

ABSTRACT

Postpartum blues is a common psychological condition experienced by mothers after childbirth and may affect parenting styles. This study aimed to analyze the effect of postpartum blues on parenting styles in Sumberejo Village, Ambulu District. This study used a quantitative cross-sectional design. The sample consisted of 53 postpartum mothers selected by total sampling. Data were collected using the Edinburgh Postnatal Depression Scale (EPDS) to measure postpartum blues and the Parenting Style Questionnaire (PSQ) to assess parenting styles. Data were analyzed using ordinal regression. The results showed that most respondents experienced postpartum blues in the mild to moderate category, while the majority of parenting styles were categorized as moderate. The analysis indicated that postpartum blues had no significant effect on parenting styles, with a p-value of 0.481 ($p > 0.05$). However, social support and education are still needed to maintain parenting quality.

Keywords: *postpartum blues, parenting style, postpartum mothers*