



A DESCRIPTIVE STUDY TO ASSESS THE KNOWLEDGE OF CAREGIVERS ON PSYCHOLOGICAL CHANGES OF MOTHERS DURING PUERPERIUM IN A SELECTED TERTIARY CARE HOSPITAL, KELAMBAKKAM, KANCHEEPURAM DISTRICT, TAMILNADU.

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ABSTRACT A descriptive study to assess the knowledge of caregivers on psychological changes of mothers during puerperium in a selected tertiary care hospital at kancheepuram district, TamilNadu. 28 samples were selected using a convenience sampling technique. Self administered questionnaire was used to assess the knowledge of psychological changes of mothers during puerperium. The study findings revealed that 32.142% of the care givers had poor knowledge, 42.857% of the care givers had average knowledge, 21.428% of the care givers had good knowledge, and 3.517% of the care givers had very good knowledge regarding psychological changes of mothers during puerperium

KEYWORDS : Knowledge, Caregivers and Postnatal mothers

INTRODUCTION

Postpartum emotional disorders generally fall in to one of the three categories blues, depressions, or psychosis. Maternity blues occur in approximately 80% of child births. The blues are a transient time of emotional joy and feeling over whelmed. Women who experience the blues usually report that symptoms of postpartum depression include anxiety, insecurity emotional liability, guilt, shy for or measuring up to "good mothering", sleeping / eating disturbances, mental confusion and loss of interest in previously enjoyable task. Women may also have a suicidal thoughts. Women need to understand that if their maternity blues symptoms progress beyond 2 weeks postpartum, they may have depression.

In general, clinical depression occurs in approximately 15 to 25 percent of the population, and woman are twice as men to experience depression. Because women are most likely to experience depression during the primary reproductive (25 to 45), they are especially vulnerable to develop depression during pregnancy and after child birth. woman who develop these disorder do not need to feel ashamed or alone; treatment and support are available.

Saju MD (2016) says that during postpartum period, up to 85% of women experience some type of mood disturbance, the AAP estimates estimate that more than 400000 infants are born each year to mother who are depressed, 10-15% of women experience a more disabling and persistent form of depression and 0.1%-0.2% of women experience postpartum psychosis.

TITLE

A descriptive study to assess the knowledge of caregivers on psychological changes of mothers during puerperium in a selected tertiary care hospital at Kelambakkam, Kancheepuram District, Tamil Nadu.

OBJECTIVES OF THE STUDY

- To assess the knowledge of care givers on psychological changes of mothers during puerperium in a selected tertiary care hospital at kelambakkam, kancheepuram district, Tamilnadu.
- To find the association between knowledge score on psychological changes of mothers during puerperium with selected demographic variables among caregivers in a selected tertiary care hospital at kelambakkam, kancheepuram district, Tamilnadu

RESEARCH METHODOLOGY

A quantitative approach with descriptive research design was used in the study. The study was conducted in a selected tertiary care hospital. Convenience sampling technique was used to selected 28 samples with following inclusion criteria viz., caregivers in post natal ward, who are ready to participate in the study, who are available on the time of data collection. Self administered questionnaire was used to collect the

data. Descriptive and inferential statistics were used to analyze the data.

SCORE INTERPRETATION

S.NO	SCORE	GRADE
1	11-15	very good
2	7-10	good
3	5-6	average
4	Below 5	poor

STUDY FINDINGS

The study finding revealed that 32.142% of caregivers had poor knowledge, 42.857% of caregivers had average knowledge, 21.428% of caregivers had good knowledge, and 3.571% of caregivers had very good knowledge on psychological changes of mothers during puerperium. There was no significant association between the demographic variables and the level of knowledge

TABLE 1: Frequency and percentage distribution of knowledge of caregivers regarding psychological changes of mothers during puerperium.

S. NO	LEVEL OF KNOWLEDGE IN GRADE	NO OF SAMPLE	PERCENTAGE
1	POOR	9	32.142%
2	AVERAGE	12	42.857%
3	GOOD	6	21.428%
4	VERYGOOD	1	3.571%

CONCLUSION

This study helps us to understand the need of caregivers in identifying psychological changes of mothers during puerperium and to educate them on various psychological changes of mothers.

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