

## **ABSTRACT**

*The postpartum period is a transitional period experienced by married couples who require adjustments to the presence of changes in their relationship, especially when the wife is experiencing postpartum stress (depression) during that period. The postpartum period causes changes in conditions followed by changes in roles and responsibilities, which can affect the communication relationship between partners. This study focuses on communication patterns of married couple in postpartum pressure using the Interpersonal Communication Patterns Theory approach which is supported by the theory of relational turbulence. The research method used is qualitative with data collection techniques in the form of interviews with four married couples in Bandar Lampung obtained through a snowball sampling strategy with expert informants as data confirmation. The results show that all couples had balanced split communication patterns during the face of postpartum stress, which is indicated by the division of responsibilities into different roles. In a balanced split communication patterns, all informants experience interference as well as communication support, and some experience relationship uncertainty, while constructive strategies are used as approaches in conflict management strategies between partners, characterized by open communication and negotiation. Conflicts related to childcare tasks and lack of quality interactions were the findings of this study.*

***Keywords: interpersonal communication, communication patterns, postpartum depression, husband and wife couples***