very good. Meanwhile, in the Kedaton Health Center, 7 respondents (14.0%) were in good category, and 43 respondents (86.0%) were very good.

### DISCUSSION

#### Frequency Distribution of Post Partum Mothers during the Covid-19 Pandemic at the Sukaraja Health Center and the Kedaton Health Center in Bandar Lampung City in 2022

The results of this study revealed that the number of post partum mothers exposed to Covid-19 at the Sukaraja Health Center and Kedaton Health Center was 50 respondents (100%) at each Health Center were not exposed to the Covid-19 virus.

From the theory put forward by Maritalia Dewi (2017), the postpartum period is the period up to 6 weeks or 42 days after delivery is over. During the puerperium, as before pregnancy, the reproductive system undergoes gradual changes. Changes in the reproductive system are called degeneration. Since about 60% of maternal deaths occur during this period, attention should be paid to postpartum care.

If the physiological changes in the mother's perineum are not recognized, postpartum and if infection occurs, these physiological changes can become morbid and life-threatening. From mom. Treatment for postpartum mothers related to postnatal physiological changes is very important to increase knowledge of postnatal mothers so that unwanted complications can be avoided.

In line with the research conducted by Dewi (2021) Description of the Care of Post Partum

Mothers During the Covid-19 Pandemic at the Tabanan III Health Center in 2021. The results of the study were that out of 32 respondents, the majority of respondents received good care, 29 respondents (90.6%). 3 people (9.4%) received sufficient care and no mothers received less care. It is hoped that mothers who receive good care will continue to make regular and good visits.

During the Covid-19 pandemic, some mothers experienced anxiety and stress which had an impact on the quality of life for pregnant and postpartum women. Feelings of meaninglessness in pregnant women have the following characteristics: cynicism, a desire to end one's life, questioning the sufferer, feelings of uselessness, disturbance of sexual activity and a desire to continue to self-destruct.

In line with the theory put forward by Liang et al (2020) The influence of the COVID-19 pandemic, people behave more quietly and conservatively such as staying at home with their families and reducing gatherings with friends and relatives. This suggests that people are more likely to get more support from their family members during this period. On the other hand, restricted travel policies and self-isolation regulations can lead to a more sedentary lifestyle and poorer mental health. To date, few studies have investigated the impact of the COVID-19 pandemic on women's mental health after childbirth.

In line with research found by Mirzaei et al., (2021). Sexual Function, Mental Health, and Quality of Life Under the Stress of the Covid-19 Pandemic in Pregnant and Breastfeeding Women: A Cross-Sectional Study. The results showed that factors related to quality of life, increased depression, anxiety, sleep disturbances, and experience of life-

threatening events were associated with poor quality of life during pregnancy and post partum mothers. Due to the results of this study, the mental components of quality of life were significantly lower during a pandemic in pregnant and lactating women (post partum mothers).

Problems that postpartum mothers often complain about during the Covid-19 pandemic are breast milk (breast milk) that is not smooth, swollen breasts, difficulty urinating, difficulty defecating, pain in the abdomen, pain in the perineal wound. Problems for postpartum mothers often occur, but are considered normal, these disorders or problems can cause discomfort for postpartum mothers so that the quality of life for these mothers can be disrupted (Wahdakirana & Rahayuningsih, 2021).

During the Covid-19 pandemic, it created conditions that caused psychological problems for pregnant women and postpartum women, which could cause anxiety. A study reported that depressive and anxiety symptoms in pregnant women after the declaration of the COVID-19 pandemic were higher than before the declaration of COVID-19, including the tendency to want to hurt themselves. This can cause dangerous conditions during pregnancy, thereby affecting the condition of the mother and fetus. Studies reporting anxiety related to COVID-19 are not only for pregnant women, but also for postpartum women (Yuliani & Aini, 2020).

The opinion of the researchers is regarding the quality of life of post partum mothers during the Covid-19 pandemic at the Sukaraja Health Center on average, no one was exposed to Covid-19. While the quality of life for post partum mothers during the Covid-19 pandemic, none were exposed to Covid and their quality of life was good. So for the Sukaraja Health Center and the Kedaton Health Center the quality of life is good.

#### **Overview of the Quality of Life for Post Partum Mothers at the Sukaraja Health Center and the Kedaton Health Center in Bandar Lampung City in 2022**

The results of the study describe the quality of life of post partum mothers at the Sukaraja Health Center with good category 1 respondent (2.0%), very good 49 respondents (98.0%). Meanwhile, in the Kedaton Health Center, 7 respondents (14.0%) were in good category, and 43 respondents (86.0%) were very good.

The World Health Organization/WHO explains that the definition of healthy is not only the condition of being free from disease, but also the condition of physically, mentally and socially

prosperous. Therefore, the health service approach is carried out by looking at each individual as a holistic entity, namely physical/physical and spiritual/psychological. In addition, continuing promotive and preventive efforts is a priority for every health service. So assessing the success of health services must also consider the level of client welfare as measured by quality of life.

In line with research found by Mirzaei et al., (2021). Sexual Function, Mental Health, and Quality of Life Under the Strain of the Covid-19 Pandemic in Iran's Pregnant and Breastfeeding Women: A Cross-Sectional Study. The results showed that factors related to quality of life, increased depression, anxiety, sleep disturbances, and experience of life-threatening events were associated with poor quality of life during pregnancy and post partum mothers. Due to the results of this study, the mental components of quality of life were significantly lower during a pandemic in pregnant and lactating women (post partum mothers).

The opinion of the researchers is regarding the quality of life of post partum mothers during the Covid-19 pandemic at the Sukaraja Health Center on average very well, no one was exposed to Covid-19. While the quality of life for post partum mothers during the Covid-19 pandemic, no one was exposed to Covid and their quality of life was very good. So for the Sukaraja Health Center and the Kedaton Health Center the quality of life is very good. So for an overview of the quality of life for post partum mothers during the Covid-19 pandemic at the Sukaraja Health Center and Kedaton Health Center in 2022, the quality of life is very good and no one is exposed to Covid-19.

Every individual has the right to guarantee a good quality of life throughout the life cycle, including maternal health services during pregnancy and the puerperium. During pregnancy and childbirth, various physical and psychological changes occur. In addition, assessing the quality of life of pregnant women can be a long-term predictor of complications in pregnancy, childbirth and the puerperium. Quality of life is closely related to morbidity. Neglected morbidity during pregnancy and childbirth can threaten the life of the mother and eventually become the main factor in the occurrence of maternal death.

#### **CONCLUSIONS**

Characteristics at the Sukaraja Health Center and based on age, the most age is 22 years old, while the Kedaton Health Center has the most age, namely 28 years old. Most education is high school 39

respondents and 44 respondents. The highest parity is the birth of the 2nd child and 3rd child. Occupation of a housewife. Salary as much as 1-2 million. The largest ethnic group is Javanese in the two Puskesmas, namely by number. The largest religion is Islam, no post partum mothers were exposed to Covid-19 at the Sukaraja and Kedaton Health Centers. The description of the quality of life for post partum mothers at the Sukaraja Health Center and Kedaton Health Center is very good.

#### SUGGESTION

It is hoped that health workers will further increase good counseling efforts for individuals and families, especially pregnant and post partum women to always think positively and seek information about health, especially Covid-19 so they don't worry. For further researchers to examine the factors that affect breastfeeding in post partum mothers such as nutria during pregnancy and factors that influence anxiety expenditure in post partum mothers such as the state of the Covid 19 pandemic. And this can be applied by post partum mothers when experiencing quality of life disorders.

#### REFERENCES

- Ardiani, H., Lismayanti, L., & Rosnawaty, R. (2019). Factors Associated with Quality of Life for Elderly in Mugarsari Village, Tamansari District, Tasikmalaya City, 2014. *Healthcare Nursing Journal*, 1(1), 42–50.
- Department of Health. (2019). Ministry of Health of the Republic of Indonesia. Ministry of Health of the Republic of Indonesia, 5201590(021), 1. <https://www.depkes.go.id/article/view/19020100003/hari-kanker-sedunia-2019.html>
- Duhita, F., Sujarwanta, T. P., & Puspitasari, I. W. (2021). EARLY POSTPARTUM IN THE CITY OF YOGYAKARTA  
The Differences of Maternal Quality of Life between Mother in Late Pregnancy and Early

Puerperium in Yogyakarta City  
INTRODUCTION The World Health Organization (WHO) explains that the definition of healthy is not only the condition of being free from. 12(1), 65–76. <https://doi.org/10.22435/kespro.v12i1.3618.65-76>

- Lara, A. G., & Hidajah, A. C. (2017). Correlation between Education, Exercise Habits, and Diet with Quality of Life for the Elderly at the Wonokromo Health Center in Surabaya. *PROMKES Journal*, 4(1), 59. <https://doi.org/10.20473/jpk.v4.i1.2016.59-69>
- Setyaningrum, W., & Yanuarita, H. A. (2020). The Influence of Covid-19 on Community Mental Health in Malang City. *JISIP (Journal of Social Sciences and Education)*, 4(4). <https://doi.org/10.36312/jisip.v4i4.1580>
- Sumantri, R. A., & Budiyan, K. (2017). Husband Support And Postpartum Depression. *Insight: Scientific Journal of Psychology*, 17(1), 29. <https://doi.org/10.26486/psikologi.v17i1.682>
- Tyasning, E. E., & Prasetyorini, H. (2016). Cesarean section at Tugurejo Hospital, Semarang Widya Husada Nursing Academy Semarang Email: [tyaslina25@yahoo.com](mailto:tyaslina25@yahoo.com) Widya Husada Nursing Academy Semarang  
INTRODUCTION Cesarean section delivery is the birth of a fetus through an incision made in the abdominal wall.
- Wahdakirana, I. I., & Rahayuningsih, F. B. (2021). FACTORS INFLUENCING POSTPARTUM QUALITY OF LIFE: STUDY LITERATURE REVIEW. 556–564.
- Yuliani, D. R., & Aini, F. N. (2020). Anxiety of Pregnant Women and Postpartum Mothers During the Covid-19 Pandemic in Baturraden District. *Journal of Midwifery Science*, 2(2), 11–14. <https://doi.org/10.31983/jsk.v2i2.6487>