



PERSONALITY AS CORRELATES OF PATERNAL POSTNATAL DEPRESSION

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Abstract

During pregnancy and birth, for mother and newborn baby are the focuses of attention. Many times fathers are left out. This study aimed to determine if personality correlates to paternal postnatal depression. The study used descriptive correlational design, where in data from 177 respondents gathered through purposive sampling. Personality in term of extraversion and neuroticism were significantly related to paternal postnatal depression. Neuroticism was positively correlated to paternal postnatal depression but agreeableness, conscientiousness, openness were not significantly correlated to paternal postnatal depression. This implies that those fathers who scored high in extraversion have low tendency to experience paternal postnatal depression. However, the higher the score in neuroticism the higher in the tendency to experience paternal postnatal depression. From result of this study, researcher have recommendations for nurse educator should emphasize to the future nurse and to the professional nurse that fathers experiences postnatal depression like mothers. When giving health teaching both in the community and in the hospital, nurse educator should consider discussing the topic of postnatal depression. They too should encourage the husbands or fathers to attend the health education activity. Another study can be done comparing the postnatal depression experience by the wife and husband.

Keywords: *Paternal, Personality, Postnatal depression*

Introduction

One of the possible problems after the birth of a baby for father is paternal post natal depression (PPND). According to Pearson (2015), depression in new fathers is unrecognized in part because of the relatively limited knowledge to discuss the problem. Men rarely show their emotion. They do not cry a lot and oftentimes hide their feelings. Moreover, Hibbert (2016), acknowledged that men are less likely to report that they are depressed in pregnancy and postpartum.

According to Bogucka and Nawra (2014) and Kim and Swain, as cited in Musser, Ahmed, and Foli, (2013) men are at risk for the situation since they need to adapt to changes in their lifestyle, family functioning, his new role in the family as well as to cope with the paternal postnatal depression. The rate of postnatal depression among fathers peak from three to six

month after birth, symptom of postnatal depression that includes feelings of sadness, lack of interest, the problem of sleeping and low energy (Mann, 2011).

NCT (2015), MySahana (2011), Panda (2011), Nishimura, Fujita, Katsuta and Ishihara (2015) state that possible causes of postnatal depression among men include being a father, personality, lack of social support and a limited circle of friends, a lack of education about PPND, poor socio-economic status and poor marital relationship satisfaction

Personality refers to individual's characteristic pattern of thought, emotion, and behavior, together with the psychological mechanism hidden or not behind those patterns (Funder, as cited in About Health, 2014). In a study done by Udovicic (2014) it was found out that neuroticism was the strongest predictor of postpartum depression.



During pregnancy and birth, for mother and newborn baby are the focus of attention. Many times fathers are left out.

However, there was no report how many fathers experience postnatal depression and what influenced them to experienced such phenomena. Similarly, many health providers are unfamiliar with the growing body of evidence which supports that postnatal depression issues are very much men’s issue too. As health professionals, nurses should pay attention to this concern and the factors that influence its occurrence, thus this study.

Significant of the Study

This study aimed to find out if personality correlates to paternal post-natal depression.

Materials and Methods

This study utilized descriptive correlation-design in order to investigate and describe the relationship of personality and paternal postnatal depression. The *descriptive-correlation* study attempts to determine the correlation that exists between the variables of the study. Further, it attempts to describe and explore the nature of the relationships to determine hypotheses and to discover an association between two variables without clarifying the underlying causes of the relationship (Houser, 2011).

A total of 177fathers from 300 fathers selected through *purposive sampling* method were utilized for the study in Kecamatan Airmadidi Bawah. The following inclusion criteria were used in choosing the respondent for the study: fathers ages 18-70 years, legally married, living together with their wives, whose youngest child is 3-6 months old with the first wife and residents of Airmadidi Bawah Manado.

A three-part questionnaire based on previous studies were used to collect data for the present study. To determine the respondents’ personality, the researcher adapted and modified John and Srivastava’s (1999) Big Five Inventory (BFI) with Cronbachs alpha 0,8142. It is composed of 33 items. A five-point Likert scale was used to measure the respondent response. To determine the respondents’ paternal postnatal depression, the questionnaires were adopted

from Cox, Holden, and Sagovsky’s (1987) Edinburgh Postnatal Depression Scale.It composed of 10 items. A five-point Likert scale was used to measure the respondent response

Results and Discussion

Table 1 presents the result of the respondents’ personality Traits. It shows a grand mean and standard deviation .The data reveals the mean of personalities traits in term openness was 3.80 and interpreted as high, conscientiousness was 3.50 and interpreted as high, extraversion was 3.68 and interpreted as high, agreeableness was 3.26 and interpreted as moderate, and neuroticism was 2.28 and interpreted as low

Table 1. *Respondents personalities Traits*

No	Personalities Trait	Mean	SD	Verbal Interpretation
1	Openness	3.80	1.04	High
2	Conscientiousness	3.50	1.16	High
3	Extraversion	3.68	1.09	High
4	Agreeableness	3.26	1.09	Moderate
5	Neuroticism	2.28	1.22	Low

The result showed that openness, conscientiousness, extraversion personalities had the highest mean values when compared with the mean value of agreeableness and neuroticism.

According to Arandia as cited by Purba (2012) people who score high in openness are curious in both inner and outer worlds with life that are experientially richer.Srivastava (2016) states that the person with conscientiousness personality prefers to follow a plan rather that act spontaneously.

Psychometric Success (n.d), believed that a person who has high scores in extraversion on a personality test is the life of the party.

Level of Depression

Table 2 reveals the frequency level of depression by the respondents. 77% respondents experiences low depression, 48% respondents experiences moderate depression 25% respondents experiences very low depression, 20% respondents experiences high depression and 7% respondents experiences very high. The results showed that the highest level of



depression of respondents 77% and interpreted low depression.

Table 2. Respondent level of depression

No	Level of Depression	Frequency	Percent
1	Very Low	25	14.1
2	Low	77	43.5
3	Moderate	48	27.1
4	High	20	11.3
5	Very High	7	4.0

Since respondents are low in paternal postnatal depression, this implies that they low experience with depression thus respondent well adjust with his born baby. Changing lifestyle, new responsible and role of the father have small effect on their life. They are low in paternal postnatal depression because they personality are high in openness, conscientiousness, extraversion, moderate in agreeableness and low in neuroticisms. The sign that fathers are depressed, they are being hostile or indifferent to their partner and baby, having panic attack, overpowering anxiety and worried, difficulty in concentrating or making decisions, headaches and fears about baby's health or wellbeing, or about themselves and other members of the family (PANDA, 2012).

Relationship between Personality and Paternal Postnatal Depression

Table3 shows the strength of the linear relationship between Personality (Extraversion, Agreeableness, Conscientiousness, Neuroticism, Openness) and paternal postnatal depression. This relationship was analyzed using the Person-r Correlation.

Table 3. Relationship between Personality and Paternal Postnatal Depression

Personality traits	N	R	Interpretation	
			<i>p</i>	
Extraversion	177	-.218	.004	Significant
Agreeableness	177	.103	.172	Not Significant
Conscientiousness	177	.062	.416	Not Significant
Neuroticism	177	.160	.033	Significant
Openness	177	.008	.916	Not Significant

The result shows that the relationship between extraversion and paternal postnatal depression was $r = -.218$ with p value .004. While Pearson correlation between agreeableness and paternal postnatal depression was $r = .103$ with p value .172. For the conscientiousness and paternal postnatal depression was $r = .062$ with p value .416. Neuroticism and paternal postnatal depression was $r = .160$ with p value .033. And the last is Openness and paternal postnatal depression was $r = .008$ with p value .916.

Extraversion and neuroticisms have a weak relationship with paternal postnatal depression. Further, extraversion has a negative relationship with paternal postnatal depression. On the other hand, neuroticism was positively related with paternal postnatal depression. These imply that when a father has high score in extraversion the lower is his tendency to experience postnatal depression. On the other hand, when a father has high score in neuroticisms the higher his tendency to experience postnatal depression. Person who has high scores in extraversion they often experiencing positive emotion, active, and full of energy but if they have high scores in neuroticisms tendency to experience negative emotion.

From the significant values, it show that there was no statistical significant relationship between agreeableness, conscientiousness, openness with paternal postnatal depression. That means, a high or low score in agreeableness, conscientiousness and openness do not significantly related to paternal postnatal depression. However, there is statistically significant relationship between extraversion and neuroticisms to paternal postnatal depression. This means the higher score in extraversion the lesser in tendency of the father to experiences paternal postnatal depression. On the contrary, higher score in variable neuroticism the higher in tendency of father to experience paternal postnatal depression.

The result of this study is consistent with the study of Koorevaar (2012) who found out that higher scores on neuroticisms and lower score on conscientiousness, openness and agreeableness are associated with experiences of depression among older adult. Individuals with neuroticisms have tendency to suffer from



depressed moods and become emotionally unstable, get easily frustrated, and have difficulty in managing stress (Nordqvist, 2016).

On the other hand, the previous study done by Jylha and Isometsa (2016) found out that extraversion was negatively related to depression, which consistent the result of the present study. In the present study, it show that it was statically related with paternal postnatal depression. In study done by Soma and Asmita (2014) found out that extraversion had a negative effect on depression.

Conclusion and Recommendation

Based on the findings of the study it was concluded that the respondent personality in term of openness, conscientiousness, extraversion was high, agreeableness was moderate and have low neuroticisms. Respondents experienced low paternal postnatal depression. Personality in term of extraversion and neuroticisms related to paternal postnatal depression. Neuroticisms was negatively related paternal postnatal depression but agreeableness, conscientiousness and openness were not significantly related to paternal postnatal depression.

Based on the results of this study, researcher recommendation to husband or fathers to attend the health education activity, for nurse educator should emphasize to the future nurse and to the professional nurse that fathers experiences postnatal depression like mothers. When giving health teaching both in the community and in the hospital, nurse educator should consider discussing the topic of postnatal depression, professional nurses especially those assigned at the Obstetric and Delivery Unit should realize that paternal postnatal depression exists even among fathers, they should empower the fathers to be more involved by assessing their knowledge, skill and competence about fatherhood.

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