

## A STUDY TO ASSESS THE QUALITY OF LIFE AMONG THE POSTNATAL MOTHERS UNDERGONE NORMAL DELIVERY AND CAESAREAN SECTION IN A SELECTED COMMUNITY, WEST BENGAL.

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### Abstract

Pregnancy is considered a normal physiological process, but sometimes due to many factors intervention is needed to accomplish the process of labor and delivery. The process of childbirth and the immediate postnatal period both are not so simple and there is a huge transition in physiological, psychological and social aspects. A descriptive study was conducted to assess the quality of life among the post natal mothers undergone normal delivery and cesarean section in a selected community West Bengal with the objectives of to assess the quality of life among mothers undergone normal delivery & cesarean section and to find out the association between quality of life of mothers undergone normal delivery & cesarean section and the selected demographic variables. In this study a descriptive survey design was adopted. Non-probability purposive sampling technique was followed to select 60 clients from selected community in West Bengal. The tools used for this study were structured interview schedule and the revised Maternal Post-Partum Quality Of Life Questionnaire (MAPP QOL) were used to assess the quality of life. The study findings revealed that among 30 mothers undergone normal delivery majority (50 %) of the mothers had moderately satisfied quality of life and among 30 mothers undergone cesarean section maximum (60%) mothers' perceived very dissatisfied quality of life. The significant association was found between quality of life and religion among the mother's undergone normal delivery [ $X^2$  df (1) 3.84, 0.05 level of significance]. The study was believed to be helpful for assessment of Quality of Life among the postnatal mothers. The study has implication in different field of nursing and recommendation was made for large sample for generalization.

**Keywords:** Pregnancy, postnatal, demographic, mother, delivery

### INTRODUCTION

The postpartum period is sometime referred to as fourth stage of labor. It begins after giving birth and may extend up to six to eight week because the effect of pregnancy on many system have largely return to the pre pregnancy state by this time. During postpartum period mothers experience physiological and psychological dangers and continue to have risk, particularly during the first week of postpartum period. Postpartum health risks include physical health risk like anemia, infection or wound healing complication, as well as mental health risk like anxiety, depression, fatigue or stress which can bring about various morbidity in the postpartum period.

### PROBLEM STATEMENT

A study to assess the quality of life among the postnatal mothers undergone normal delivery and caesarean section in a selected community, west bengal.

## OBJECTIVES

1. To assess the quality of life among mothers undergone normal delivery.
2. To assess the quality of life among Mothers undergone caesarean section.
3. To find out association between quality of life of mothers undergone normal delivery and the selected demographic variables.
4. To find out association between quality of life of mothers undergone caesarean section and the selected demographic variables.

## METHODOLOGY

### RESEARCH APPROACH

Descriptive survey approach is adopted to collect data from mothers' undergone normal delivery and caesarean section. As the present study is concerned with the quality of life of mothers, descriptive survey approach is found to be the best and appropriate.

### RESEARCH DESIGN

Research design is the overall blue print of the study under investigation. It provides the framework for the study. The Quantitative descriptive survey design is adopted for the present study

## VARIABLES OF THE STUDY

Research variables

Quality of life of mother undergone normal delivery and caesarean section.

Other variables

Age, Religion, Education, Occupation, Number of child, Post-partum period.

## SETTINGS OF THE STUDY

The setting is the location in which a study is conducted. The settings of the present study are as follows:

Pilot study will be conducted at Uttarpara sub-center, Radharghat, West Bengal.

Final study will be conducted in Bazarpara Sub-Center, Radharghat, West Bengal.

## POPULATION

Population is the set of the people or entities to which the results of a research are to be generalized. In this study the population comprises of postnatal mothers undergone normal delivery and cesarean section.

## SAMPLE

Sample is a subset of the population that is selected for a particular study. In the present study samples comprised of postnatal mothers undergone normal delivery and cesarean section in the selected community.

## SAMPLE SIZE

In the present study total 60 postnatal mothers were selected as sample.

## SAMPLING TECHNIQUE

The selection of sampling technique mostly depends on the availability of the sample. Therefore, the sampling technique adopted for the present study is purposive method of sampling.

**DESCRIPTION OF DATA COLLECTION TOOLS AND TECHNIQUES**

Sl no	Data collection Tool	Variables Measured	Technique
Tool- I	Structured Interview Schedule	Demographic profile of mothers undergone normal delivery and cesarean section	Interviewing
Tool- II	Revised Maternal Post Partum Quality Of Life Questionnaire	Quality of Life of mothers undergone normal delivery and cesarean section	Interviewing

**PLAN FOR DATA ANALYSIS**

The analysis of the data was based on objectives by using descriptive and inferential statistics. The plan for data analysis is as follows:

1. Sample characteristics are analyzed regarding frequency and percentage distribution
2. Frequency and percentage distribution of perceived quality of life of sample according to the obtained score in Revised MAPP-QOL Questionnaire.
3. Associations of Quality of life with selected demographic variables are assessed by chi square test of association.

**Section IA: Findings related to the demographic data of the mothers undergone normal delivery :**

Data presented in table 2 showed that majority 21 (70%) of the parents belonged to the age group of 20-30 years and 9 (30 %) belonged to the age group of less than 20 years. It was also depicted from the above table that among 30 mothers majority 19 (63%) were muslim. Data presented in table 3 depicted that majority 16 (53%) of the respondents' have above secondary level education and 14 (47%) have upto secondary level education. Data presented in the above table showed that majority 28 (93%) of the respondents were housewife and only 2 (7 %) were business women. Data presented in table 4 depicted that majority 27 (90%) of the respondents' have one or two children and 3 (10%) have more than 2 children. Data presented in the above table showed that majority 16 (53%) of the respondents were in the post-partum period of more than 6 months to 12 months and only 2 (7 %) were in the post-partum period of less than 43 days. Data presented in figure 1 indicate that majority 22(73% ) of the mothers belong to the age group of 20-30 years and only 2 (7%) mothers' age is above 30 years.

**Section IIA: Analysis of quality of life of mothers undergone normal delivery according to obtained score in Revised MAPP-QOL Questionnaire.**

		n = 30
Quality of life	Frequency	Percentage %
Dissatisfied QOL (score <63)	1	3
Slightly satisfied QOL (score 64-84)	12	40
Moderately satisfied QOL (score 85-106)	15	50
Very satisfied QOL (SCORE >107)	2	7

**Section IIB: Analysis of quality of life of mothers undergone cesarean section according to obtained score in Revised MAPP-QOL Questionnaire.**

		n = 30
Quality of life	Frequency	Percentage %

Dissatisfied QOL(score<63)	18	60
Slightly satisfied QOL(score 64-84)	7	23
Moderately satisfied QOL(score 85-	5	17
Very satisfied QOL(score>107)	-	-

### Section IIIA: Findings related to the association between quality of life of mothers undergone normal delivery and selected demographic characteristics.

Data presented in table 9 indicate that chi square was computed between age of the mothers and quality of life perceived by them which was not found statistically significant at 0.05 level of significance. So, it can be concluded that the quality of life of mothers were not associated with their age.

The table also showed that chi square was computed between religion of the mothers and quality of life perceived by them which was found statistically significant at 0.05 level of significance. So, it can be concluded that the quality of life of mothers undergone normal delivery were associated with their religion.

Data presented in table 10 indicate that chi square was computed between education and occupation of the mothers and quality of life perceived by them which was not found statistically significant at 0.05 level of significance. So, it can be concluded that the quality of life of mothers who undergone normal delivery were not associated with their education and occupation.

Data presented in table 11 indicate that chi square was computed between number of child and post partum period and quality of life perceived by them which was not found statistically significant at 0.05 level of significance. So, it can be concluded that the quality of life of mothers were not associated with number of child and post partum period.

Data presented in table 12 indicate that chi square was computed between age and religion of the mothers undergone cesarean section and quality of life perceived by them which was not found statistically significant at 0.05 level of significance. So, it can be concluded that the quality of life of mothers were not associated with their age and religion of the mothers.

Data presented in table 13 indicate that chi square was computed between education and occupation of the mothers and quality of life perceived by them which was not found statistically significant at 0.05 level of significance. So, it can be concluded that the quality of life of mothers who undergone cesarean section were not associated with their education and occupation.

Data presented in table 11 indicate that chi square was computed between number of child and post partum period and quality of life perceived by them which was not found statistically significant at 0.05 level of significance. So, it can be concluded that the quality of life of mothers were not associated with number of child and post partum period.

### RECOMMENDATION

On the basis of the study findings, the investigator makes the following recommendations

1. Similar study can be conducted with the larger sample on a long term and periodic basis to validate the findings.
2. In depth qualitative research can be employed to explore the experiences of the postnatal mothers and also to determine the important variable that influences the quality of life.

3. Studies can be done to compare the quality of life among normal delivery mothers and cesarean section mothers.

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