

Research Summary #### Introduction The research addresses the issue of social support among mothers experiencing postpartum depression. It is also essential for healthcare professionals to monitor signs of depression and provide appropriate assistance based on mothers' needs. The Edinburgh Postnatal Depression Scale (EPDS) was employed to assess depressive symptoms, alongside questionnaires to measure social support and demographic data. It indicates that social support after childbirth is a significant factor in reducing depression, as support from a partner can alleviate psychological disorders among mothers. #### Discussion The discussion focuses on the impact of social support on postpartum depression, highlighting that emotional support and assistance with household tasks play a crucial role in reducing the risk of depression. #### Conclusion The study emphasizes the importance of social support in mitigating postpartum depression and recommends developing strategies to enhance social support for mothers. #### Results The findings revealed that the mean EPDS score was 15.89, indicating that mothers experience moderate levels of postpartum depression. The research also discusses contributing factors to postpartum depression, such as hormonal imbalances and social support. #### Objective The aim of this study is to determine the level of social support among mothers who are experiencing postpartum depression. #### Method The study utilized a survey design to collect data from 102 postpartum women at community health centers in Yogyakarta.