

A DESCRIPTIVE STUDY TO ASSESS THE LEVEL OF DEPRESSION AMONG POST NATAL MOTHERS ADMITTED IN POST NATAL WARD IN SELECTED HOSPITALS OF JAIPUR (RAJ.) WITH A VIEW TO DEVELOP AN INFORMATION BOOKLET

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Abstract

Maternal mental health is widely and largely most neglected issue in India. As per W.H.O Post partum depression is a global issue. Postnatal depression, is more serious form of clinical depression, has more impact on females. A descriptive **quantitative research approach** was used for the present study. Research design with **Non Experimental Descriptive Survey research** design was used to assess the level of depression among post natal mothers. The present study was conducted among 300 post natal mothers of selected hospitals of Jaipur. Among 300 of study samples 58.67% mothers having no depression, 25.0% mothers having mild depression and 16.3% mothers were having early symptoms of postpartum depression. Age of mother, number of pregnancy, number of more children, low income, less education, living in joint family with more house hold activities and unavailability of support system unplanned-pregnancy, sex of child these demographic variables were associated with post partum depression with significant association" {at $p < 0.05$ level } were determined by chi-square-test.

Interview technique was used for collection of data with using the SPSS statistical soft ware 21.0 versions.

Early-screening, health-education and counseling to mothers as well as family members will reduce maternal-death and enhance parental bonding.

Keywords: Post-partum mother, Post-partum blues, Post-partum psychosis, Post- partum Depression, Information –Booklet, E.P.D.S

INTRODUCTION

Post partum depression is a global issue. and a "silent killer" It is an affective disorder that can occur after delivery. The Severity of depression in postpartum period varies from a feeling of the "blues, to moderate depression, to psychotic depression or melancholia of women who give birth. Baby blues, postpartum depression, and postpartum psychosis are the three types of postpartum mood disorders based on their onset and severity .The incidence of post natal depression is about 10-20%. Depressed mood, agitation in decision making, lack of concentration, guilt,an abnormal attitude towards bodily functions and rejection of the baby are all symptoms of postpartum depression. Post partum depression can affect all races, ethnicities, education and socio economic level.

STATEMENT OF THE PROBLEM

"A descriptive study to assess the level of depression among post natal mothers, admitted in post natal ward in selected hospitals of jaipur (raj.), with a view to develop as

information booklet."

OBJECTIVES OF THE STUDY

1. To Assess the level of depression among post-natal mothers in selected hospitals of Jaipur.
2. To correlate level of depression with demographic variables among post natal mothers
3. To develop an information booklet on early screening and recognition of level of depression for preventive measure and better management of PPD.

RESEARCH HYPOTHESIS-

A hypothesis is an assumption statement about the relationship between two or more variables that suggest and answer to the research questions.

H₀₁ There will be significant correlations between level of depression and post partum mother.

H₀₂ There will be significant association between demographic variables and level of depression.

METHODOLOGY

The conceptual frame work selected for the study was based on **Dorothea Orem's Self-Care Deficit Theory,-1959-2001.**

In this study a **descriptive quantitative research approach** and **Non Experimental Descriptive Survey research design** were used to assess the level of depression among post natal mothers, admitted in post natal ward in selected hospitals of Jaipur (Raj.), with a view to develop as information booklet." For the study a convenient Sampling Technique was used.

In this study 300 post natal mothers were selected as samples. A standardized interview questionnaire EPDS was constructed in Hindi version and given to mothers after obtaining consent. Few mothers are explained in their local language and few were needed more Explanations. The patients took 30 minutes to complete the questionnaire. All respondents cooperated well during data collection period. The data collection process was terminated after thanking the respondents for their cooperation and prompt response. Information booklets were distributed among mothers those are showing signs of depression.

RESULTS

The measured findings indicated that 58.67% mothers having no depression, 25.0% mothers having mild depression and 16.3% mothers were having early symptoms of postpartum depression. Age of mother, number of pregnancy, number of more children, low income, less education, living in joint family with more house hold activities and unavailability of support system unplanned-pregnancy , sex of child these demographic variables were associated with post partum depression with significant association {at p<0.05 level}. The association between level of postpartum depression, among postnatal mothers, with selected demographic variables were determined by chi-square-test.

INTERPRETATION AND CONCLUSION

The study concluded that in most cases post natal mothers are more prone for post partum depression and demographic variables such as personal, social, emotional, educational and occupational factors are responsible for PPD. Findings of study proved that mild depression are more prevalent and information- booklets are very effective and beneficial for postpartum mothers.

On the basis of findings, it is recommended that a similar study can be replicated among

mothers of home delivery. It is also recommended to introduce Antenatal education on a wide scale for increasing awareness among mothers through planned awareness program.

It is also essential to assess the efficacy of a proposed teaching program among postnatal mothers in order to promote early detection of factors that influence depressive status. Health practitioners should have resources for education for mothers.

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