



A Descriptive Study to Assess the Level of Knowledge Regarding Postpartum Depression Among Postnatal Women at Selected Community Area of Raipur Chhattisgarh

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ABSTRACT

PROBLEM STATEMENT:- A descriptive study to assess the level of knowledge regarding postpartum depression among postnatal women at selected community area of Raipur Chhattisgarh.

OBJECTIVES :- 1. To assess the level of knowledge regarding postpartum depression among postnatal women.

2. To find out the association of level of knowledge regarding postpartum depression with selected socio demographic variables.

3. To provide pamphlet with an aim to prevention and management of postpartum depression.

METHOD -A quantitative research approach was adopted for the study as it enable the researcher to determine of the effectiveness of informative pamphlet in terms of knowledge gain regarding postpartum depression among the postnatal women.

Research approach is the vehicle for answering, questions. It indicates the basic procedure of conducting research. It involves a plan as well as structure and strategy to assess the knowledge of the postnatal women at selected community area of Raipur, C.G.

RESULT -According to the socio demographic variables the age group of the postnatal mother assessed and shows that maximum 53.3 %

Related to educational status shows that maximum postnatal mothers 45% in high school, 33.3% of postnatal mothers were higher secondary, 16.6% postnatal were graduated and 5% postnatal mother were post graduated.

Related to occupation shows that 18.3% postnatal mother was govt. Job , 66.6% postnatal mother were in privet job, 1.6% postnatal mother were farmer , 13.3% postnatal mother were labourer. Related to monthly income shows that 63.3% postnatal mothers monthly income is 5000-7000, 28.3% postnatal mothers monthly income id 7001-10,000, 8.30% postnatal mothers monthly income is 10,001-13000 and 0% postnatal mothers monthly income is more then 13000.

Related to type of family shows that 33.3% postnatal mothers have nuclear family , maximum 56.6% postnatal mothers have joint family, 8.3% postnatal mothers have extended family, minimum 1.6% postnatal mothers have others types of family.

Related to area shows that maximum postnatal mothers 67% were belongs from urban area, 25% postnatal mothers were belongs from rural area, 6.60% postnatal mothers were belongs from slums area, and 1.6% postnatal mothers were belongs from other area.

The findings of the study of the postnatal mothers knowledge is good 16.6% , average 50% and poor 33.3%.

Association between selected socio demographic variables with knowledge level of postpartum depression pamphlet among postnatal mothers was using chi-square test, Hence the stated research hypothesis "H0: There will be no significant association between knowledge regarding postpartum depression among postnatal mother with selected socio demographic variable." is rejected.

KEYWORDS- Postpartum, Depression, Knowledge, **Postnatal Women**

INTRODUCTION

“All that i am or hope to be, i owe to my angel mother “

ABRAHAM LINCOLN

Postpartum depression (PPD), also called postnatal depression, is a type of mood disorder associated with childbirth, which can affect both sexes. Symptoms may include extreme sadness, low energy, anxiety, crying episodes, irritability, and changes in sleeping or eating patterns. Onset is typically between one week and one month following childbirth. PPD can also negatively affect the newborn child.

While the exact cause of PPD (postpartum depression) is unclear, the cause is believed to be combination of physical, emotional, genetic, and social factors. These may include factors such as hormonal changes and sleep deprivation risk factors include prior episodes of postpartum depression, bipolar disorder, a family history of depression, psychological stress complications of childbirth, lack of support, or drug use disorder. diagnosis is based on a person's symptoms. While most women experience a brief period of worry or unhappiness after delivery, postpartum depression should be suspected when symptoms are severe and last over two weeks.

ACCORDING TO SUCHER AND COLLOGURS The birth of new baby can be an exciting and stressful time for mother, new mother may experience joy fear excitement anxiety even depression over 50% of new mother experience a form of mild depression after birth of their child this is often called the baby blues and only lasts a few week about 10% of new mother develop a more intense and longer lasting condition called post partum depression.

ACCORDING TO KIPPERING:-

Researchers think that change in your hormones levels during and after pregnancy may level to postpartum depression if you think you have if tell your health care provider medicine and talk therapy can help you get well.

Post partum depression also called post natal depression which can effect both sex after child with symptoms may include sadness low energy change in sleeping and eating patterns reduced desire for sex crying episodes anxiety and irritability while may women experience self limited mild symptoms. Postpartum depression should be suspected when symptoms are sever and have lasted over the weeks.

NEEDS OF THE STUDY :-

“ How wonderful it is that nobody need wait a single movement before starting too improve the world. ”

Anne frank

Need for all of the awareness that has been generated about post partum depression. There is a great deal that is still unknown about the disorder postpartum depression unique type of depression where women experiencing it care biologically different than those experiencing a major depressive episode of another point in life ? or is post partum depression a major depressive episode that occurs in a specific time from ? what about depression that begins during pregnancy ? is it wholly & distinctly different than depression that sets in six week after birth ? believe it or not even the diagnosis of post partum depression is technically unofficial

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OBJECTIVES:-

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HYPOTHESIS :-

H0There will be no significant association regarding post-partum depression among postnatal mother. With selected social demographic variable.

H1There will be no significant association regarding post-partum depression with selected demographic variables among postnatal mother.

OPERATIONAL DEFINITION :-

1. **Knowledge:** It refers to the information among postnatal women at selected community area regarding postpartum depression.
2. **Assess:** To determine the desire information among postnatal women.
3. **Mother:** a female person who is pregnant with or gives birth a child.
4. **Post natal:-**post natal period or post-partum period beginning immediately after the birth of a child & extending for about six weeks.
5. **Postpartum depression:-**a form of severe depression after delivery that interferes with daily functioning & requires treatment it can occur a few days weaker even month after the child.

DELIMITATION: - Delimitation literally means the act or process of fixing limits or boundaries.

- Studies limited to mother who is in post-partum period.
- Post-natal Mothers who is present at the time of data collection are not including in this study.
- Only 60 samples are drawn.

CRITERIA:-**Inclusive criteria:-**

- Post natal mother of selected community area Raipur.
- Post natal mother who are willing to participate in study.

Exclusive criteria:-

- Post natal mother who are not willing to participate
- Post natal mothers who are not present in the time of selection the sample

CONCEPTUAL FRAMEWORK:-

The conceptual framework is based on general system theory. A theory is made of a separate compartment parts relay on one other are inner related for common purpose and in together to form a whole. In system model there is input through- put, output and feedback. The aim of the study was to increase the knowledge of postnatal mothers regarding PPD. Ludwig von bertalanffys consist of three components.

INPUT;- input is the assessing the level of postpartum depression and knowledge regarding PPD among postnatal mother.

REVIEW OF LITRATURE

Review of literature is a key step in the research process. The types of the purpose of analyzing a review of exacting literature is to generate question and to identify what is known and what is unknown about the topic. The major goal of the review of literature are develop a strong knowledge base to carry out research and non-research is scholarly activity.

A literature review is an account of what has been already established or published on a particular research topic by the accredited scholars and researchers.

The literature reviewed for the present study has presented under four min section:-

- Review of literature related to knowledge of postnatal mothers regarding postpartum depression.
- Review of literature related to incidence rate of postpartum depression.
- Review of literature related to care of children.
- Review of literature related to clinical findings of postpartum depression.
- Review of literature related to postpartum depression during covid-19.

METHODOLOGY

Methodology of research refers to investigation and the always of obtaining organizing & analyzing the data. Methodology studies address the development, validation & evaluation of research tools or method.

[ACCORDING TO B.T. BASAVANTHAPPA]

This chapter includes research approach, research design, variables, used under study selection & description of field for the study, population & selection of sample development of tools, criterion measures, content validity, pilot study, reliability of tool data collection procedure, difficulties faced by investigator & plan of data analysis.

RESEARCH APPROACH

Research approach is the vehicle for answering, questions. It indicates the basic procedure of conducting research. It involves a plan as well as structure and strategy. 21 According to Polit&Hungler (1999) – Explained that the classical approach for conducting the research consist of four phases namely, determining the objectives of the programme, developing means of measurement, collecting data & interpretation of data collected

RESEARCH DESIGN

Research design depicts the overall plan for collecting and analysing the data including specialization for enhancing the internal & external validity of the study. The term research design refers to the plan of organizing a scientific investigation.

SETTING OF STUDY:- In this study was conducted in selected community area of Raipur (C.G.). The criteria for selecting the sitting was feasibility for conducting a study, availability of sample and familiarity of investigator with the sitting, investigator felt that are would be rich opportunity to assess the prevalence and occurrence of postpartum depression in postnatal women

VARIABLES UNDERSTUDY - According to Suresh K. Sharma – Variables are qualities, properties, or characteristics of person, things or situations that change or vary. Socio Demographic Variables – Socio economic variables selected for the include age, religion, education, completely, occupation, religion, family monthly income, type of family, & residence

POPULATION- According to Polit&Hungler (1999) –“Population refers to the entire aggregation of cases that meet the designated criteria”. Suresh K. Sharma – “The total number of people or objects which are meeting the designated set of criteria refers to as a target population”. In this study the population is all the postnatal mother at SELECTED community area, Raipu

SAMPLE -According to Suresh K. Sharma –“Sample may be defined as representative units of a target population which is to be worked upon by researchers during their study. In this study sample were 60 postnatal mothers at community area, Raipur

SAMPLING TECHIQUE According to Polit and Hungler (1999) – ,“Sampling technique is the process a representative part of the population thus a carefully carried out help to draw a sample that represents the characteristics of the population from which the sample is drawn.””

SELECTION AND DEVELOPMENT OF TOOL -Based on problem statement and objectives of the study, the following steps were undertaken to select and develop the data collection tool. 25

1. Selection of the tool – The researcher used self-structured questionnaire schedule for demographic data & to assess the knowledge regarding postpartum depression.
2. Development of tool – The tool was developed after. · Extensive review of research and non research literature. · Based on the consultation with the subject experts in the field of obstetrics nursing and statistics. · Formal and informal discussion with peer group

DATA ANALYSIS AND INTERPRETATION

Data analysis refers to number of closely related operations which are perform with the purpose of summarizing the collected data in such a manner that it would be answered in the research questions. This chapter presents that details and interpretations of data collected to determine the effectiveness of instructions module on the knowledge level of 60 postnatal mothers regarding postpartum depression. The data analysis was carried out on the basis of objectives and hypothesis. The data collected was organized, tabulated, analysed and interpreted by statistically tables and graphs.

CONCLUSION

On the basis of the findings of the study, the following conclusion was drawn

Hypothesis = H1 there will be significant change in knowledge scour of postnatal mother regarding postpartum depression is accepted.

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