



Promoting Mental Health among Postpartum Mothers through Mindfulness Practice in Tuban Regency

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Abstract

Postpartum mothers often experience psychological challenges such as stress, anxiety, and feelings of inadequacy, which may be intensified by the pervasive influence of social media. This community service program aimed to enhance the mental health of postpartum mothers in Tuban Regency through the application of mindfulness practices. The program employed a participatory approach involving posyandu cadres and village midwives, with a purposive sample of 30 postpartum mothers attending four weekly mindfulness sessions. Each session consisted of psychoeducation on mental health, guided mindfulness exercises, and group discussions, supported by daily home practice using audio recordings. Monitoring was conducted via a WhatsApp group, and evaluations were carried out using pre- and post-assessments with the DASS-21 instrument and participant feedback surveys. The results showed notable improvement in mental health outcomes: moderate stress decreased from 40% to 15%, mild anxiety from 30% to 10%, and mild depression from 10% to 3%, while normal conditions increased from 20% to 72%. Participants reported greater calmness, self-awareness, and emotional stability. In conclusion, mindfulness practice was found to be an effective and practical approach to improving the mental health of postpartum mothers, with strong potential for integration into community health services.

A. Introduction

The postpartum period is a critical phase in a woman's life that is often accompanied by physical, emotional, and psychological challenges. Many mothers experience stress, anxiety, and even depressive symptoms after childbirth due to hormonal changes, adjustment to new roles, and social pressures (Sansone, Stapleton, & Patching, 2024). In the era of digitalization, the widespread use of social media has created an additional psychological burden known as *Fear of Missing Out* (FOMO), in which postpartum mothers tend to compare their lives to idealized online portrayals of others. This situation can negatively affect mental well-being if not properly addressed (Min et al., 2023).

In Tuban Regency, community-level initiatives addressing maternal mental health have previously been implemented by local health centers, *posyandu*, and village midwives. These programs typically focused on postpartum counseling, breastfeeding education, and maternal support groups. Some health centers also conducted stress management and relaxation activities, such as light exercise and deep breathing

exercises (Worku et al., 2025). While these initiatives were helpful in raising awareness, evaluation reports indicated limited long-term impact, particularly in sustaining behavioral change and emotional regulation among mothers. Most activities were informational rather than skill-based, lacking continuity and structured follow-up, and none directly addressed social media-related stress or FOMO (Enginkaya & Sağlam, 2025).

Several other community service programs related to maternal mental health have also been carried out more broadly in Indonesia. For instance, some focused on psychoeducation, postpartum depression screening, and the development of peer support systems (Monteiro et al., 2021). However, previous services have not emphasized the integration of mindfulness practice as a structured approach to managing anxiety and FOMO among postpartum mothers (Sams et al., 2025). Mindfulness, defined as present-moment awareness with acceptance, has been widely studied in psychology and shown to effectively reduce stress, enhance emotional regulation, and improve overall mental health (Liu et al., 2022).

The scientific novelty of this program lies in the application of mindfulness practice as a preventive and promotive intervention tailored to the contemporary context of social media-induced stress (Sansone, et al., 2024). While prior community health efforts primarily addressed general postpartum depression or maternal bonding, this program specifically bridges the gap between mental health promotion and digital-age psychological challenges such as FOMO (Sams et al., 2025). Consequently, the introduction of mindfulness practice is expected to help postpartum mothers develop adaptive coping strategies, foster self-acceptance, and strengthen emotional resilience (Aylward & Williams, 2023).

The core problem addressed by this community service program is the limited availability of maternal mental health interventions that are contextually relevant and skill-oriented (Schmidt, 2022). The hypothesis underlying this initiative is that mindfulness practice can serve as an effective method to promote mental health and resilience among postpartum mothers (Pan et al., 2023). Accordingly, the program was entitled “*Promoting Mental Health among Postpartum Mothers through Mindfulness Practice in Tuban Regency.*”

B. Methods

This community service program was conducted in Tuban Regency and targeted postpartum mothers within 0–12 months after delivery. The main partners involved were local *posyandu* (integrated health posts) and women’s village groups actively engaged in maternal and child health programs. A total of 30 postpartum mothers participated in the program. The participants were selected using purposive sampling in collaboration with *posyandu* cadres and village midwives. The inclusion criteria were: (1) mothers within one year postpartum, (2) active social media users, and (3) willingness to participate in all program activities. The exclusion criteria included: (1) mothers currently receiving treatment for severe psychiatric disorders and (2) those unable to commit to the scheduled sessions.

The implementation procedure consisted of the following stages:

1. Preparation Stage
The team prepared a brief questionnaire to assess participants’ initial mental health status and social media use, along with a mindfulness training module containing breathing exercises, body-scan practices, and awareness techniques.
2. Program Implementation
The core intervention comprised four weekly mindfulness sessions (± 90 minutes each), consisting of:
 - (a) psychoeducation on postpartum mental health and social media influence;
 - (b) guided mindfulness practices (conscious breathing, mindful sitting, and reflection activities); and
 - (c) group discussions to foster social support. Participants were also provided with audio guides for 10–15 minutes of daily home practice.
3. Assistance and Monitoring
Continuous guidance was provided through a WhatsApp group managed by the service team. Attendance and adherence to daily practice were tracked using a simple logbook.

4. Evaluation

Program effectiveness was evaluated using pre- and post-assessments with a short mental health questionnaire and semi-structured interviews. Participant satisfaction was measured through a feedback survey.

This participatory approach was designed not only to improve participants' knowledge but also to equip postpartum mothers with practical mindfulness skills to strengthen emotional resilience in the social media era.

C. Results and Discussion

The community service program involved a total of 30 postpartum mothers from several villages in Tuban Regency. Participants were within 0–12 months postpartum, aged 20–38 years, and predominantly had secondary education. Most were housewives (80%), while the remainder were informal workers. All participants were active social media users, met the inclusion criteria, and voluntarily agreed to participate. During implementation, two participants missed one session due to personal reasons but were still included in the post-test analysis, resulting in an overall participation rate of 93%.

Data were obtained through pre- and post-assessments using the DASS-21 questionnaire, supported by qualitative notes from group discussions and participant feedback forms. Pre-test results showed that 40% of participants experienced moderate stress, 30% had mild anxiety, and 10% showed symptoms of mild depression.

The intervention consisted of four structured weekly mindfulness sessions (90 minutes each), which included:

1. Psychoeducation on maternal mental health and social media effects;
2. Guided mindfulness practices, including breathing awareness, body scan, and mindful reflection;
3. Group discussions and peer sharing to build social support.

Participants were also provided with audio guides for 10–15 minutes of daily home practice, and their adherence was monitored via a WhatsApp group. The sequence of activities was designed to gradually build awareness, attention control, and emotional regulation, ensuring that stress reduction was attributable to the progressive mindfulness training rather than external factors (Lönnberg et al., 2021). After four weeks, post-test results indicated substantial improvement in mental health indicators. The proportion of mothers with moderate stress decreased from 40% to 15%, mild anxiety from 30% to 10%, and mild depression from 10% to 3%, while those in the normal range increased from 20% to 72%. Qualitative feedback confirmed greater calmness, emotional stability, and improved daily functioning (Babbar et al., 2021).

Unlike previous community service programs that mainly focused on counseling or relaxation techniques, this program introduced structured mindfulness sessions supported by daily home practice. This novelty addressed the gap in community-level interventions by providing practical tools that mothers could apply independently. Furthermore, the integration of digital platforms (WhatsApp groups) as a monitoring and motivational tool enhanced participants' engagement and ensured continuity of practice (Kinser et al., 2021).

However, the limitations of this program must be acknowledged. The relatively small sample size and short intervention period may limit the generalizability of the results. Moreover, the reliance on self-report measures such as the DASS-21 may be subject to response bias (England, 2023). Despite these limitations, the program contributes valuable insights into the feasibility of implementing mindfulness practice as a promotive and preventive strategy for maternal mental health in local communities (Sun et al., 2021).

Strengths of this intervention included its structured format, integration of digital support, and practical exercises adaptable to home settings (Schmidt, 2022). Weaknesses included the small sample size, brief intervention duration, and reliance on self-reported data, which may introduce response bias (Chen et al., 2024). Nevertheless, the results align with previous findings that mindfulness-based interventions effectively reduce psychological distress among perinatal women (Lippold et al., 2022).

Overall, the results support the hypothesis that mindfulness training is an effective method to reduce stress and anxiety among postpartum mothers (Roxburgh et al., 2023). Future community service activities could involve larger participant groups, collaboration with local health offices, and longer-term follow-up to evaluate the sustainability of the benefits (Usmani et al., 2022).



Figure 1. Socialization activities

D. Conclusion

This community service program demonstrated that mindfulness practice can serve as an effective promotive and preventive intervention for postpartum mothers in Tuban Regency. The results showed significant reductions in stress, anxiety, and depressive symptoms, along with increased reports of normal mental health conditions. Participants also expressed high satisfaction and found the exercises practical for daily use.

To sustain these positive outcomes, regular mindfulness sessions should be integrated into *posyandu* and village health programs, supported by midwives and local health centers. Establishing peer-support groups and digital follow-up systems may also help maintain long-term engagement.

Although limited by sample size and intervention duration, this program provides valuable evidence of the benefits of mindfulness in enhancing maternal resilience in the digital era. Future initiatives should involve broader participation and longer monitoring to ensure sustainability and scalability of the program's impact.

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F. Author Contribution Statement

IQ conceptualized the program, designed the methodology, and coordinated the community service activities and was responsible for field implementation, participant recruitment, and data collection. NS performed data analysis and contributed to preparing tables and figures. IQ and NS jointly wrote and revised the manuscript, and all authors approved the final version.

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