



ORIGINAL RESEARCH PAPER

Nursing

A STUDY TO ASSESS THE POST PARTUM DEPRESSION AMONG POSTNATAL MOTHERS ADMITTED IN SELECTED HOSPITAL OF INDORE (M.P)

KEY WORDS: PPD, Postnatal Mothers, pamphlets

Ms. Priyanka Bansude

Graduate, Renaissance University School of Nursing

ABSTRACT

Background- Postpartum depression (PPD) is a complex mix of physical, emotional, and behavioral changes that happen in some women after giving birth. According to the DSM-5, a manual used to diagnose mental disorders, PPD is a form of major depression that begins within 4 weeks after delivery. The aims of the study were to assess the Prevalence Rate of Postpartum Depression among the Post Natal Mothers Admitted in Selected hospital of Indore M.P. **In this study** the researcher adopted quantitative research method includes descriptive research design, among total of 30 sample. It was observed that 10 (33.4%) of women have come in the severe score, 5 (16.7%) women are in moderate score, 7 (23.33%) women are in mild score and remaining 8 (26.66%) found to be in poor score. Thus, it was recommended that to whom we need to develop knowledge through the pamphlet. The calculate pre-test mean value score is (11) and Standard Deviation score (5.049) among the women. It was also observed that except age demographic variables found to be in significant, hence the research H01 hypothesis is accepted.

BACKGROUND OF THE STUDY:

Postpartum depression (PPD) is a complex of physical, emotional, and behavioral changes that happen in some women after giving birth. According to the DSM-5, a manual used to diagnose mental disorders, PPD is a form of major depression that begins within 4 weeks after delivery. The risk factor is A history of depression prior to becoming pregnant, or during pregnancy, Age at time of pregnancy, Living alone, Limited social support, Marital conflict, hormonal changes, lack of sleep, anxiety and self-image. The overall pooled estimate of the prevalence of postpartum depression was 22% (95% CI: 19–25). The pooled prevalence was 19% (95% CI: 17–22) when excluding 8 studies reporting postpartum depression within 2 weeks of delivery. The post-partum depression can be prevented when parents are given positive parenting lessons and when the maternal-infant bond is promoted and increased. This can be achieved through social support from family and health care providers. Along with this, good maternal sleep can also help in preventing PPD.

Problem Statement-

A Descriptive Study to Assess the Post Partum Depression Among Postnatal Mothers Admitted in Selected Hospital of Indore (M.P)

OBJECTIVE-

To Assess the Prevalence Rate of Postpartum Depression Among the Post Natal Mothers Admitted in Selected Hospital of Indore (M.P).

To Find Out the Association Level of Post Partum Depression Among Postnatal Mothers with Their Selected Demograph2ic Variable.

Hypothesis -

H01-

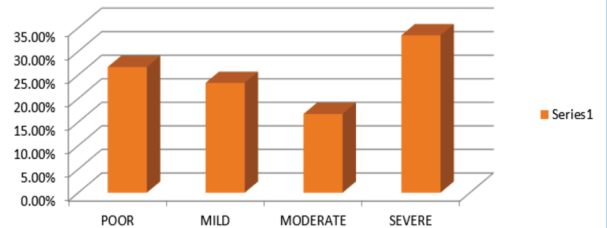
There will be no significant association between the pre-existing knowledge score and the selected demography variables

METHODOLOGY-

The researcher adopted quantitative research approach where descriptive research design was used total 30 sample were chosen from community area of Sawer, Indore, who fulfilled the criteria. The researcher collect all demographic variable and administered (EDPS scale) to assess post - partum depression among the postnatal mothers. Further on, the researcher uses inferential and deferential statistics for analysis.

INTERPRETATION AND CONCLUSION-

During assessing the relationship between demographic variable and Pre-test and it was estimated that age, Cast, education, Occupation, Type of family, No. of child, status of child Alive and dead, sex of child and type of delivery of the mother found to be $p < 0.05$ level of significance all the demographic and socio demographic data was not significant. (Mean \pm Standard Deviation) score to judge the prevalence rate is (11) and Standard Deviation score (5.049) among the women. Thus, from this the investigator comes to a conclusion that there is a need to increase awareness and knowledge regarding PPD.



Edps Prevalance Rate Scale

RESULTS-

During the analysis, the researcher found that out of 30 sample 20 (66.66%) women were in the age group of (26-30) years and 10 (33.33%) women were in the age group of (21-25), and found to be 19 (63.33%) are in Hindus and 11 (36.66%) are in Muslims cast, and also discuss to Education found to be Post Graduate 6 (20%), Graduate 10 (33.33%), High School 5 (16.66) and found to be Primary School 9 (30%) and also discuss about Occupation found to be Private Sector Employee 12 (40%), Government Employee 0 (0%), Daily Wages 4 (13.33%) and House Wife 14 (46.6%) and also discuss about type of family found to be Nuclear 9 (30%) and joint about 21 (70%) we also discuss about the alive and dead status of the child and we found to be dead 4 (13.33%) and Alive was 26 (86.66%) and also discuss the sex of the child and we found to be female 20 (66.66) and male was 10 (33.33) and discuss about Type of delivery of the mother and we found to be LSCS 11 (36.66) and Normal was 19 (63.33%) and reported that all to be done Demographic Data. hence the research H0 hypothesis is accepted.

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