

## **“A Study To Assess The Effectiveness Of Structured Teaching Programme On Knowledge Regarding Postpartum Depression Among The Postnatal Mothers In Selected Hospitals ,Tumkur”**

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### **Abstract**

**BACKGROUND OF THE STUDY:** Postpartum depression is the depression suffered by a mother following childbirth, typically arising from the combination of hormonal changes, psychological adjustment to motherhood and fatigue. It is typically develop within 4-6 after giving birth. Postpartum depression is a mood disorder that affects approximately 10-15% adult mother yearly. Highest prevalence in Middle East and Asia compared to Western countries.

**MATERIALS AND METHODS:** The research approach chosen for this study was quantitative research approach. Quasi Experimental research design was chosen for this study. 50 postnatal mothers were selected for the study based on the inclusion and exclusion criteria. The sampling technique adopted for this study was purposive sampling technique. The collected data was analyzed and interpreted based on descriptive and inferential statistics.

**RESULTS :** The result showed that none of the postnatal mothers had adequate knowledge during pre test, but after administering structured teaching programme their knowledge level increased to 76%. Mean pre test score was 7.23 and the mean post test score was 32.16. Religion, education, occupation, and previous knowledge have significant association with knowledge regarding postpartum depression among the postnatal mothers. The demographic variables were found to be significant at 5% level ( $P<0.05$ ).

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### **I. Introduction**

Motherhood is a state of being mother. Pregnancy and the first year after the birth are periods that many parents find quite stressful. The birth of a baby is an emotional experience and, for many new mothers, feeling tearful and depressed is also common. Postpartum period begins immediately after the birth of a child. The first ten days are called as early postpartum and thereafter it is called late postpartum period.<sup>1</sup>

The World Health Organization (WHO) describes the postpartum period as the most critical and most neglected phase in the lives of mothers and babies. During postpartum period body and mind go through many changes during and after pregnancy.

Postpartum depression is a serious mental illness that involves the brain and affects brain behavior and physical health. Postpartum depression is also called as postnatal depression .Symptoms may include sadness, anxiety, crying,irritability,changes in eating and sleeping pattern

### **NEED FOR STUDY**

Postpartum depression is a mood disorder that affects 10-15%of adult mothers yearly with depressive symptoms lasts for more than 6 months among 25-50%of those affected.The global prevalence of postpartum depression is 100-150 per 1000 births. Postpartum depression rates in Asian countries could be 65% or more .There are more than 10 million cases per year in India. In the bulletin of World Health Organization a meta analysis study shown the incidence rate as, a) postpartum blues 300-700 per 1000 mothers b) postpartum psychosis .89-2.6 per 1000 mothers<sup>2</sup>

A Survey conducted by Royal College of Midwives found 20 per cent of women reported depressive symptoms after childbirth. During the postpartum period, up to 85% of women experience some type of mood disturbance. For most women, symptoms are transient and relatively mild, however, 10-15% of women experience a more disabling and persistent form of mood disturbance<sup>3</sup>

The researchers have handled many mothers with postpartum depression and found that they are having less knowledge about it .So the researcher decided to impart some knowledge to the postnatal mothers regarding postnatal depression.

### **OBJECTIVES**

1. To asses the pre test knowledge of postnatal mothers regarding postpartum depression.
2. To prepare and administer planned teaching programme on postpartum depression among postnatal mothers
3. To asses the post test knowledge of postnatal mothers regarding postpartum depression.
4. To find out the association between the knowledge of postnatal mothers with selected demographic variables.

### **HYPOTHESES**

**H-1** : There is significant difference in the pre test knowledge score and post test knowledge score

**H-2**: There is significant association between knowledge on postpartum depression with selected socio-demographic variables of postnatal mothers.

## **II. Materials And Methods**

### **RESEARCH APPROACH**

The research approach chosen for this study was quantitative research approach

### **RESEARCH DESIGN**

Quasi Experimental research design was chosen for this study.

### **SETTING OF THE STUDY**

The study was conducted at Shridevi Hospital Tumkur.

### **POPULATION**

Postnatal mothers who are admitted in postnatal ward at Shridevi Hospital Tumkur.

### **SAMPLE SIZE**

50 Patients were selected for the study based on the inclusion and exclusion criteria.

### **SAMPLING TECHNIQUE**

The sampling technique adopted for this study was purposive sampling technique.

### **CRITERIA FOR SAMPLE SELECTION**

#### **Inclusion Criteria**

- 1) Postnatal mothers who are admitted in postnatal ward
- 2) Postnatal mothers who are able to communicate in Kannada & English.

#### **Exclusion Criteria**

- 1) Postnatal mothers who are present at the time of study
- 2) who are not willing to participate in the study.

### **DATA COLLECTION TOOL**

Data collection tool consists of two parts.

**SECTION I** : Consists of demographic variables. This included age, religion, educational status, occupation, previous knowledge, and parity.

**SECTION II** : Structured knowledge questionnaire. It consists of 40 items All the items were multiple-choice questions, which has four alternative responses. A score value of (1) was allotted to each correct response. The total knowledge score was 40.

### **DATA COLLECTION PROCEDURE**

50 samples were selected using purposive sampling technique. Written permission was obtained from the Nursing Superintendent of Shridevi Hospital, Tumkur. The samples were selected by purposive sampling technique The purpose of the study was explained to them and informed consent was obtained from the samples. Pre test questionnaire was given to the postnatal mothers and after that STP was administrated for the mothers then 10 minutes was allotted for discussion. After 7 days of STP, posttest was conducted with the same questionnaire for the same group of mothers. The data collection process was terminated after thanking participants for their participation and co-operation.

## **III. Results**

### **DEMOGRAPHIC CHARACTERISTICS:**

In this study

- ❖ Majority 43 (82%) of the respondents were between the age group of 25-30..
- ❖ Most 28 (56%) of the respondents belongs to Hindu.

- ❖ Majority of the respondents 32 (62%) had completed primary education.
- ❖ .Only 20 (40%) of the subjects are working. Remaining are house wives.
- ❖ 10 (20%) of the subjects were having previous knowledge about postpartum depression.
- ❖ Many were belongs to primi parity ie.35 (70%)

**PRE TEST KNOWLEDGE OF POSTNATAL MOTHERS ON POSTPARTUM DEPRESSION.**

Sl. No	Item	Max. possible score	Mean	SD	Range	Mean%
1.	overall score	40	7.23	6.73	0-28	20

This table depicts the summery of statistical outcome of pre test knowledge on postpartum depression. The overall pretest knowledge score was found to be mean 7.23 with standard deviation 6.73 mean score percentage was 40 and score ranges between 0to 28.The mean percentage was 20.

**POST TEST KNOWLEDGE OF POSTNATAL MOTHERS ON POSTPARTUM DEPRESSION .**

Sl.No	Item	Max. possible score	Mean	SD	Range	Mean%
1.	Overall score	40	32.16	6.26	14-39	80.4

It depicts that the summery of statistical outcome of posttest knowledge score on postnatal depression. The overall post test knowledge score was found to be mean 32.16 with standard deviation 6.26 mean score percentage was 80.4 and score ranges between 14 to 39.

**ASSOCIATION BETWEEN DEMOGRAPHIC CHARACTERISTICS AND KNOWLEDGE OF POSTPARTUM DEPRESSION AMONG POSTNATAL MOTHERS.**

S.No	Characteristics	Chi-square value	Df	P-value	Result
1	Age	4.301	3	0.231	NS
2	Religion	8.869	2	0.012	Sig
S3	Educational qualification	28.516	3	0.000	Sig
4	Occupation	16.149	3	0.001	Sig
5	Previous knowledge	4.393	1	0.036	Sig
6	Parity	0.021	1	0.742	NS

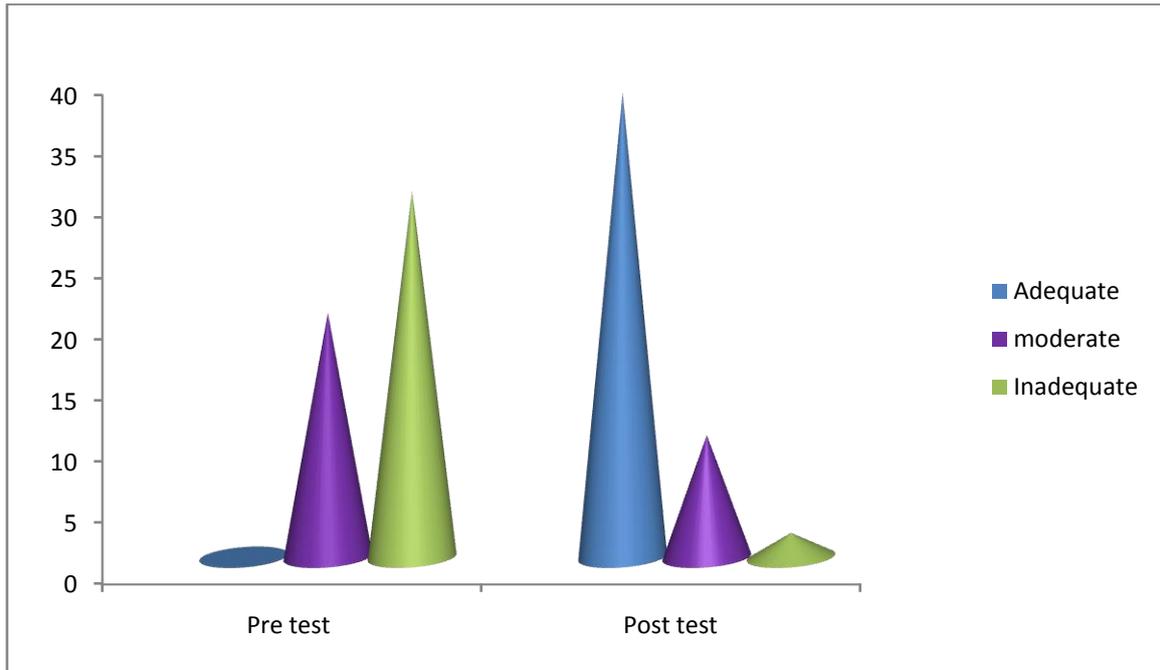
The above table states that religion, education, occupation, and previous knowledge have significant association with knowledge regarding postpartum depression among the postnatal mothers. Variables such as age and parity of the mother had no association with knowledge regarding postpartum depression among postnatal mothers.

**FREQUENCY AND PERCENTAGE DISTRIBUTION OF KNOWLEDGE LEVEL OF POSTPARTUM DEPRESSION AMONG POSTNATAL MOTHERS .**

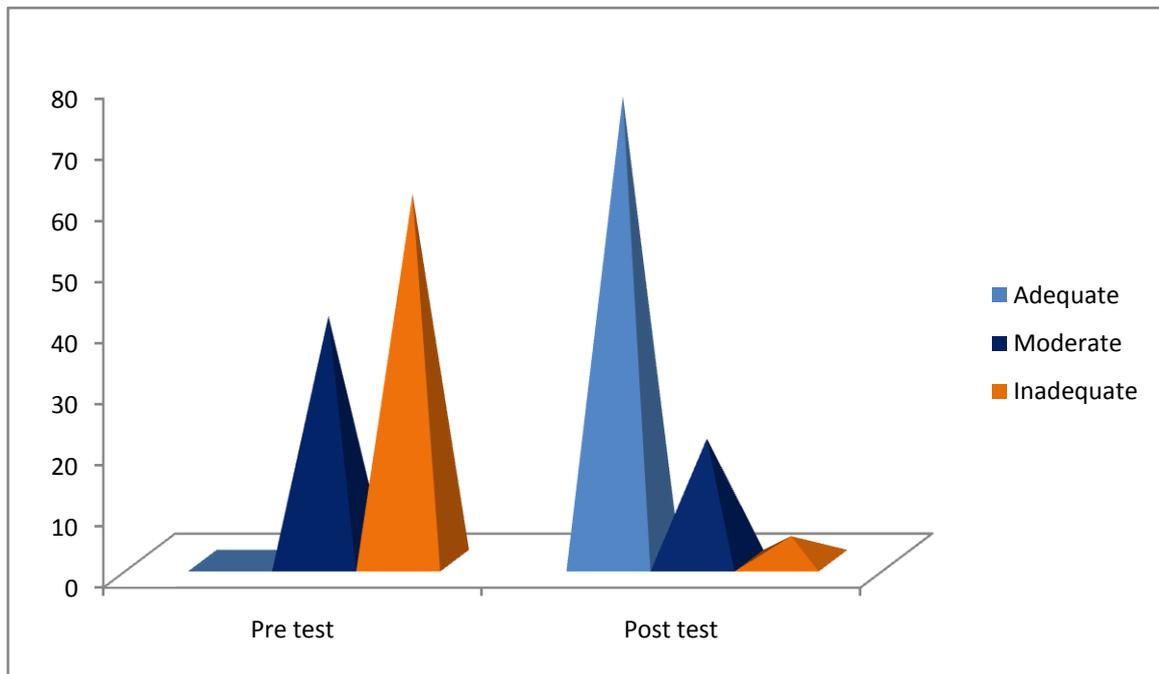
Grading	Score (%)	Pre-Test		Post-Test	
		Frequency (50)	%	Frequency (50)	%
Adequate	>75	0	0	38	76
Moderate	50--75	20	40	10	20
Inadequate	<50	30	60	02	04

The above table shows that in the pre test 20 postnatal mothers having moderate knowledge, 30 were having inadequate knowledge and none of them had adequate knowledge.

In the post test 38 postnatal mothers having adequate knowledge, 10 mothers are having Moderate knowledge and only 02 were having inadequate knowledge.



Frequency distribution of knowledge level of postnatal mothers on postpartum depression



Percentage distribution of knowledge level of postnatal mothers on postpartum depression

#### **IV. Discussion**

The purpose of the study was to assess the knowledge of postnatal mothers regarding postpartum depression before and administration of structured teaching programme. In this study it shown that none of the samples had adequate knowledge during pre test ,but, after administration of teaching programme their knowledge level have improved. After teaching 76% of postnatal mothers have adequate knowledge, 20% were having moderate knowledge and inadequate knowledge lowered from 60% to 04%.

Religion, education, occupation, and previous knowledge have significant association with knowledge regarding postpartum depression among the postnatal mothers. The demographic variables were found to be significant at 5% level ( $P < 0.05$ ).

### **NURSING IMPLICATIONS**

The implication of the study was discussed in four areas namely Nursing Practice, Nursing Administration, Nursing Education, Nursing Research.

### **RECOMMENDATIONS**

- 1) Similar study can conducted in community settings
- 2) The same study can be conducted with true experimental design.
- 3) Similar study can be conducted in large group.
- 4) A study can be conducted to assess the effectiveness of self instructional module on postpartum depression.

### **References**

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