



A DESCRIPTIVE STUDY TO ASSESS THE KNOWLEDGE AND LEVEL OF POST-PARTUM DEPRESSION AMONG POST-NATAL MOTHERS ADMITTED IN THE SELECTED HOSPITALS OF KAMRUP (M), ASSAM

Obstetrics & Gynaecology

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ABSTRACT

Women undergo various physical and mental changes during their postpartum period and are in a vulnerable state of mind. The aim of the present study is to assess the Knowledge and Level of Post-Partum Depression among Post-Natal Mothers admitted in the selected Hospitals of Kamrup (M), Assam. The study was conducted using descriptive survey research design with a total of 150 Post-Natal Mothers by convenient sampling. Data was collected by interview with self-structured questionnaire for knowledge and structured questionnaire by Edinburg's Postnatal Depression Scale for level of Post-Partum Depression. The study findings reveal that 58% had moderate, while 34% had inadequate and the remaining 8% had adequate level of knowledge. 80% Post-Natal Mother had no depression and remaining 20 % had possible level of depression. Knowledge and Level of Post-Partum Depression of Post-Natal Mother was found negatively correlated and statistically significant. There was significant association between knowledge level of Post-Natal Mothers and educational qualification, family income per month, family history of depression. There was a significant association of Level of Post-Partum Depression of Post-Natal Mothers and demographic variables i.e. bad obstetrical history, mode of delivery and family history of depression. The study concluded that majority of the Post-Natal Mothers had moderate Knowledge. There is need to put more efforts in spreading the Knowledge on Post-Partum Depression in developing countries.

KEYWORDS

Pregnancy, Post-Natal Mother, Knowledge, Post-Partum Depression, Edinburg's Postnatal Depression Scale

INTRODUCTION

Post-Partum depression is defined as the period from birth to 6 weeks of postpartum, when the women are readjusting physiologically and psychologically to motherhood. Emotional responses may be just as intense and powerful for experienced as well as for new mothers. The women might start to regain a sense of proportion and normality between 6-12 weeks (Myles textbook 2003)¹. Psychological disorders during the post partum period are common. Some women may experience depressive symptoms like aloofness, social isolation or social withdrawal after delivery or in the puerperal period is known as "Post-Partum Depression" or "Post -Natal Depression". The depression rate can be assessed through a complete questionnaire such as "Edinburgh postnatal depression Scale". Early identification and intervention improves long term prognosis for most women.

OBJECTIVES

The study objective is to assess the Knowledge And Level Of Post-Partum Depression Among Post-Natal Mothers.

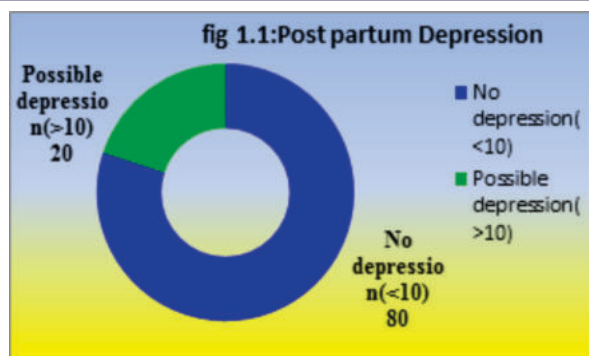
METHODOLOGY

- **Research Approach:** Descriptive Quantitative Approach
- **Research Design:** Descriptive Survey Research Design
- **Study Settings:** Obstetrics and gynecological department of Gauhati Medical College & Hospital and Dhirenpara FRU.
- **Population:** All the Post-Natal Mothers who were admitted in the hospital for delivery
- **Sample Size:** 150 Post-Natal Mother
- **Sampling Techniques:** Non-probability Convenience sampling technique
- **Variables:** a) **Research variable:** Knowledge and Level of Post-Partum Depression
- b) **Demographic variable:** Age, religion, education, family income per month, type of the family, family history of Post-Partum Depression, bad obstetric history, parity, mode of delivery and family history of depression.

Development Of The Tool

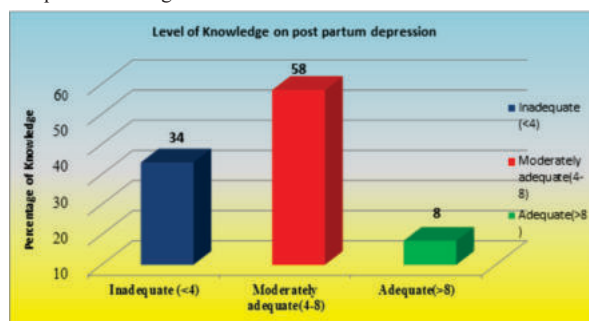
Structured questionnaire was used to assess the knowledge and Edinburg's Post-Natal Depression Scale was used to assess the Level of Post-Partum Depression. The study purpose was explained to the participants individually and verbal consent was obtained before data collection. The subjects were assured of confidentiality of the data obtained.

RESULT



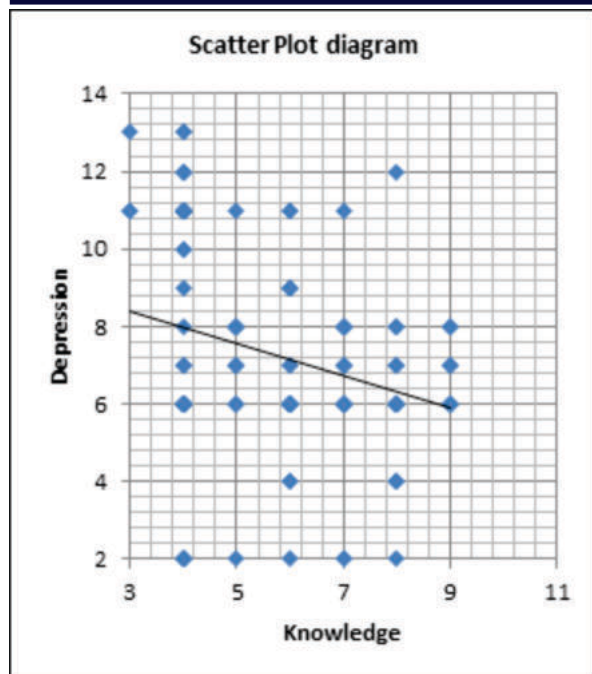
Section A: Fig 1.1: Bar Diagram Showing Distribution Of Post-natal Mothers According To Their Level Of Knowledge.

Data presented in fig 1.1 indicates that the majority of the Post-Natal Mothers i.e. 87(58%) had moderately adequate knowledge, while 51(34%) had inadequate knowledge and remaining 12(8%) had adequate knowledge.



Section B: Fig 1.2 Pie Diagram Showing Frequency And Percentage Distribution Of Level Of Post-partum Depression.

The data presented in fig 1.2 indicates that the mean and standard deviation of overall Post-partum Depression Level were 7.18 with a standard deviation of 2.6 respectively. Minimum score for the Post-partum depression level was 2 and maximum score was 13 out of 30.



Section C: Fig 1.3: Scatter Diagram Showing Correlation Between Knowledge And Level Of Post-partum Depression Among Post-natal Mothers.

The data presented in fig 1.3 shows that calculated value of correlation coefficient 'r' has been found -0.277, which is negative, it means that there is a negative correlation between the two variables knowledge and level Post-Partum Depression i.e. there may be increased level of Post-Partum Depression with low level of knowledge. The research hypothesis is accepted, as there is a significant relationship between the Knowledge and Level of Post-Partum Depression among Post-Natal Mothers at 0.05% level of significance.

DISCUSSION

The findings of the study have been discussed in terms of objectives framed for the study. The discussion of the study findings are presented below

Objective I: To Assess The Knowledge Level Of Post-natal Mothers Of Post-partum Depression

The finding of the present study revealed that, majority of the Post-Natal Mothers i.e. 87(58%) had moderately adequate knowledge, while 51(34%) had inadequate knowledge and remaining 12(8%) had adequate knowledge regarding Post-Partum Depression.

Objective II: To Determine The Level Of Post-partum Depression Among Post-natal Mothers.

In the present study, the findings revealed that the majority of Post-Natal Mothers i.e. 120 (80%) had no depression and 30 (20%) had possible depression.

Another similar finding reported by Khapre Meenakshi, Mudey Abhay, Nikhil Dhande, Nayak Smrutiranjana (April 2014)² The study results was shown that 24% of mothers were found to be chronically depressed 6 months after childbirth with mean age 24.34 years and 53% have monthly income less than 5000 rupees. Economic deprivation and poor marital relationships were important risk factors for the occurrence and chronicity of depression.

In the contrast to the present study, Muna Silwal, Jacob V and Imran S- (august 2015)⁷ found that 8% of the subjects had severe level of anxiety, 22% had moderate and 70% had mild level of anxiety, whereas 3% subjects had severe depression, 19% had moderate depression and 78% had mild level of depression.

Objective III: To Find Out The Correlation Between The Knowledge And Level Of Post-partum Depression Among Post-natal Mothers.

Pearson correlation coefficient 'r' was found -0.277. as calculated value is negative, it means that there is a negative correlation between the

two variables knowledge and level Post-Partum Depression. So the research hypothesis is accepted.

Objective IV: To Find Out The Association Between Knowledge Of Post-partum Depression With Selected Demographic Variables.

The association between knowledge and demographic variables. Significant association is found with educational qualification, family income per month, family history of depression.

Educational Qualification

The obtained Chi-Square value (χ^2) for level of Knowledge and educational qualification which is statistically significant. Thus the research hypothesis (H2) is accepted.

The finding was supported by findings of, Agarwalla Reshma, Gupta Swapan, Kishore Jugal, Mala Y. M., Ramji S (July–August 2013)⁴ in which the researcher found that the higher the educational qualification higher is the knowledge level.

Family Income

The obtained Chi-Square value (χ^2) for level of Knowledge and family income which is statistically significant. Thus the research hypothesis (H2) is accepted

Family History Of Depression

The obtained Chi-Square value (χ^2) for level of Knowledge and Family history of depression which is statistically significant. Thus the research hypothesis (H2) is accepted.

Objective V: To Find Out The Association Between Level Of Post-partum Depression With Selected Demographic Variables.

The association between level of Post-Partum Depression with selected demographic variables. Chi-square test was applied to test the association. There is significant association of level of Post-Partum Depression with bad obstetrical history, mode of delivery and family history depression. Hence research hypothesis H3 is accepted for these variables.

Bad Obstetrical History

The obtained Chi-Square value (χ^2) for level of Post-Partum Depression and Bad Obstetrical history which is statistically significant. There is a significant association between bad obstetrical history and level of Post-Partum Depression. Thus the research hypothesis (H3) is accepted.

The finding as supported by study conducted by Bhatia Anmol, Bhupinder Kaur, Garg Nishi (16 April 2016)⁵ in which the researcher found that the higher rate of fetal loss the higher Level of Post-Partum Depression.

Mode Of Delivery

The obtained Chi-Square value (χ^2) for level of Post-Partum Depression and Mode of delivery which is statistically significant. There is a significant association between mode of delivery and level of Post-Partum Depression. Thus the research hypothesis (H3) is accepted.

The findings were supported to the present study, Bhatt Ashok Kumar Jahnavi, Mahishale Vinay Arati (2017)⁶ found that there was significant association between mode of delivery and level of Post-Partum Depression

Family History Of Depression

The obtained Chi-Square value (χ^2) for level of Post-Partum Depression and family history of depression which is statistically significant. There is a significant association between family history of depression and level of Post-Partum Depression. Thus the research hypothesis (H3) is accepted.

The findings were supported to the present study, Savarimuthu et al. (2009)⁷ found that there was significant association between family history of depression and level of Post-Partum Depression.

CONCLUSION

The major conclusions drawn on the basis of the findings of the study are as follows:

- Majority of Post-Natal Mothers had moderate level of knowledge of Post-Partum Depression
- Majority of the Post-Natal Mothers has no depression

- Knowledge and Level of Post-Partum Depression are negatively correlate which shows that there may be increased level of knowledge with decrease level of Post-Partum Depression.
- There was a significant association between knowledge level of Post-Partum Depression and demographic variables i.e. educational qualification, family income per month, family history of depression.
- There was a significant association between Level of Post-Partum Depression of Post-Natal Mothers and demographic variables i.e. bad obstetrical history, mode of delivery and family history depression.

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