

ABSTRACT

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Social Support of the mother that has been going through Baby Blues. (Naomi Soetikno, M.Pd.,Psi & Miniwaty Halim, M.Psi.); Bachelor Degree Study of Psychology, Tarumanagara University, Pages 1- 84, P1-P2, L1-L11.

Becoming a mother is not an easy thing especially when having the first child, because when mothers having the first child, it is also the first time they experience being a mother, taking care of their first child and they got no experience. Baby blues usually affect mother after giving birth to the first child. Social support for the mother that experiencing baby blues makes the mother feel they got the support they need to going through the stress. Social support can be received from people close to her like her husband, family, and friends. Subjects in this experiment consist of four people, two subjects has a job and the other two becoming housewife, and has been analyze using qualitative interview method. Based on the research result, mothers that has a job got their social support from their colleagues, family, and friends, the types of social support they receives are direct assistance and recommendation information for the subject. While mother that's becoming housewife received their social support from their husbands through emotional supports for example always being there and support her. Social support also helps them to control their stress. In general, mother's that's been experiencing baby blues receiving their social support often from family, friends, and husbands.

Key Words: Social support, Baby blues, New mother.