YOUNG MOTHERS' PERSPECTIVES ON EARLY POSTPARTUM: A SCOPING REVIEW

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ABSTRACT

Background: Postpartum period is a happy period at the same time crucial for a woman and her entire family. Especially young mothers, because they are simultaneously faced with the demands of caring for their babies and experience the physical, emotional, and social changes that occur. Health problems and maternal psychological stress can impact the interaction between mother, baby, spouse, family, and the development of children both in the short and long term. The aim of the scoping review is to review the evidence relating to the perspective of young mothers on early postpartum.

Subjects and Method: This was a scoping review were young mothers in the early postpartum period, and the method used was adapted from Arskey and O'malley. Search for relevant articles through 4 databases, namely PubMed, Science Direct, Wiley, and Grey Literature through Google Scholar published from 2009-2019, a type of qualitative research.

Results: From the search results through 4 databases, 258 articles were obtained, then after selecting relevant articles and conducting a critical appraisal, seven relevant articles were obtained, and it was found that the perspective of young mothers in the early postpartum period experienced several obstacles, both from meeting nutritional needs, physical changes, and baby care, family planning, economy and stigma. From a psychological perspective, mothers have positive (happy, ready to become mothers) and negative (anxiety, sadness, unpreparedness and emotional instability) coping in this period. In addition, support from partners, families and health workers is needed by young mothers during this period.

Conclusion: Young mothers in the early postpartum period need high social support to prepare mother physically, psychologically, and socially. There is a need for more in-depth research regarding the conditions and psychology of young mothers in this period to provide recommendations for improving the health and well-being of young mothers and babies.

Keywords: perspective of young mothers, postpartum period, postpartum period

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