



# Literature Review : Analysis of Factors Influencing the Incident of Postpartum Blues in Public Women

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**Abstract.** Background: In the postpartum period, women experience significant life changes, such as becoming mothers. This situation is characterized by Emotional changes, changes in physical circumstances, family relationships, and adjustment to new roles as a mother characterizes it. Psychologically, mothers experience feelings of sadness related to their baby, which is called postpartum blues. Postpartum blues can make mothers experience deep sadness and feel worthless, so they feel disturbed in carrying out their daily activities. The prevalence of postpartum blues in Asian countries is quite high and varies between 26 and 85% of postpartum women. According to USAID (United States Agency for International Development) (2016), the incidence of postpartum blues in Indonesia is 31 births per 1000 population. Indonesia ranks fourth highest in ASEAN after Laos with 26 births per 1000 population and Cambodia with 25 births per 1000. Objective: To determine the factors that influence the incidence of postpartum blues in postpartum mothers. Method: Literature is searched through electronic media using keyword guidance. 5 selected articles, each of which represents an influencing factor on the incidence of postpartum blues in postpartum mothers. Results: From the results of the literature review that has been presented, all articles explain the results of research regarding the factors that influence the incidence of postpartum blues during the postpartum period, including the type of birth and complications/difficulties of childbirth, the mother's readiness to become a parent, husband's support factors, factors family support, and social support factors. Conclusion: Based on the analysis carried out by the author, husband's support and family support are the factors that have the most influence on the incidence of postpartum blues during the postpartum period.

Keywords: Postpartum, Postpartum Blues, Postpartum Blues Factors.

## 1. Introduction

The postpartum period is a special phase in the life of the mother and baby. A woman experiences a very significant life change throughout her life, namely the change of becoming a mother. This is characterized by emotional changes, changes in physical circumstances, family relationships, and rules as well as adjustments to new rules as a

mother [1]. Psychologically, there are times when mothers experience sad feelings related to their baby, this condition is called postpartum blues or baby blues [2]. A postpartum mother needs adjustments in facing her new activities and roles, as a mother in the first weeks after giving birth, both physically and psychologically [3].

Postpartum blues is an iceberg phenomenon that is difficult to detect because society still considers psychological disorders to be normal as a punishment for the mother and a protective attitude towards her baby. Most mothers don't know whether they experience postpartum blues. Postpartum blues appear when a person fails to adapt to changes in life patterns due to pregnancy, childbirth, and postpartum [4]. Postpartum blues is a mild and fleeting depression that generally occurs in the first week or so after giving birth [5].

Postpartum blues is categorized as a mild psychological disorder syndrome, but if it does not get proper treatment it will fall into a moderate to severe psychological disorder, namely in the phase of postpartum depression and postpartum psychosis [6]. Postpartum blues can make mothers experience deep sadness and feel worthless, so they feel disturbed in carrying out their daily activities. Around 15% of postpartum mothers experience postpartum depression which is a continuation of untreated postpartum blues [7] The impact of postnatal depression is that the mother will experience prolonged and increasingly severe depression to the point of wanting to harm the baby or herself [3].

Data from WHO (2018) notes that the general prevalence of postpartum blues in the world population is 3-8% with 50% of cases occurring in the productive age group, namely 20-50 years. WHO also states that postpartum blues affects around 20% of women and 12% of men at some point in their lives [8]. Meanwhile, the prevalence of postpartum blues in Asian countries is quite high and varies between 26-85% of postpartum women. The incidence of postpartum blues in Indonesia according to USAID (United States Agency for International Development) (2016) is 31 births per 1000 population. Indonesia ranks fourth highest in ASEAN after Laos with 26 births per 1000 population and Cambodia with 25 births per 1000 population [9]. In Indonesia, several studies have been conducted on postpartum blues, according to research conducted by Edward (2017) the incidence of postpartum blues in Indonesia reached 23%, while screening using EPDS found that 14-17% of postpartum women were at risk of experiencing postpartum blues [10]. In Central Java Province in 2021, as many as 30% experienced mild post-partum depression, and 6.7% experienced moderate post-partum depression in the age range (age < 20 years > 35 years) at birth [2]. Research in Semarang City shows that 44% of mothers who do not receive support from their husbands experience postpartum blues and 56% of mothers who receive support from their husbands do not experience postpartum blues [5]. The high incidence of postpartum blues in postpartum mothers can have a significant impact on the mother's psychological state [10].

During the postpartum period, psychological changes also occur as a result of the physical changes that occur and this is normal [11]. If the mother can understand and adapt to several changes, both physical and psychological, then the mother will not experience fear, worry, or anxiety [12]. On the other hand, when a new mother is too afraid, worried, and worried about the changes that occur within herself, the mother can experience psychological disorders. Postpartum blues not only has a big impact on the condition of the mother but also her child. Difficult interactions between mothers who have experienced depression and their children increase the risk of behavioral disorders and cognitive disorders and can even endanger the child [13].

Social support from those closest to you helps postpartum mothers be emotionally stable so they are not stressed, but in reality, not all postpartum mothers are in an ideal situation and get support from their husbands and families. Social problems often arise such as conflicts with family or husband, minimal information obtained, and poor economic conditions which can put pressure on mothers, the existence of deviant nutritional myths can make mothers feel uncomfortable and confused about what to do, so it is very easy for mothers to experience stress [14].

## **2. Method**

This research uses a literature review research method. In this research, a literature search was carried out using Indonesian that was relevant to the topic. The search was carried out using the Google Scholar database. This article aims to analyze the factors that influence the occurrence of postpartum blues in postpartum mothers. The keywords used are "Postpartum", "Postpartum blues" and "Factors Postpartum blues ". The articles obtained for review were scientific journals that met the criteria and 5 national articles were obtained which would then be reviewed.

## **3. Results and Discussion**

A literature search through electronic databases resulted in 20 articles that could potentially be reviewed. After identifying the abstracts of 20 articles, 12 articles were selected. Further identification was carried out in more detail to determine articles that were relevant and met the inclusion criteria in this literature review. From these findings, 5 articles were obtained which will be reviewed.

The first article titled "Types of Childbirth, Maternal Readiness and Complications/Difficulties in Childbirth related to Postpartum Blues in Sukawening Village" is research conducted by [15] at the Dramaga Community Health Center. The type of research used is analytical relationships (analytical research) using a cross-sectional approach. The instrument in the research is a questionnaire. The population is all mothers

who were postpartum from August to October 2021 in Sukawening Village with a total of 67 people. Samples were taken using a total sampling technique of 67 samples. The results of research using statistical tests showed ( $P\text{-value} = 0.009$ )  $< (\alpha=0.05)$ , so it can be concluded that there is a significant relationship between the types of delivery and postpartum blues. With an OR value of 0.215 (95% CI = 0.1-0.7), this means that mothers who have an abnormal birth type have a 0.215 chance of experiencing postpartum blues. Meanwhile, the statistical test results obtained for the factors of complications/difficulties of childbirth with the incidence of postpartum blues were ( $P\text{-value} = 0.047$ )  $< (\alpha=0.05)$ , so it can be concluded that there is a significant relationship between complications/complications of childbirth and postpartum blues. With an OR value of 3.056 (95% CI = 1.1-8.4), this means that mothers who have birth complications have a 3.056 chance of experiencing postpartum blues. Based on the results of the research in this article, it can be concluded that the type of delivery and birth complications are some of the factors causing postpartum blues in postpartum mothers.

One of the causes of baby blues syndrome is experiences during the birth process, namely unpleasant things during the birth process, for example, medical intervention during the birth process. This type of delivery via SC surgery for certain indications can also cause mothers to experience postpartum blues. Mothers who give birth surgically will feel confused and sad, especially if the operation is carried out because of an emergency. Childbirth that is not planned will cause the mother to have an unsatisfactory delivery experience, so the mother shows a negative self-image and can persist into anger which can increase the mother's adaptation process to her new role and function. Childbirth complications such as prolonged labor, premature rupture of membranes, malpresentation, hypertension in pregnancy, as well as medical interventions used during the labor process are thought to increase the physical trauma caused during labor, the greater the psychological trauma that arises and the possibility that the woman concerned will face postpartum depression. Difficulties/complications during childbirth can be anticipated when carrying out ANC, so quality ANC is very important to carry out with the application of 10T. So it is hoped that the number of complications/complications can be minimized. Midwives play a role in providing education and carrying out routine ANC during the mother's pregnancy so that the mother can know the condition of the fetus she is carrying and can prepare for the birth that will take place, provide education to the mother and family about the impact of this type of delivery, carry out further studies or provide information and counseling. in mothers' postpartum blues.

The second article with titled "The Relationship between Readiness to Become Parents and the Detection of Postpartum Blues in Postpartum Mothers in the Working Area of the Silo Health Center, Jember Regency" is research conducted by [3] in the Working Area of the Silo Health Center, Jember Regency. The design used in this research is correlational with a cross-sectional approach. The population in this study were postpartum mothers in the Silo Jember Health Center Working Area, totaling 72 respondents. Data collection in this study used the readiness to become a person instrument and the standard Edinburgh Postnatal Depression Scale (EPDS) instrument. Research results Based on the results of

testing with Spearman Rho, a significance of  $p = 0.000 < (\alpha = 0.05)$  was obtained so that  $H_0$  was rejected, which means there is a significant relationship between readiness to become parents and the detection of postpartum blues in postpartum mothers.  $R = 0.464$  which is included in the sufficient category (0.26 - 0.50).

The direction of correlation in this study is positive (+), so the less optimal readiness to become a parent, the more the mother is at risk of being detected postpartum blues. Based on the research results in this article, it can be concluded that readiness to become parents is also a factor causing postpartum blues in postpartum mothers. Judging from the pathophysiological readiness to become parents, postpartum blues can cause dramatic changes in hormonal circulation (progesterone and estrogen). These hormonal changes will biologically affect a woman's emotional condition. Meanwhile, seen from a symbolic perspective, the process of labor and the birth of a baby will cause important changes in the mother, namely the perception of the mother as an individual, the perception of changes in role, status, and responsibilities both to her partner and to her children. Role conflict can be the beginning of psychological disorders in mothers after giving birth. Lack of knowledge and the very young age of the respondents are the main triggers for less than optimal readiness to become parents with the detection of postpartum blues. It is important to prevent postpartum blues because if the postpartum mother has not been able to adapt to her new role, it can have an impact on the mother's psychology. Mothers who are not ready to become parents will reduce interactions with their babies. This will have a very bad impact on the baby's development if not treated immediately.

The third article titled "Husband's Support in the Event of Postpartum Blues in Primipara Mothers" is research conducted by [5] at the Independent Practice of Midwife Agung Oka, Gendoh Village, Sempu District, Banyuwangi Regency. The research method is analytical with a cross-sectional design. The research was carried out in December 2021 - January 2022. The population of this study was all postpartum mothers who visited and had check-ups at the Independent Practice of Midwife Agung Oka. The sampling technique consisted of 25 post partum mothers. The instrument in this research uses a questionnaire. Based on the results of research that has been carried out, it was found that 5 post partum mothers who received low/poor husband support experienced Post Partum Blues (20%) and 20 mothers who received high/good husband support experienced Post Partum Blues (80%). The statistical test results obtained a value of  $p=0.000$ , meaning it can be concluded that there is a significant relationship between the husband's support and the incidence of Post postpartum blues in 5 people (20%). The statistical test results obtained a value of  $p=0.000$ , meaning it can be concluded that there is a significant relationship between the husband's support and the incidence of Post Partum Blues. Based on the research results in this article, it show that there is a relationship between husband's support and the incidence of postpartum blues in postpartum mothers. Social support (husband) is a form of social interaction in which there is a relationship of mutual giving and receiving real assistance, this assistance will place the individuals involved in the social system which will ultimately be able to provide love, attention, and a sense of attachment. both in social families and couples. Postpartum mothers need support and attention from their husbands to help

mothers gain self-confidence and self-esteem as a wife. The husband's support given to postpartum mothers is in the form of good cooperation, as well as providing moral and emotional support. With the husband's attention, the wife also feels more confident that not only is she the right wife, but the wife will also be happy as a mother to the child she gives birth to.

The fourth article titled "The Relationship between Family Support and the Incident of Baby Blues in Postpartum Mothers in Pulau Terap Village" is research conducted by [16] in Pulau Terap Village. This research uses correlational research with a cross-sectional approach. The data collection technique in this study used a questionnaire sheet on family support and the incidence of baby blues. This research used total sampling with a total of 46 postpartum mother respondents in Pulau Terap Village, Kampar Regency in 2022. Data analysis used univariate statistical tests to identify family support for postpartum mothers and the incidence of baby blues. Bivariate data analysis used the chi-square statistical test which aims to identify the relationship between family support and the incidence of baby blues. Based on the research results, data was obtained from 26 people, 56.5% of which were postpartum mothers who had no family support, namely 19 people, 41.9% experienced severe baby blues, while of the 20 people, 43.5% who had family support experienced moderate baby blues, 14 people 34.4% The results of statistical data tests using the chi-square test show a p-value of 0.001.

Thus,  $H_0$  is accepted, indicating that there is a significant relationship between family support and the incidence of baby blues in postpartum mothers. Based on the research results in this article, it shows that there is a significant relationship between family support and the incidence of baby blues in postpartum mothers. Postpartum blues is sadness or melancholy that occurs after giving birth, sometimes only appearing for a while, namely approximately two days to 2 weeks after the baby is born. Among other things, there are signs and symptoms of postpartum blues, namely lack of self-confidence, likes to cry as a sign of a reason, sensitivity or lying easily, anxiety without a cause, and feeling like you don't love your baby. In preventing or overcoming the increase in psychological disorders in mothers after giving birth, family support is very necessary to prevent or overcome the increase in psychological disorders. Postpartum mothers or mothers in the postpartum period will need support from the family and social environment to overcome problems that arise after the mother goes through childbirth. Good family function will support the mother's mentality in adapting and caring for the new baby. Family support greatly influences the readiness of the mother and all family members to accept the presence of a new member, especially the husband, who plays an important role in supporting the mother in the pregnancy process until the birth of the baby. This form of family support can make a person feel comfortable being loved and cared for by the family which can have the effect of being able to face problems well.

The fifth article titled "Social Support for Primiparous Postpartum Mothers Against Postpartum Blues Events" is research conducted by [17] at RSKIA Bandung City. The type of research is quantitative with descriptive correlation methods. Cross-sectional research

design. The total population of postpartum primiparous mothers was 267. The sample taken using a consecutive sampling technique that met the inclusion criteria was 106 postpartum primiparous mothers. The inclusion criteria for selection were a sample of mothers postpartum days 1-7, all types of labor, and mothers fully conscious, and able to read and write. Data were collected using the Edinburgh Postnatal Depression Scale (EPDS) instrument the postum support system questionnaire and the family coping questionnaire. Data analysis used chi-square analysis. The test criteria are if the p-value is  $<0.05$ , then there is a statistically significant relationship, but if the p-value is  $> 0.05$ , then it is statistically not significant or there is no significant relationship.

The results of the study showed that the majority of mothers who received good support did not experience postpartum blues much as 64.2% and experienced postpartum blues as much as 35.8%. Meanwhile, 81.8% of mothers who received less social support experienced postpartum blues, and 18.2% did not experience postpartum blues. The results of the chi-square statistical analysis obtained a p-value of 0.007 ( $p < 0.05$ ), meaning there is a relationship between social support and the incidence of postpartum blues in primiparous mothers at RSKIA Bandung City. Based on the research results in this article, shows that there is a relationship between social support and the incidence of postpartum blues in primiparous mothers at RSKIA Bandung City. Social support is an important factor in the occurrence of postpartum blues. Social support takes the form of providing verbal or non-verbal information, advice, real assistance, or behavior provided by people who are familiar with the subject in their social environment or in the form of presence and things that can provide emotional benefits or influence behavior. the recipient.

Social support for postpartum mothers can take the form of emotional attention, instrumental assistance, providing information, and assessment. The form of social support that postpartum mothers hope for can come from husbands, family, friends, neighbors, and health workers because their physical and psychological conditions become weak. The mother's psychological well-being will improve with good social support. The form of emotional social support given to the mother is showing care and concern by accompanying the mother during childbirth and comforting her when she is sad/crying so that the mother's self-esteem increases and the mother feels comfortable, this form of instrumental support helps the mother in caring for and nurturing baby, helping with household work or meeting the mother's needs, the form of support given is giving praise or appreciating the mother's efforts in caring for the baby and taking care of household work, so that the mother becomes more enthusiastic in carrying out her new role as a mother and the mother feels that she is meaningful/valuable. Social support can prevent postpartum blues. If the social support received by primiparous postpartum mothers is lacking and not treated immediately, this will increase the incidence of postpartum blues.

From the discussion above, the factors that influence the incidence of postpartum blues include; type of delivery and complications/difficulties of delivery, readiness to become parents, family support, husband's support, and social support. Husband's support and family support are the biggest factors in triggering postpartum blues. This is because

support from husband and family is an important coping strategy when experiencing stress and functions as a preventive strategy to reduce stress. Support from those closest to you such as family and husband helps mothers after giving birth to be emotionally stable so they don't experience stress easily. Family and husband support is very much needed in providing a positive influence on postpartum mothers during the postpartum period. Good cooperation between the family mother and her husband will create conducive conditions for postpartum mothers to care for themselves and their babies.

#### 4. Conclusion

Postpartum blues is a temporary psychological disorder characterized by a peak in the mother's emotions in the first week after giving birth, the main mood is happiness but the mother's emotions become more unstable. In this literature review article, the factors that influence the occurrence of postpartum blues during the postpartum period include the type of birth and birth complications/difficulties, the mother's readiness to become a parent, the husband's support factor, the family support factor, and the social support factor.

Based on the analysis carried out by the author, husband's support and family support are the factors that have the most influence on the incidence of postpartum blues during the postpartum period.

The mother's ability or experience in dealing with problems that occur in caring for a baby is closely related to the incidence of postpartum blues in mothers who have given birth for the first time because the mother's knowledge also has a big influence on the care given to her child.

During the postpartum period, mothers need motivation from the people around them. As educators, the role of midwives is important so that postnatal mental disorders do not occur and end up with mental health problems.

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