



# Therapy for Baby Blues Syndrome: Medical Integration and Quranic Values at Madina Pratama Clinic Medan

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<p><b>Track Record Article</b></p> <p>Accepted: 07 April 2024 Revised: 22 April 2024 Published: 23 August 2024</p> <p><b>How to cite :</b> Afifah, B. N., Zulkarnaen, &amp; Ashani, S. (2024). Therapy for Baby Blues Syndrome: Medical Integration and Quranic Values at Madina Pratama Clinic Medan. <i>Contagion: Scientific Periodical Journal of Public Health and Coastal Health</i>, 6(2), 904-913.</p>	<p style="text-align: center;"><b>Abstract</b></p> <p><i>Baby blues syndrome is a term used for feelings of unfounded sadness that occur after a woman gives birth to her baby. This is one of the triggers for baby blues, especially in patients or mothers at the Madina Pratama Clinic, Percut Sei Tuan District, Deli Serdang Regency. The purpose of this study was to (1) describe how baby blues syndrome therapy uses medical integration (2) and describe how baby blues syndrome therapy uses the values of the Qur'an. This research method is qualitative using a descriptive approach. This research was conducted at the Madina Pratama Clinic, Percut Sei Tuan District, Deli Serdang Regency and the time of the study was conducted from January 2024 to March 2024. The main informants of this study were midwives and mothers at the Madina Clinic. The instrument used was an interview through midwives and nurses. The data analysis of this study was by data collection, data reduction, data presentation, and drawing conclusions. The results of this study indicate that medical therapy is very effective in overcoming baby blues symptoms. However, the addition of the values of the Qur'an in therapy has a very good effect. This shows the importance of integrating medical and spiritual aspects in handling the mother's psychological condition. The conclusion of this study is that baby blues syndrome with medical therapy is by providing nutritional intake such as fruits and vegetables. Adequate rest, support from husband and family, while Al-Quran therapy leads to dhikr to reduce anxiety and stress in the mother.</i></p> <p><b>Keywords: Al-Quran Values, Baby Blues Syndrome, Medical Integration, Therapy.</b></p>
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## INTRODUCTION

Becoming a mother is the most beautiful trait for a married woman. Giving birth is an important event that is awaited by most women who have functioned fully in their liv this postpartum depression condition is a serious problem in public health because if not addressed it can disrupt mental health in new mothers.(Indriani, 2022) Emotional changes such as experiencing sadness or depression, being anxious for no reason, crying for no reason, being impatient, lacking self-confidence, being nervous and irritable, and lacking affection for the baby. These feelings tend to be temporary about two days to two weeks after the baby is born and are known to people as baby blues syndrome. (Deniati, E. N., Annisaa, & Agnesfadia, 2022)

Treating baby blues early can prevent the development of postpartum depression, early prevention can be done with psychological and social support can help mothers manage symptoms and prevent more serious conditions. Emotional and psychological support can help mothers feel calmer, more confident, and able to carry out their role as parents, good health

will improve the quality of life of mothers and the relationship between babies and families. Babies who are cared for by mothers with good mental health tend to have more optimal development. (Rezaie-Keikhaie, 2020)

Risk factors for baby blues syndrome can occur from a younger mother's age (under 20 years) and older (over 35 years), a marital status that has an unstable marital relationship tends to be more vulnerable and difficult economic conditions, low education also increases the high risk. Lack of support from partners, family or close friends increases the risk of baby blues, and also the experience of losing a job, financial problems that can cause stress. Difficult childbirth or experiencing medical complications and high levels of physical fatigue due to lack of sleep or demands for baby care are also among the risk factors for baby blues. (Putri IA, 2022)

In Indonesia, awareness of Baby Blues is still developing. Many new mothers may not realize that they are experiencing Baby Blues due to lack of information and stigma surrounding mental health issues. Extended family support is often helpful, but in rural areas, access to mental health services is still limited. In the United States, Baby Blues is a widely recognized phenomenon and is often discussed in childbirth preparation classes and through obstetricians. A more developed health system allows easier access to support and counseling services for new mothers. There are many support groups and online resources available. (Handayani TE, Santosa BJ, Suparji S, 2021)

In Japan, high social and cultural pressures on the motherhood can exacerbate symptoms of Baby Blues. Support from family, especially mothers-in-law, is very common and can be helpful, but it can also be a source of additional stress for new mothers. Maternal and child health programs in Japan often include information and support for dealing with Baby Blues.

Australia has a health system that supports new mothers through programs such as maternal and child health services. Awareness of Baby Blues is high, and there are many resources and support groups available to help new mothers. Flexible maternity leave and community support (Zanardo, 2019) programs contribute to good management of Baby Blues. (Yolanda, 2022)

The phenomenon of Baby Blues in various places reflects how differences in culture, economy, and health systems affect the experiences of new mothers. Adequate support, both from family and health systems, is essential in helping mothers overcome Baby Blues.

Madina Medan Primary Clinic is a health facility that provides basic medical services, this clinic is committed to providing comprehensive health care, including maternal and child

health. Madina Medan Primary Clinic has great potential as a place to integrate medical therapy and the values of the Qur'an in handling baby blues syndrome. This clinic can provide educational materials that combine medical information about baby blues syndrome with spiritual guidance based on the Qur'an. This can include ways to overcome stress and anxiety through worship and strengthening faith. (Raman Marwaha, 2023)

In order to avoid the negative impact of baby blues on mothers, several solutions can be carried out to prevent the occurrence of baby blues syndrome, which can be done by using medical integration and Al-Quranic values. (Ulfa, M., Monica, L. P., & Wibisono, 2022)

There are many types of medical therapy that can be developed with the aim of preventing or reducing baby blues in mothers, for example (1) pre-natal, namely by providing classes or education sessions for prospective mothers and fathers about baby blues syndrome, including symptoms, causes, and how to overcome it (2) post-natal with the aim of continuing education after giving birth through routine visits by health workers such as midwives or nurses who are trained in maternal mental health. (Mones SY, Lada CO, 2023)

And the role of therapy in the values of the Qur'an here is to reduce stress hormones, naturally activate endorphin hormones, increase relaxation, and divert attention from fear, anxiety, and tension. In addition, listening to the Qur'an can lower blood pressure, slow the heart rate and pulse, regulate brain wave activity, and slow and deepen breathing, all of which contribute to feelings of calm and clearer thinking. (Ni Wayan Eka Wahyuni, 2023)

Based on the description and phenomena above, of course this is a problem that needs to be addressed, so efforts are made to prevent the occurrence of baby blues syndrome can be done with medical integration and the values of the Qur'an. Therefore, it is necessary to prepare pregnant women to prevent baby blues syndrome through therapy, namely types of medical therapy such as pre-natal and post-natal and the values of the Qur'an such as religious therapy, namely dhikr.

## **METHODS**

This study is a descriptive approach that is carried out to find out the picture, condition, of something by describing it in as much detail as possible based on existing facts. This study was conducted at the Madinah maternity clinic, Percut Seituan District, Deli Serdang Regency and the time of the study was conducted from January to March 2024. (Hasibuan, 2022)The informants of this study were a midwife and a nurse in Tembung Village. The instrument used in this study was a midwife interview guide at the Madina Medan Pratama Clinic, which said that reducing the prevention of baby blues syndrome through 2 therapy methods, namely

medical integration and Al-Quran values (1) Medical Approach: Data collection involves medical examinations, interviews with patients, and medical records to analyze the physical and psychological conditions of mothers after giving birth, providing medication, and support from professional health workers. (2) The approach of Al-Quran values (spiritual) related to mental health, family support, and peace of mind. And also using techniques such as dhikr, prayer, and reading the Qur'an to provide inner peace and emotional support for mothers. (Tarisa, 2020)

Baby Blues Syndrome Therapy at Madina Pratama Clinic Medan uses a more comprehensive and effective approach. By combining medical interventions and the values of the Qur'an, this therapy not only addresses physical and psychological aspects, but also strengthens spirituality and social support for mothers experiencing Baby Blues Syndrome. This integration can improve the overall well-being of postpartum mothers.

## RESULTS

The following research informants can be seen in the table below:

Initial Name	Age	Gender	Medical Therapy	Qur'an Therapy
PM	20	Women	85%	85%
NL	21	Women	80%	80%
AM	20	Women	70%	70%

Medical integration baby blues syndrome therapy at Madina Pratama Clinic Medan, namely:

### A. Consult a midwife

If you consult a doctor or midwife to find out about your pregnancy, this is an important step that must be taken. This allows the doctor or midwife to prepare the right care during pregnancy and childbirth. (Dwi Kumala et al., 2019)

This was also conveyed by the midwife in an interview, where the midwife said :

*"Yes, with routine consultations we can find out the development of the baby and the emotional development of the mother towards her baby while at home after giving birth.*

With regular consultations during pregnancy, the doctor or midwife can identify potential problems that may arise and provide advice for a healthy pregnancy. Through routine check-ups, the doctor or midwife can also plan the right treatment and recommend the best delivery method for the mother and baby.

### B. Pay attention to nutritional intake

To maintain health during pregnancy, it is recommended for pregnant women to consume healthy and nutrient-rich foods, including carbohydrates (including bread, pasta,

rice), fruits, vegetables, protein sources (including meat, eggs, nuts, fish, and dairy products), and important vitamins and minerals such as calcium, zinc, and folate. (Ade Nailul Huda, 2019) This was also conveyed by the midwife in an interview, where the midwife said :

*"Pregnant women are advised to eat healthy foods containing protein so that the mother's body and stamina are balanced. Vegetables and fruits are also very helpful in breast milk.*

During the first six months of pregnancy, an additional 300 calories per day are needed to support fetal development. Pregnant women can also strengthen their nutritional intake by consuming prenatal vitamins according to the dosage recommended by the doctor. In addition, it is advisable to avoid consuming raw or undercooked eggs and meat, unpasteurized dairy products, and unpasteurized fresh juices, as they may contain bacteria that are harmful to the fetus. Also avoid consuming raw seafood to prevent exposure to harmful bacteria. It is also important to limit consumption of certain fish that are high in mercury. In addition, it is advisable to reduce consumption of beverages containing caffeine, such as coffee, tea, cola, and carbonated drinks. Pregnant women are advised to limit caffeine intake to around 200 mg per day or the equivalent of 2 cups of coffee. During pregnancy, it is important to avoid drinking alcoholic beverages completely. (Fikri et al., 2024)

### **C. Regular Exercise**

A healthy pregnancy does not depend on exercise, including:

1. Building strength and endurance
2. Facilitating the body to return to its original shape after the baby is born
3. Helping relieve pain
4. Explain stress
5. Helping me cope with the physical burden of giving birth

### **D. Rest**

The feeling of tiredness felt in the first few months of pregnancy is caused by increased levels of pregnancy hormones in the body. This is a mechanism ordered by the body to slow down activity. If you have trouble sleeping at night, it is advisable to try taking a short nap or simply putting your feet up on a chair and relaxing for 30 minutes. (Noviyana, 2020) To overcome sleep disorders due to back pain, it is advisable to sleep on your left side with your knees bent. Placing a pillow under your stomach can also help relieve tension or pain in the back. (Widyaningtyas, 2019).

This was also conveyed by the midwife in an interview, where the midwife said :

*“Pregnant women must have enough rest, insufficient rest will cause the mother to be stressed and of course this can affect the baby. Because the occurrence of baby blues from symptoms of mothers who do not get enough rest.*

Sleep is considered an important form of rest both physically and mentally. Lack of sleep or lack of sleep can cause physical fatigue as well as mental and digestive disorders.

Baby blues syndrome therapy integrated with the values of the Qur'an at the Pratama Madina Clinic Medan, namely:

#### 1. Al-Quran therapy method to reduce stress in pregnant women

Presenting the Al-Quran in a new form can be a healing for the soul and also prevent mental disorders. When humans regret their actions and try to correct their mistakes, they can overcome feelings of restlessness in the heart, so that happiness is created in life in the world and the hereafter. This mental development is very important in shaping the personality of pregnant women, and faith and religious practices are key elements in helping the growth and mental development of the baby or fetus in the mother's womb.

This was also conveyed by PM in an interview, where PM said

*“Listening to murrotal gives me peace and reduces my anxiety.* (Fitri, 2021)

Demonstrating good behavior is certainly the main hope of every individual. Whether someone's behavior is good or bad will have a big impact in determining the character of our children in the future. This emphasizes that good attitudes in society are generally the result of daily religious practices. A person will achieve a level of behavioral perfection if he or she practices worship according to the teachings of the Prophet Muhammad SAW. The level of Al-Qur'an therapy for postpartum mothers includes:

#### 2. Dzikrullah Therapy

This was also conveyed by NL in an interview, where NL said :

*“Dhikrullah therapy can reduce my anger when I am tired and upset with my baby, the child sometimes cries and does not want to sleep.* (Dwi Kumala et al., 2019)

Many expectant mothers have difficulty sleeping during pregnancy due to stress, fetal movement, or because their stomach is getting bigger, making them feel uncomfortable, their body aches, and difficulty breathing. In this case, meditation can help overcome shortness of breath or discomfort by relaxing the breathing and distracting the mind from the discomfort, as well as teaching deep breathing techniques to overcome shortness of breath.(Yessie Aprilia, 2021) Relaxation with dhikr and breathing is one method used in the hope of reducing pregnancy anxiety. QS. Surat Al-Anfal verse 2:

إِنَّمَا الْمُؤْمِنُونَ الَّذِينَ إِذَا ذُكِرَ اللَّهُ وَجِلَّتْ قُلُوبُهُمْ وَإِذَا تُلِيَتْ عَلَيْهِمْ آيَاتُهُ زَادَتْهُمْ إِيمَانًا وَعَلَىٰ رَبِّهِمْ يَتَوَكَّلُونَ ۚ

*Meaning: Indeed, the believers are those whose hearts tremble when the name of Allah is mentioned, and when the verses are recited their faith increases (because of that), and in Allah alone they put their trust. QS. Al-Anfal 2.*

Ibn Kathir stated, believers are those who feel fear and awe when mentioning the name of Allah. They are obedient in carrying out His commands. When they hear the verses of Allah, their faith increases and they strengthen their faith and submit to Him. The sentence

وَإِذَا تُلِيَتْ عَلَيْهِمْ آيَاتُهَا زَادَتْهُمْ إِيمَانًا ۚ

When the verses of Allah are read to pious believers, their faith in them will increase so that if they are heard and read by a pregnant woman, it will greatly influence the faith and morals of the child in the future. (Ibnu Katsir, n.d.) This study shows that the integration of Al-Quranic values therapy in handling baby blues syndrome is effective in reducing symptoms and improving maternal mental health. Spiritual counseling, dhikr and prayer, education about Al-Quranic values. (Pamogsa Daniyar, Riski, D., & Rofi'ah, 2020)

The results of this study indicate that both the integration of medical therapy and the values of the Qur'an are effective in dealing with baby blues syndrome at the Pratama Madina Medan Clinic. Both approaches reduce the symptoms of baby blues and improve the mental health of new mothers. Although there is a slight difference in effectiveness, with the therapy of the values of the Qur'an showing a slightly greater increase in the reduction of symptoms and mental well-being, both approaches are important and can be tailored to the needs of individual mothers. (Dwi Kumala et al., 2019).

## DISCUSSION

The results of the discussion of the mechanism of action of combination therapy in treating baby blues syndrome by combining physical, emotional and spiritual care in an integrated manner. The medical approach helps to overcome physical and emotional symptoms, while the values of the Qur'an strengthen mental resilience and provide ongoing spiritual support, so that mothers suffering from baby blues syndrome are given a happy atmosphere, thus creating an ideal balance for mothers to recover from baby blues syndrome faster and more effectively. (Namirah, 2023)

Based on the results of the researcher, Fitri Suhaila stated that the therapy of the Quran murrotal at the Yusnia midwife clinic helps reduce anxiety in postpartum mothers and medical therapy provides intake in the form of nutritious food. (Fitri, 2021) According to Feri, et al., early handling of postpartum blues by listening to the Quran murrotal has a significant effect

in preventing postpartum blues in postpartum mothers and medical therapy mothers are not allowed to have pressure from family or the environment that can cause stress.(Feri, 2021) Debby Yolanda said that Murrotal therapy can prevent postpartum baby blues and medical therapy can help with the mother's psychology.(Yolanda, 2022) In the study, Ade Nailul Huda tried to bring baby blues syndrome closer to the handling of the Quran, so that the Quran is not only used as meaningless reading but can be applied to everyday life. In medical therapy, the support of the family is needed, especially the husband, and always take the mother to consult a doctor often.(Ade Nailul Huda 2019) Based on the results of several previous researchers, the way to treat baby blues syndrome is by getting closer to the values of the Qur'an, such as listening to murrotal and dhikr, while medically the mother must be given nutritious intake, there should be no pressure from outside or inside, and the role of the family, especially the husband, is very much needed.

Treatment of baby blues syndrome with a combination of medical and Qur'anic therapy is interrelated and proven to be more effective than medical treatment alone. Medical treatment for baby blues is more supportive and encouraging because in general this baby blues is mild and short-lived. Therapy that combines medical and Qur'anic values helps reduce symptoms of depression and anxiety, as well as improve sleep quality, diet, and emotional calm. The strengthening of spirituality offered by the values of the Qur'an plays an important role in providing ongoing psychological and emotional support, which is not fully achieved by medical treatment alone. (Wulan et al., 2023).

So the therapy developed in this study is with medical therapy such as giving direction to mothers to eat nutritious food, get enough rest and family support. Al-Quran therapy provides an approach to peace of mind by listening to murrotal and dzhikr.

## **CONCLUSIONS**

This study shows that combined therapy between medical approaches and Qur'anic values is effective in treating baby blues syndrome at Madina Pratama Clinic Medan. Medical therapy, which includes consultation with midwives, attention to nutritional intake, regular exercise, and adequate rest, helps overcome the physical and emotional symptoms that appear in postpartum mothers. Meanwhile, Qur'anic values therapy, such as listening to murrotal and dzikrullah, provides spiritual support that strengthens the mother's mental resilience, thus providing calmness and reducing anxiety.



The integration of these two approaches creates an ideal balance for faster and more effective recovery of mothers from baby blues syndrome. Although there was a small difference in effectiveness, therapy with Qur'anic values showed slightly greater improvement in reducing symptoms and improving mental well-being. Therefore, this combination of therapies is important and can be tailored to the individual needs of each mother.

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