

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

A study to assess postpartum depression among the postnatal mothers .a selected hospital at Jabalpur.

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.

Methods

This descriptive study was conducted in selective hospital in Jabalpur. The conceptual framework used for this study was based on Eun Joo Lee and Jeong Sook Park prediction model for postpartum depression. Tools used were rating scale to assess the level of postpartum depression of postnatal mothers. The validity of the tool was done by experts reliability of the tool was $r=0.85$ pilot study was conducted in 10 samples. Data were collected from selected hospital after getting permission from head of the hospital. For this study the researcher select 40 samples by using convenient sampling technique after getting written consent from subjects. The data was collected. Time spend from each sample was approximately 10 min [1,2].

Results

Descriptive statistic (%) and inferential statistic (chi-square correlation) were used to analyze the data .Results of the study were interpreted in terms of objective sand hypothesis of the study . The finding of the study shows that 7.5% postnatal mothers having moderate depression , 60% of postnatal mothers having mild depression , 32.5% of postnatal mothers having no depression [3,4].

Conclusion

In our study most of the postnatal mothers attained 60% (mild depression)postpartum depression , 32.5% (no depression) and 7.5% (moderate depression) .

Background of the Study

Postpartum depression (PPD) ,also called postnatal depression ,is a type of mood disorder associated with child birth which can affect both sexes symptom may include extreme sadness , low energy anxiety ,changes in sleeping or eating pattern ,crying episodes and irritability . The condition can also negatively affect the person child [5,6].

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 burned with mood problems ,in particular depression that may impact both mother and child [7,8].

The postpartum depression effect many women globally. In the

weeks and months that follow the birth of a child, between 10 and 20percent of mothers experience serious or moderate symptoms of depression, the postpartum depression affecting 13% women from diverse cultures. 10-15% women depends postnatal depressive illness. In India, studies have shown that depression among young women (20-30 years) is most common illiterate (80%) house wives with (95%) from rural areas highly religious (60%) poor (90%) primi para (80%) and with a live baby born (70%). The postnatal depression affects 10-20% of women in United State. Despite the well documented risk factor and health conscious of post-partum depression if often remains undetected and untreated. The prevalence rate as varying from 4.4% to 73% the most frequent psychiatric disorder seen after child birth, with a prevalence rate of 10-50%. The setting up of relevant and efficient prevention and promotion programs requires a better understanding of the effect of stress and social support on the mental health of mothers [9,10].

Hypothesis

There will be significant association between the level of postpartum depression among the postnatal mother with selected demographic variables [11].

Delimitation

- The research will be confined to postnatal mothers.
- Study is limited 40 samples.
- The study is only descriptive in nature and lack management programs.

Variables

Variable is anything that can change or anything that is reliable to vary. In this study there is no independent variable.

Dependent variable is effect of the action of the independent variable. In this study postpartum depression is dependent variable [12].

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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.

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 [13, 14].

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 suggests possible conclusion and helps the researcher in answering specialist questions in the most accurate and efficient way. In this study the researcher used a quantitative approach. A researcher's overall plan for obtaining an 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

Dependent variable is the effect of the action of the independent variable. In this study postpartum depression is the dependent 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.

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

It is a process of selecting a portion of the population to represent the entire population. The sample technique was convenience sampling. Postnatal mothers in selected hospitals/areas of Jabalpur. Postnatal mothers who are available at the time of data collection. Postnatal mothers who are not willing to participate in the study. Postnatal mothers who cannot read and write Hindi and English. Data are pieces 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 a self-administered rating scale [15].

Result

The analysis is a process of organizing and synthesizing data in such a way that a research can be answered and hypothesis tested. This chapter deals with analysis and interpretation of data collected from 40 postnatal mothers.

The collected data was tabulated, organized and analyzed using descriptive and inferential statistics. The results were analyzed using inferential and descriptive statistics based on the following objectives and hypothesis of the study.

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