

Abstract

Background. Pregnancy, childbirth, and motherhood are physiologic conditions. Some postpartum mothers can adapt to the changing role of being a mother, but others cannot adapt, this results in a stressful condition which, if continued, can lead to postpartum depression. The mildest form of postpartum depression is generally difficult to identify, so the disorder is difficult to detect. In Indonesia, there are about 22.4% postpartum mothers who suffer from postpartum depression. Being a mother has various roles and one of them is breastfeeding her baby, breastfeeding has many benefits for babies and mothers, one of which is the release of oxytocin which can increase relaxation, reduce stress and anxiety. The benefits obtained by the mother can affect the mother's mental health, especially for mothers who are detected with postpartum depression and can prevent the mother from postpartum depression. **Aim of the study.** The purpose of this Literature Review is to explain and analyze the risk of depression in postpartum mothers who breastfeed. **Method.** The type of this research is a Literature Review with a research design using the Preferred Reporting Item for Systematic Review and Meta Analysis (PRISMA) approach. The search results found 149 articles, then the selection was carried out, leaving 11 articles that met the inclusion criteria. The search was conducted on five electronic databases (ProQuest, Wiley, Pubmed, Scient Direct and Google Scholar found) published in the last five years published in Indonesian and English. **Conclusion.** From the results of a review in journals, most of them discussed that incomplete breastfeeding increases the risk of depression in postpartum mothers who breastfeed. **Suggestion.** The results of this review still have shortcomings, so further researchers are expected to be able to conduct further research on the risk of depression in postpartum mothers who breastfeed

Keywords: postpartum depression, the benefits of breastfeeding