



A DESCRIPTIVE STUDY TO ASSESS THE LEVEL OF POSTPARTUM DEPRESSION AMONG THE POSTNATAL MOTHERS AT SELECTED AREAS IN JABALPUR, INDIA

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Abstract: This study has been undertaken to investigate postpartum depression among the postnatal mothers in selected hospital at Jabalpur. Postpartum depression (PPD) also called postnatal depression, is a type of mood disorder associated with child birth which can affect both sex, symptom may include extreme sadness, low energy anxiety, changes in sleeping or eating pattern, crying episodes and irritability

Index Terms – Post partum depression, PPD.

1. INTRODUCTION

Postpartum depression is a lasting depression experienced by about 12% women after delivery. The incidence of postpartum depression is fairly similar around the world. In past 20 years, there has been increasing recognition that for some women, pregnancy may be burdened with mood problems, in particular depression that may impact both mother and child.

2. STATEMENT OF THE PROBLEM:

“A study to assess postpartum depression among the postnatal mothers in selected hospital at Jabalpur.”

2.1 OBJECTIVES :

- To assess the level of postpartum depression among postnatal mothers in selected hospitals at Jabalpur.
- To find the association between the level of postpartum depression with selected demographic variable.

2.2 HYPOTHESIS :-

H1: There will be significant association between the level of postpartum depression among the postnatal mother with selected demographic variables.

3.1 Population and Sample

The population is defined as the entire aggregate of cases that meet a designated of criteria. In this study, the target population is postnatal mothers in from selected hospitals of Jabalpur. The accessible population is all postnatal mothers in Kajal maternity and children hospital & Raksha Nidhi hospital, Jabalpur.

SAMPLE AND SAMPLE SIZE :

Sample is a subset of the population selected to participate in the research study postnatal mothers. The sample size for the study was 40 .

SAMPLING TECHNIQUE:

It is a process of selecting a portion of population to represent the entire population .The sample technique was the convenience sampling .

3.2 Data and Sources of Data

Data are piece of information obtained in the course of the study .Data collection is the gathering of information needed to address the research problem.

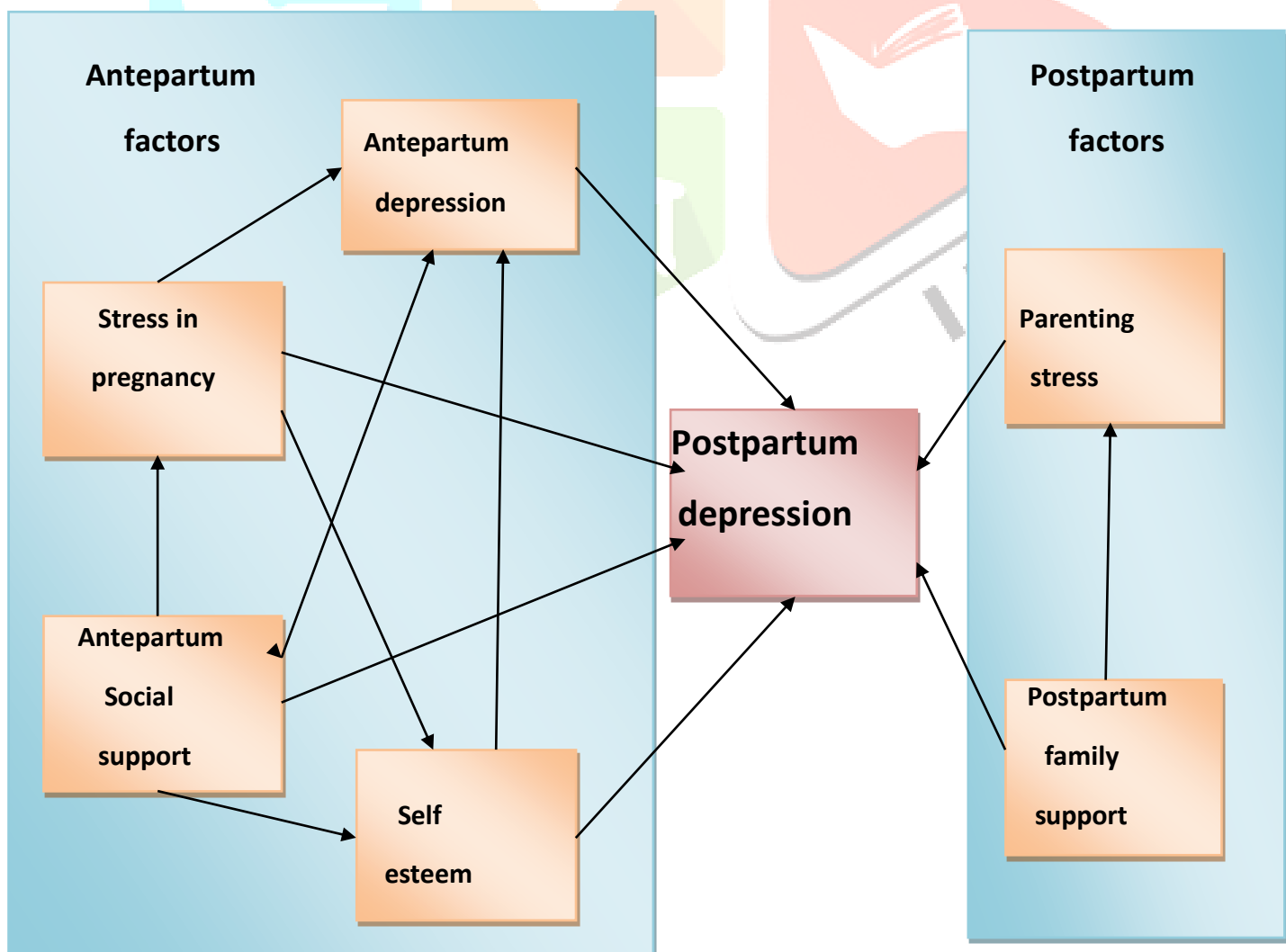
The data is collected by using self – administered rating scale.

3.3 Theoretical framework

Conceptual framework is a group of concept and set of preposition that spells out the relationship between them . The overall purpose is to make scientific findings more meaningful and generalizable

The conceptual framework of this study is based on **Eun Joo Lee’s** and **Jeong Sook Park’s** “**Prediction model for postpartum depression**”: based on the mediated effect of antepartum depression 2015. According to this model there are two factors, antepartum factors and postpartum factors which influence postpartum depression. Antepartum factors like stress in pregnancy, antepartum depression antepartum social support and self esteem.

Fig: conceptual framework based on “Eun Joo Lee” and “Jeong Sook Park” development of prediction model for postpartum depression



4. RESEARCH METHODOLOGY

Methodology of research organization all the components of study in a way i. e most likely to valid answer to the problem that has been posted .

Research methodology deals with decision about the methods to be used to address the research question and careful planning for actual collection and analysis of data .

The present study was aimed at assessing the level of postpartum depression among the postnatal mothers .

RESEARCH APPROACH AND DESIGN .

A research approach tells the researcher from whom the data is to be collected , how to collect it and how to analyze the data .it also suggest possible conclusion and helps the research in answering specialist question in most accurate and efficient way . In this study the researcher used quantitative approach .

A researcher overall plan for obtaining answer to the research question is referred to as research design .the research design in this study is descriptive design . it is a study that is not truly experimental .

VARIABLES IN STUDY

In this study the variables are:

Dependent variable:

Dependent variable is effect of the action of the independent variable.

In this study postpartum depression is dependent variable .

Extraneous variable :

In this study the extraneous variables are age, religion, educational status, monthly income , occupation, type of family, family history of PPD, complication during pregnancy, type of delivery.

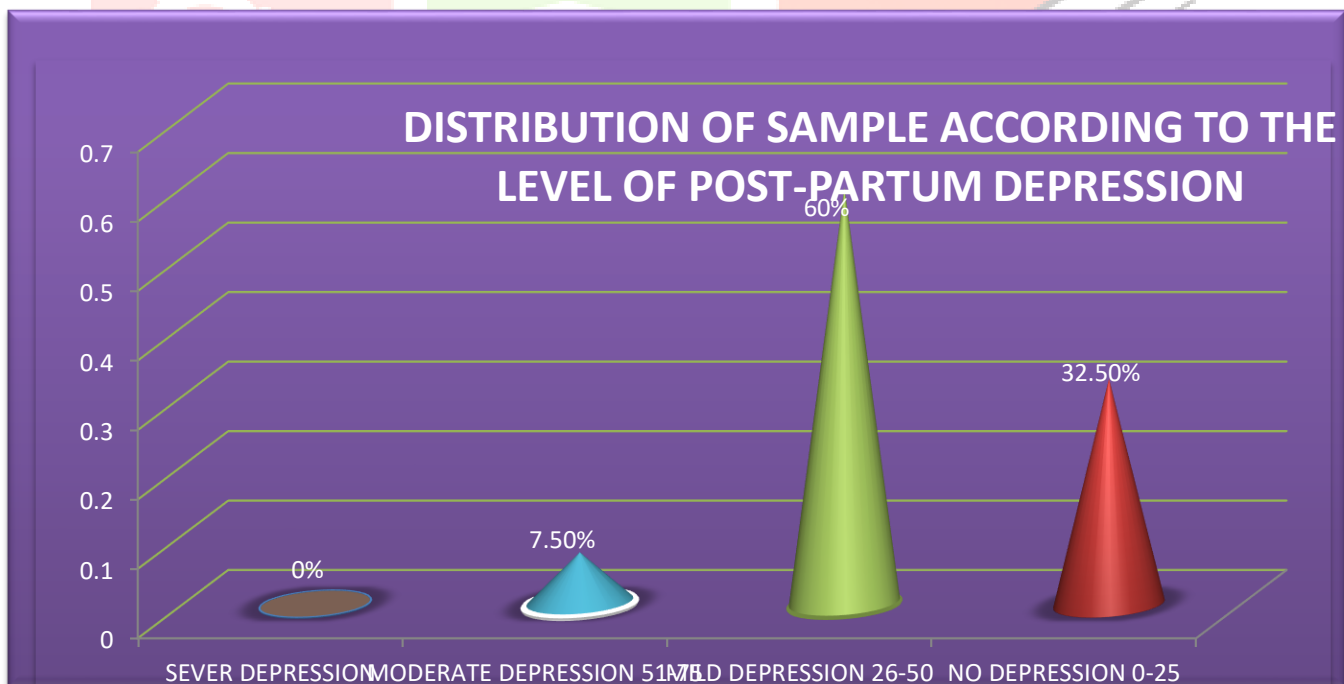
RESEARCH SETTING

It refers to the hospital where the study is conducted the study was conducted in the following Jabalpur hospitals:-

- a) Kajal Maternity and children hospital
- b) Raksha Nidhi hospital

5. Statistical tools and results

5.1 Assess the level of postpartum depression among postnatal mothers in frequency and percentage .



LEVEL OF POSTPARTUM DEPRESSION	FREQUENCY	PERCENTAGE
No postpartum depression	13	32.5%
Mild postpartum depression	24	60%
Moderate postpartum depression	3	7.5%
Severe postpartum depression	0	0

In the present study, 60% of postnatal mother had mild depression, 7.5% of mother had moderate depression and 32.5% of postnatal mother had no depression.

The incidence of post-natal depression is high, and dramatic changes in steroid hormones and prolactin occur in the post-partum period. In an attempt to correlate these events, 147 mothers, six to eight weeks after delivery of a healthy infant, completed standard psychological tests, including the Edinburgh, Montgomery-Asberg, and Raskin scales. They also provided matched samples of plasma for assay of cortisol, oestradiol, progesterone and prolactin, and saliva for assay of cortisol and progesterone. All steroid concentrations were within the appropriate normal ranges. Of the mothers, 14.9% were depressed on all three scales. Significant correlations were seen between depression ratings and salivary progesterone and prolactin. In bottle-feeders, salivary progesterone was positively associated with depression, whereas in breast-feeders it was negatively associated. Plasma prolactin levels were inappropriately low in depressed breast-feeders. These data indicate that differing therapies may be appropriate for depression in breast- and bottle-feeders.

5.2 To find the association between the level of postpartum depression and selected demographic variable among postnatal mothers .

In this study , there is no any significant association between the level of postpartum depression with selected demographic variable.

Stated that 'listening visits' by health visitors can be effective and this is supported by Seeley et al (1996). Several studies have also demonstrated the benefits of cognitive behavioural therapy where the mother is referred to a trained counsellor or psychotherapist. The mother is encouraged to explore why she feels miserable and to examine how she might deal with her feelings in a constructive way, realise the effect they have had on her and prevent them from reoccurring.

In the above table there is significant association between the selected demographic variable of selected hospital at Jabalpur.

3.4.1 Descriptive Statistics

Descriptive Statics has been used to find the maximum, minimum, standard deviation, mean and normally distribution of

CONCLUSION

S.N	Demographic variables	categories	Frequency	<_ Median	> Median	RESULT			Inference
						DF	Chi – square value	P- Value	
1	Age in year	18-21	6	5	1	4	7.98	0.092	No significance
		22-25	17	8	9				
		26-29	12	7	5				
		30-33	4	0	4				
		34 &above	1	1	0				
2	Religion	Hindu	37	18	19	1	2.93	0.087	No significance
		Muslim	3	3	0				
		Others	0	0	0				
3	Educational status	Primary	4	1	3	3	2.49	0.478	No significance
		Secondary	17	10	7				
		Diploma	3	1	2				
		Graduate	16	10	6				
		Illiterate	0	0	0				
4	Monthly family income	<5000	17	6	11	2	5.53	0.063	No significance
		5000-10000	16	12	4				
		>10000	7	3	4				
5	Gender	Male	19	12	7	1	1.65	0.199	No significance
		Female	21	9	12				
6	Occupation	Government	6	3	3	2	0.15	0.928	No significance
		Private	18	9	9				
		Unemployed	16	9	7				
7	Types of family	Nuclear	10	3	7	2	5.80	0.055	No significance
		Joint	28	18	10				
		Extended	2	0	2				
8	History of PPD	Yes	3	2	1	1	0.261	0.609	No significance
		No	37	19	18				
9	Complication during pregnancy	Eclampsia	3	1	2	2	1.03	0.597	No significance
		Pre – eclampsia	0	0	0				
		Mental distress	6	4	2				
		Fetal death	0	0	0				
		Others	31	15	16				
10	Types of delivery	Vaginal Delivery	24	11	13	2	1.21	0.545	No significance
		Vaccum / Forceps	2	1	1				
		Cesarian section	14	9	5				

NURSING IMPLICATION

The finding of the study implication on various areas of nursing practice nursing education, nursing administration and nursing research. The study finding clearly reveal that most of the postnatal mothers had mild level of postpartum depression nurses and other health care profession are responsible for caring the women with depression related to hormonal change and psychosocial problem to nurses must be aware of the importance of intervention for depression and to avoid aware health affect.

NURSING EDUCATION

Postpartum depression is a mood disorder it affect the postnatal mother health, the nurse need to be adequate knowledge on postpartum depression and all it aspect including prevention treat care and support which help in encouraging postpartum depression education for perinatal nurse and a unique appportunity to educate mental health treatment and source of community support which will enable them to protect themselves with getting depression but also help in reducing it.

NURSING ADMINISTRATION

Nursing administration help the highes position in nursing practice area, who are knowledgeable of leadership practice they relate to the nursing profession the nurse will be required to perform on going assessment and apply critical thinking to provide optimum care and avoid for their complication.

NURSING RESEARCH

The essence of the research is to build up a body of knowledge in nursing as it is an evolving profession. a new research study is helping doctors and nurses to identify the emotional fluctuations that may increase a women's risk of developing PPD. This information can help obstetricians and nurses practitioners to screen pregnant women for prenatal depression and potentially ease their symptoms.

LIMITATIONS

1. The study is limited to 40 samples.
2. The study is only descriptive in natures

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