

The Relationship Between Family Support And The Incidence Of Depression Among Pregnant Women At PMB Bdn. Febra Ayudiah, SST, Bengkulu City

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ABSTRACT

Pregnancy is a physiological process that causes various changes in women, including physical, hormonal, psychological, and social changes. These changes may affect the mother's emotional condition and increase the risk of mental health disorders, one of which is depression during pregnancy. Family support is one of the psychosocial factors that plays an important role in helping mothers cope with changes during pregnancy. This study aimed to determine the relationship between family support and the incidence of depression among pregnant women at the Independent Midwifery Practice of Bdn. Febra Ayudiah, SST, Bengkulu City. This study used an observational analytic research design with a cross-sectional approach. The study was conducted at the Independent Midwifery Practice of Bdn. Febra Ayudiah, SST, Bengkulu City, in July 2026. The study sample consisted of 30 pregnant women. Data were collected using questionnaires assessing family support and the incidence of depression. Data were analyzed using univariate and bivariate analyses with the Chi-Square test. Primary data were obtained through questionnaires completed by the respondents, while secondary data were obtained from relevant literature and supporting research documents. The results showed that most pregnant women received good family support, consisting of 13 respondents (43.3%), followed by adequate family support among 10 respondents (33.3%), and poor family support among 7 respondents (23.4%). Regarding the incidence of depression, 15 respondents (50%) did not experience depression, 9 respondents (30%) experienced mild depression, and 6 respondents (20%) experienced moderate-to-severe depression. The Chi-Square test yielded a p-value of 0.010 ($p < 0.05$), indicating a significant relationship between family support and the incidence of depression among pregnant women. There was a significant relationship between family support and the incidence of depression among pregnant women. Adequate family support can help maintain the psychological well-being of mothers during pregnancy.

INTRODUCTION

Pregnancy is a physiological process that causes various changes in a woman's body. These changes include physical, hormonal, psychological, and social aspects. In addition to physical changes, pregnant women also experience emotional changes that may affect their mental health. Hormonal changes during pregnancy can cause mood swings, anxiety, fatigue, and increased emotional sensitivity. If these conditions are not supported by a positive family environment, the risk of psychological disorders such as depression may increase.

Depression in pregnant women is a public health concern because it can affect both the mother and the fetus. Psychological disorders during pregnancy can reduce the mother's quality of life, interfere with adaptation to pregnancy, and influence the delivery process and the postpartum period.

The family is the closest environment and plays an important role in supporting the mental health of pregnant women. Family support may include emotional support, informational support, appraisal support, and instrumental support. This support can help mothers feel safer, reduce anxiety, improve their ability to cope with stress, and facilitate adaptation during pregnancy.

PMB Bdn. Febra Ayudiah, SST, Bengkulu City is one of the health service facilities that provides antenatal care for pregnant women. Based on preliminary observations, several pregnant women experienced anxiety before delivery, difficulty sleeping, frequent crying, fear of childbirth, and limited family support, particularly from their partners.

Based on these conditions, research on the relationship between family support and the incidence of depression among pregnant women is important as a basis for improving antenatal services that address not only the physical aspects but also the psychological aspects of maternal health.

METHODS

Study Design

This study used an analytical observational design with a cross-sectional approach to analyze the relationship between family support and the incidence of depression among pregnant women at PMB Bdn. Febra Ayudiah, SST, Bengkulu City. The variables of family support and depression incidence were measured during the same study period and were then analyzed to determine the relationship between the two variables.

Samples

A total of 30 pregnant women were involved in this study. Respondents were recruited from pregnant women who attended antenatal examinations at PMB Bdn. Febra Ayudiah, SST, Bengkulu City. The study sample was classified based on the level of family support and the incidence of depression experienced during pregnancy. Respondents who met the inclusion criteria and agreed to participate in the study were included as samples, while respondents who did not meet the criteria or did not complete the research instrument were excluded from the study.

Cytological Preparation and Fixation

Data collection in this study was carried out through questionnaire completion by pregnant women who served as research respondents at PMB Bdn. Febra Ayudiah, SST, Bengkulu City. Before completing the questionnaire, respondents were given an explanation of the study objectives and data collection procedures. In the first stage, the researcher collected respondent characteristics related to the condition of pregnant women. Subsequently, respondents were given research instruments to measure the level of family support and the incidence of depression during pregnancy.

The family support instrument was used to determine the level of support received by pregnant women, while the depression incidence instrument was used to identify the mothers' psychological condition during pregnancy. All data were collected using the same procedure for each respondent to maintain uniformity in the measurement process and reduce the possibility of research bias.

Family support was assessed based on several aspects, namely:

1. Emotional support
The assessment was based on the attention, comfort, affection, empathy, and motivation provided by the family to pregnant women during pregnancy. Support was categorized as good when the mother felt that she received adequate attention and psychological support, while it was categorized as poor when the emotional support received was still low.
2. Informational support
The assessment was based on the provision of information, advice, guidance, and knowledge given by the family regarding pregnancy and the mother's needs during pregnancy.
3. Instrumental support
The assessment was based on tangible assistance provided by the family, such as helping with daily activities, providing material assistance, accompanying antenatal checkups, and helping meet the needs of pregnant women.
4. Appraisal support. The assessment was based on forms of appreciation, positive attention, encouragement, and family acceptance of the mother's condition during pregnancy.

The incidence of depression among pregnant women was measured based on indicators of depressive symptoms, including mood changes, feelings of sadness, anxiety, sleep disturbances, loss of interest in activities, difficulty concentrating, and other changes in emotional condition.

Each variable was then categorized based on the questionnaire score. Family support was categorized as good, moderate, and poor, while depression incidence was categorized as no depression, mild depression, and moderate to severe depression. The measurement results were subsequently analyzed to determine the relationship between family support and the incidence of depression among pregnant women.

Data Analysis

The research data were analyzed using univariate and bivariate analyses. Univariate analysis was conducted to describe respondent characteristics, the distribution of family support levels, and the distribution of depression incidence among pregnant women. The results were presented in frequency distribution and percentage tables.

Bivariate analysis was conducted to determine the relationship between family support and the incidence of depression among pregnant women. The statistical test used was the Chi-Square test with a significance level of $(p < 0.05)$. The analysis results were used to determine whether there was a significant relationship between the family support variable and depression incidence among pregnant women.

The interpretation of the study results was based on data distribution values and statistical test results. A p-value of 0.010 ($p < 0.05$) indicates a significant relationship between family support and the incidence of depression among pregnant women at PMB Bdn. Febra Ayudiah, SST, Bengkulu City.

RESULT

Respondent Characteristics

Based on the results of the analysis, the study described the distribution of pregnant women's characteristics recorded in the register book of the respective working area. The distribution of each instrument item is presented in the following table:

Table 1. Respondent Characteristics

Char.	Category	Freq. (n)	%
Family support	Good	13	43.3
	Moderate	10	33.3
	Poor	7	23.4
Total		30	100
Depression incidence	No depression	15	50
	Mild depression	9	30
	Moderate-severe depression	6	20
Total		30	100

The distribution results show that most pregnant women received good family support, namely 13 respondents (43.3%). For the depression incidence variable, most respondents did not experience depression, namely 15 respondents (50.0%). This indicates that the majority of pregnant women received good family support accompanied by a relatively good psychological condition.

Table of the Relationship between Family Support and the Incidence of Depression among Pregnant Women

Family Support	No dep. f (%)	Mild dep. f (%)	Mod.-sev. dep. f (%)	Total	p
Good	11 (36.7%)	2 (6.7%)	0 (0.0%)	13 (43.3%)	0.01
Moderate	4 (13.3%)	5 (16.7%)	1 (3.3%)	10 (33.3%)	
Poor	0 (0.0%)	2 (6.7%)	5 (16.7%)	7 (23.4%)	
Total	15 (50.0%)	9 (30.0%)	6 (20.0%)	30 (100.0%)	

The cross-tabulation results show that, among pregnant women who received good family support, most did not experience depression, namely 11 respondents (36.7%), and no respondents experienced moderate to severe depression. In the group with moderate family support, most experienced mild depression, namely 5 respondents (16.7%). Meanwhile, among pregnant women who received poor family support, most experienced moderate to severe depression, namely 5 respondents (16.7%).

The Chi-Square test obtained a p-value of 0.010 ($p < 0.05$), indicating a significant relationship between family support and the incidence of depression among pregnant women at PMB Bdn. Febra Ayudiah, SST, Bengkulu City. The better the family support received by pregnant women, the lower the risk of depression during pregnancy. Conversely, pregnant women who receive poor family support tend to have a higher risk of experiencing depression.

DISCUSSION

The results of the study show a significant relationship between family support and the incidence of depression among pregnant women at PMB Bdn. Febra Ayudiah, SST, Bengkulu City. Based on the Chi-Square test, a p-value of 0.010 ($p < 0.05$) was obtained, so H_a was accepted and H_o was rejected. These results indicate that family support has a meaningful relationship with the incidence of depression among pregnant women. Based on the cross-tabulation results, most pregnant women who received good family support did not experience depression, namely 11 respondents (36.7%), whereas in the group of pregnant women with poor family support, most experienced moderate to severe depression, namely 5 respondents (16.7%). This finding indicates that the better the family support received by pregnant women, the lower the risk of depression during pregnancy.

Pregnancy is a transitional period accompanied by physical, hormonal, psychological, and social changes. These changes may cause stress which, if not balanced by support from the closest environment, can increase the risk of mental health disorders, including depression. Family support, especially from the husband, plays an important role in providing a sense of security, increasing the mother's self-confidence, helping meet her needs during pregnancy, and reducing the emotional burden felt by the mother.

The results of this study are consistent with the concept of social support, which explains that emotional, appraisal, informational, and instrumental support from the family can improve an individual's ability to cope with stress. Among pregnant women, such support helps the adaptation process to pregnancy-related changes and may reduce the risk of depression.

The findings of this study are in line with WHO (2025), which states that mental health disorders during pregnancy remain a public health issue in various countries. WHO explains that a lack of family and partner support is one of the factors that increases the risk of depression during pregnancy. Conversely, good social support can improve the mother's psychological well-being and pregnancy outcomes.

Wang et al. (2025) also reported that pregnant women who received high family support had lower levels of depression than mothers with low family support. The study showed that emotional support from partners and family acts as a protective factor against the emergence of depressive symptoms during pregnancy.

The results of this study are also supported by Li et al. (2024), who found that family support was significantly related to the mental health of pregnant women. Mothers who receive attention, companionship, and good communication from their families have a better ability to adapt to pregnancy-related changes, thereby reducing the risk of depression.

In addition, Zhang et al. (2023) showed that low family support increases the likelihood of antenatal depression. The study explained that pregnant women who feel less cared for by their families tend to experience anxiety, stress, and depression compared with mothers who receive optimal support.

In Indonesia, the results of this study are also in line with the study by Rahmawati et al. (2024), which found a significant relationship between family support and the incidence of depression among pregnant women. The study showed that pregnant women who received good family support had more stable psychological conditions than those who received less family support. The study by Putri et al. (2023) also explained that the involvement of husbands and families during pregnancy can reduce stress and depression levels among pregnant women.

Based on the frequency distribution in this study, most respondents received family support in the good category (43.3%) and most did not experience depression (50%). This condition indicates that good family support contributes to maintaining the mental health of pregnant women. The support provided in the form of attention, accompaniment during antenatal examinations, assistance with daily activities, motivation, and good communication makes mothers feel calmer and more prepared to face pregnancy. Nevertheless, the study results also show that several pregnant women who received moderate family support still experienced mild depression, and one respondent experienced moderate to severe depression. This indicates that depression among pregnant women is not influenced solely by family support, but also by various other factors such as a history of psychological disorders, hormonal changes, economic conditions, pregnancy complications, unplanned pregnancy, and the mother's ability to manage stress.

In the researcher's view, family support is one of the most important protective factors in maintaining the mental health of pregnant women. Families that consistently provide attention, affection, appreciation, assistance, and motivation help mothers feel safer, valued, and capable of coping with changes during pregnancy. Conversely, a lack of family support can make mothers feel alone in facing pregnancy, thereby increasing the risk of depression.

Thus, the findings of this study demonstrate a significant relationship between family support and the incidence of depression among pregnant women at PMB Bdn. Febra Ayudiah, SST, Bengkulu City. These findings indicate that efforts to prevent depression among pregnant women need to involve the family, especially husbands, through education, counseling, and support during antenatal care so that the support provided to pregnant women can be optimized.

CONCLUSION

Based on the results of this study, it can be concluded that there is a significant relationship between family support and the incidence of depression among pregnant women at PMB Bdn. Febra Ayudiah, SST, Bengkulu City. Most pregnant women received family support in the good category, namely 13 respondents (43.3%), while most respondents did not experience depression, namely 15 respondents (50%). The analysis results show that pregnant women who received good family support tended to have better psychological conditions than pregnant women with poor family support. The Chi-Square test showed a p-value of 0.010 ($p < 0.05$), indicating that family support is related to the incidence of depression during pregnancy.

Therefore, increasing family support, especially emotional support, informational support, appraisal support, and instrumental assistance, is needed as an effort to maintain the mental health of pregnant women and prevent depression during pregnancy.

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KCS:Supervision.
MDH:Supervision
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The research obtained ethical approval from [Bengkulu City], in [2026]. The respondents provided informed consent to participate in the study, and the confidentiality of respondent data was maintained
- Use of Artificial Intelligence (AI):**
The authors used Claude IA . All AI-generated output was thoroughly reviewed and edited by the authors. The authors remain fully responsible for the content of this article

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