



EFFECTIVENESS OF MATERNAL FACILITATION PROGRAMME ON ANXIETY AND MATERNAL SATISFACTION AMONG POSTNATAL PRIMI MOTHERS WITH PRETERM BABIES

Nursing

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ABSTRACT

The present study investigated the effectiveness of maternal facilitation programme on anxiety and maternal satisfaction among postnatal primi mothers with preterm babies in Govt. Medical College, Kottayam. A quantitative, quasi experimental pretest posttest control group design was used for this study. The conceptual framework used in the present study was based on Roy's Adaptation Model. Sixty postnatal primi mothers were selected through non probability purposive sampling. Tools used were socio personal and clinical data sheet, state trait anxiety inventory and maternal satisfaction rating scale. The data were collected and analysed by using descriptive and inferential statistics. On the second postnatal day pre-test was done followed by maternal facilitation programme regarding selected aspects of preterm care. Post-test was conducted on fourteenth day by using the same tool. Results of the study revealed that the maternal facilitation programme had a significant effect in reducing anxiety and improving maternal satisfaction at $p < 0.05$. The study also revealed that there was no significant association between anxiety and maternal satisfaction with selected variables. The study concluded that maternal facilitation programme was effective in reducing anxiety and improving maternal satisfaction of postnatal primi mothers with preterm babies.

KEYWORDS

anxiety, maternal satisfaction, maternal facilitation programme

INTRODUCTION

God has created mother because he has no other way to represent himself on this earth and nothing is comparable to a mother in this world. One of the methods influencing the maternal mental health in the postpartum period is kangaroo mother care and care of preterm babies. During the clinical posting in maternity wards researcher got opportunity to interact with postnatal primi mothers who are having preterm babies and realized that their knowledge regarding the care of preterm babies were inadequate. Treating neonatologists also shared their observations regarding the postnatal primi mother's inexperience and anxiety in caring preterm babies. This study investigates the effectiveness of maternal facilitation programme on anxiety and maternal satisfaction among postnatal primi mothers with preterm babies. The conceptual framework used in the present study was based on Roy's Adaptation Model developed by Sr. Callista Roy in 1976 and revised in 1984, which views the individual as an adaptive system, who functions as a whole, through the interdependence of subjects.

Objectives

- 1) To assess the anxiety and maternal satisfaction among postnatal primi mothers with preterm babies
- 2) To evaluate the effectiveness of maternal facilitation programme on anxiety and maternal satisfaction among postnatal primi mothers with preterm babies
- 3) To find out the association between anxiety, maternal satisfaction among postnatal primi mothers with preterm babies and selected variables.

MATERIALS AND METHOD

Quantitative research approach and quasi experimental pretest posttest control group design was used in this study. Independent variable is Maternal facilitation programme and dependent variables are anxiety and maternal satisfaction. The study was conducted in the Postnatal ward, Obstetrics and Gynaecological Department, Govt. Medical College Hospital, Kottayam. The study population included postnatal primi mothers with preterm babies admitted in NICU. In this study, sample consisted of 30 postnatal primi mothers with preterm babies in each experimental and control groups admitted in Neonatal ICU of Medical College Hospital, Kottayam who satisfied the inclusion criteria. Reliability of the tool was determined by Test-retest method. Karl Pearson's correlation coefficient value of maternal satisfaction rating scale was 0.8. The above value shows that the tool had good level of internal consistency. The language used in the tool was clear, simple and unambiguous.

RESULTS

Table 1 Frequency Distribution And Percentage Of Postnatal

Primi Mothers With Preterm Babies Based On Anxiety (n=60)

Anxiety	Control group		Experimental group	
	(n=30)		(n=30)	
	f	%	f	%
Mild(40-79)	0	0	1	3.30
Moderate(80-119)	18	60	20	66.70
Severe(120-160)	12	40	9	30

Table 5 reveals that 60% of participants in control and 66.7% in experimental group had moderate anxiety.

Table 2 Frequency Distribution And Percentage Of Postnatal Primi Mothers With Preterm Babies Based On Maternal Satisfaction (n=60)

Maternal Satisfaction	Control group		Experimental group	
	(n=30)		(n=30)	
	f	%	f	%
Not satisfied(0-7)	15	50	11	36.70
Satisfied(8-14)	15	50	18	60
Very satisfied(15-22)	0	0	1	3.30

Table 6 reveals that in control group 50% of subjects were not satisfied and 50% were satisfied. In experimental group 60% subjects were satisfied and 3.30% subjects were very satisfied about their preterm baby care.

Table 3 Mean Rank, Sum Of Ranks And Mann Whitney U Value Of Anxiety Among Postnatal Primi Mothers With Preterm Babies In Control And Experimental Group (n=60)

Anxiety				
Group	Mean ranks	Sum of ranks	U	p value
Control(n=30)	45.50	1365	0	0.000
Experimental(n=30)	15.50	465		

Table 4 Mean Rank, Sum Of Ranks And Mann Whitney U Value Of Maternal Satisfaction Of Postnatal Primi Mothers With Preterm Babies (n=60)

Maternal satisfaction				
Group	Mean rank	Sum of rank	U	p value
Control(n=30)	15.50	465	0	0.000
Experimental(n=30)	45.50	1365		

Table 10 shows that obtained U value of maternal satisfaction of subjects in control and experimental group is 0 which is significant at 0.05 level. Hence null hypothesis was rejected. Thus it was inferred that maternal facilitation programme was effective in improving the maternal satisfaction of postnatal primi mothers with preterm babies.

CONCLUSION

The obtained result of the study showed that, there was a significant difference in median post test scores of anxiety and maternal satisfaction among postnatal primi mothers with preterm babies. The mean rank of anxiety of experimental group was lower than that of control group whereas the mean rank of maternal satisfaction of experimental group was more than that of control group.

It was concluded from the study that maternal facilitation programme was effective in reducing anxiety and increasing the maternal satisfaction among postnatal primi mother with preterm baby.

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