



## AN EXPERIMENTAL STUDY TO ASSESS THE EFFECTIVENESS OF PLANNED TEACHING PROGRAMME ON KNOWLEDGE REGARDING POSTPARTUM PSYCHIATRIC DISORDERS AMONG ANTENATAL MOTHERS IN SELECTED RURAL AREAS.

**Ms. Megha S. Kumbhare\***

M.Sc. in Mental Health Nursing, VSPM MDINE, Digdoh Hill, Hingana Road, Nagpur, Maharashtra, India-440019. \*Corresponding Author

**Mrs. Susanne Mathew**

Professor, M.Sc. in Mental Health Nursing, VSPM MDINE, Digdoh Hill, Hingana Road, Nagpur, Maharashtra, India-440019.

### ABSTRACT

**Aims:** the aim of the present study was 1. To assess the pre-test knowledge regarding postpartum psychiatric disorders among antenatal mothers, 2. To assess the post test knowledge regarding postpartum psychiatric disorders among antenatal mothers, 3. To assess the effectiveness of planned teaching programme on knowledge regarding postpartum psychiatric disorders among the antenatal mothers. 4. To associate the knowledge score with selected demographic variables. **Material and methods:** Quantitative research approach with pre experimental one group pre test post test design was used for study. Total 60 antenatal mothers was selected by non probability convenient sampling technique. Self structured knowledge questionnaire was used for data collection. Validity and reliability was checked by experts. Pilot study was conducted with 10% of samples. Analysis done with the pre test knowledge score of antenatal mothers by using descriptive and inferential statistic. **Result:** majority of the subjects 50.38% were from the age group of 19-27 years, while 41.7% in 28-36 years, none of them belong to 37-45 years and more than 45 years age group. In that majority 46.67% of the antenatal mothers had poor knowledge level. 45% had average knowledge level and 8.33% of them having good knowledge level, none of them came in very good and excellent knowledge score in pre-test. **Conclusion:** this study reveals mean pre test knowledge score is 6.88 and the mean post test knowledge score is 18.48. The calculated t' value is 28.50 is greater than tabulated value 2.00 at 0.5 level of significance. Analysis also reveals that there is association of knowledge score with educational status of antenatal mothers. Hence it is statistically interpreted that the planned teaching programme is effective as a teaching strategy.

**KEYWORDS :** Postpartum psychiatric disorders, Antenatal mothers, planned teaching programme, Effectiveness.

### INTRODUCTION

Many females experience a wide range of overwhelming emotions such as anticipation, excitement, happiness, fulfillment, as well as anxiety, frustration, confusion, or sadness/guilt during pregnancy and postpartum period. Pregnancy is a complex and vulnerable period that presents a number of challenges to women, including the development of postpartum psychiatric disorders (PPDs). In this positive sense, mental health is the foundation for individual well-being and the effective functioning of a community.<sup>1</sup>

Postpartum period is demanding period characterized by overwhelming biological, physical, social, and emotional changes. It requires significant personal and interpersonal adaptation, especially in case of primigravida. Pregnant women and their families have lots of aspirations from the postpartum period, which is color by the joyful arrival of a new baby. Unfortunately, women in the postpartum period can be vulnerable to a range of psychiatric disorders like postpartum blues, depression, and psychosis.<sup>2</sup>

The mothers are the only source to prevent and reduce the prevalence of Postpartum Psychiatric Disorder.

### BACKGROUND OF THE STUDY

Worldwide about 10% of pregnant women and 13% of women who have just given birth experience a mental disorder, primarily depression. In developing countries this is even higher, i.e. 15.6% during pregnancy and 19.8% after child birth. In severe cases mothers suffering might be so severe that they may even commit suicide. In addition, the affected mothers cannot function properly. As a result, the children's growth and development may be negatively affected as well. Maternal mental disorders are treatable. Effective interventions can be delivered even by well trained non-specialist health providers.<sup>3</sup>

### NEED OF THE STUDY

In general, clinical depression occurs in approximately 15 to

25 percent of the population, and women are twice as likely as men to experience depression. Because women are most likely to experience depression during the primary reproductive years (25 to 45), they are especially vulnerable to developing depression during pregnancy and after childbirth. Women who develop these disorders do not need to feel ashamed or alone; treatment and support are available.<sup>4</sup>

An Experimental study conducted on Prenatal Education and Postpartum Well-being. Postpartum adjustment to the first-time parents is a great challenge in life. Failure to adjust and adapt in the early period of postpartum could lead to a more serious psychological disorders in the mothers as well as the fathers. Therefore, this study aimed to review the effectiveness of prenatal education as an early intervention toward postpartum adjustment and psychological well-being among the parents. An online electronic database searched was conducted and the relevant studies were selected and included based on the selection criteria. Six studies were included in this review, however no consistent results were found in the studies. Prenatal education had different level of effectiveness in the postpartum adjustment and psychological well-being of a parent. The early intervention aimed at specific psychological issues during the postpartum period would yield a more effective result as compared to a more general postpartum adjustment issues. There were no standardized prenatal education program for the expecting parents but most of the studies structured the education programs according to their targeted needs of the study.<sup>5</sup>

From the above finding the investigator felt that prevalence of Postpartum Psychiatric Disorders is rising and very common in mothers. So educating mothers in antenatal period is important for prevention and minimizing the incidence of Postpartum Psychiatric Disorders. Hence, this study will be helping to improve the knowledge of the antenatal mothers.

### OBJECTIVE OF THE STUDY

**Primary objective:**

To assess the effectiveness of planned teaching programme on knowledge regarding Postpartum Psychiatric Disorders among the antenatal mothers residing in selected rural areas.

**Secondary objective:**

1. To assess the pre-test knowledge regarding Postpartum Psychiatric Disorders among the antenatal mothers.
2. To assess the post-test knowledge regarding Postpartum Psychiatric Disorders among the antenatal mothers.
3. To assess the effectiveness of planned teaching programme on knowledge regarding Postpartum Psychiatric Disorders among the antenatal mothers.
4. To associate the knowledge score with selected demographic variables.

**HYPOTHESIS**

Hypothesis will be tested at 0.05 level of significance.  
 H<sub>0</sub> – There will be no significant difference between pre-test and post-test knowledge score regarding Postpartum Psychiatric Disorders among antenatal mothers residing in selected rural areas.

H<sub>1</sub> – There will be significant difference between pre-test and post-test knowledge score regarding Postpartum Psychiatric Disorders among antenatal mothers residing in selected rural areas.

**ETHICAL ASPECTS**

This study was approved by the institutional ethical committee and study will be conducted in accordance with ethical guidance prescribed by centra ethical committee on human research. The ethical consideration for study is applicable to patients with skin problem and assessed the subjects is protected from any physical, psychological and emotional harm.

**CONCEPTUAL FRAMEWORK**

Imogene M. King:King's Conceptual System And Theory Of Goal Attainment And Transactional Process<sup>6</sup>.

**METHODOLOGY**

**Research Approach**  
 Quantitative approach<sup>7</sup>

**Research Design**

Pre experimental one group pre test and post test design.<sup>7</sup>

**Setting**

Selected rural areas.

**Duration of Study**

1. Study was completed in 18 months.
2. Data collection was completed in 6 weeks.

**SAMPLING CRITERIA:**

**INCLUSIVE CRITERIA**

- Antenatal mothers who are:
1. Able to read Marathi, Hindi and English.
  2. Available from: the time of data collection.

**EXCLUSIVE CRITERIA**

**Antenatal mothers who are:**

1. Not willing to participate in study.
2. Have attended any training regarding the Postpartum Psychiatric Disorders.

**VARIABLES**

**Independent variables:**

Planned teaching programme on Postpartum Psychiatric Disorders.

**Dependent variables:**

Knowledge regarding Postpartum Psychiatric Disorders.

**Demographic variables:**

Age, religion, educational status, monthly family income, type of family, occupation, no. of children.

**Population**

All antenatal mothers.

**Target population**

All antenatal mothers residing in selected rural areas.

**Accessible population**

All antenatal mothers residing in selected rural areas and are available at the time of data collection.

**TOOLS**

**Development Of Tool**

The investigator developed the tool after updating her theoretical knowledge regarding selected postpartum psychiatric disorder in antenatal mothers. The investigator's experience, theoretical knowledge and guide from the experts along with the review of literature helped in development the tool necessary for the study.<sup>7</sup>

**Description of tools**

Structured questionnaire consist of two section

**Section –A**

It consist of 7 demographic variable. Examples: Age(in year), religion, educational status, monthly family income(in rupees), type of family, occupation, no. of children

**Section-B**

It consists of 30 questions of knowledge regarding various aspects of Postpartum Psychiatric Disorders.

**Scoring**

- For correct answer score 1 was given
- For wrong answer score 0 was given
- Knowledge was graded from poor to excellent based on knowledge score

**LEVEL OF KNOWLEDGE SCORE**

Excellent	25-30
Very good	19-20
Good	13-18
Average	7-12
Poor	0-6

**RESULT**

**Table No. 1 : Table Showing The Frequency And Percentage Wise Distribution Of Demographic Variables.**

**N = 60**

Demographic Variables	Frequency	Percentage(%)
<b>Age in years</b>		
19-27	35	58.33%
28- 36	25	41.7%
37-45	0	0
>45	0	0
<b>Religion</b>		
Hindu	41	68.33%
Muslim	08	13.33%
Christian	04	6.7%
Other	07	11.7%
<b>Educational status</b>		
SSC	16	26.70%
HSC	21	35%
Under-graduation	12	20%
Other	11	18.3%
<b>Monthly family income (in rupees)</b>		
<10000	33	55%

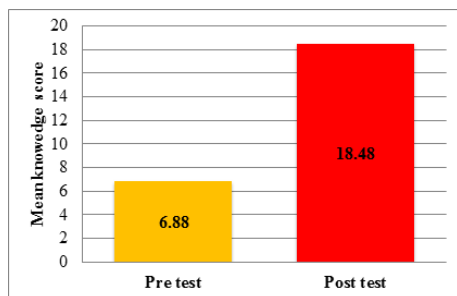
10001-15000	20	33.3%
15001-20000	07	11.7%
>20000	0	0
<b>Type of family</b>		
Nuclear family	28	46.7%
Joint family	32	53.3%
Extended family	0	0
<b>Occupation</b>		
Labourer	12	20%
Self-employment	08	13.33%
Service	0	0
Homemaker	40	66.7%
<b>No. Of children</b>		
0	30	50%
1	25	41.7%
2	05	8.3
3	0	0
>3	0	0

**Table No. 2: The Table Showing Comparison Of Pre Test And Post Test Grading Score**

N=60

Level of knowledge score	Score Range	Pre test		Post test	
		Frequency (f)	Percentage (%)	Frequency (f)	Percentage (%)
Poor	0-20% (0-6)	28	46.67%	0	0%
Average	21-40% (7-12)	27	45%	0	0%
Good	41-60% (13-18)	05	8.33%	34	56.67%
Very Good	61-80% (19-24)	0	0%	21	35%
Excellent	81-100% (25-30)	0	0%	05	8.33%
Minimum score		1		15	
Maximum score		16		27	
Mean knowledge score		6.78±3.25		18.48±2.80	
Mean % Knowledge Score		22.6±10.83		61.61±9.33	

**Fig 1: Bar diagram representing effectiveness of planned teaching programme in knowledge score of pre test and post test of antenatal mothers regarding postpartum psychiatric disorders**



This study reveals mean pre test knowledge score is 6.88 and the mean post test knowledge score is 18.48. The calculated t value is 28.50 is greater than tabulated value 2.00 at 0.5 level of significance. Analysis also reveals that there is association of knowledge score with educational status of antenatal mothers.

Thus it was concludes that Hence it is statistically interpreted that the planned teaching programme on knowledge regarding postpartum psychiatric disorders among antenatal mothers in selected rural areas was effective as a teaching

strategy.

**LIMITATION**

- The study was conducted only on antenatal mothers.
- The sample size was small to generalize the findings of the study.
- The study was limited to measure the knowledge of antenatal mothers in selected rural areas.
- The tool for data collection was prepared by investigator herself. Standardized tool was not used.

**RECOMMENDATIONS**

- A similar study can be replicated on a larger population for a generalization of findings.
- A Study may be conducted to evaluate the effectiveness of self instructional module on knowledge regarding postpartum psychiatric disorders.
- A similar study can be carried out to evaluate the effectiveness of video assisted teaching programme on knowledge regarding postpartum psychiatric disorders.
- A descriptive study can be carried out to assess the prevalence of postpartum psychiatric disorders among antenatal mothers in selected rural areas.
- A descriptive study can be carried out to assess the prevalence of postpartum psychiatric disorders among antenatal mothers in selected urban areas.

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