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Assess the Knowledge and Attitude on Prophylactic Information of Postnatal Blues among Primipara Working Mothers

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Introduction: Postpartum period is the period that is associated with intense physical and emotional changes leading to anxiety and mood disturbances. There are three degrees of postpartum mood disorders, i.e., “baby blues”, postpartum depression (PPD) and postpartum psychosis. Postpartum blues (PPB), otherwise “baby blues,” are comparatively milder in nature and are the most common one. It generally begins 1 to 3 days after parturition and is distinguished by sudden mood swings, unexplained weeping, irritability and impatience, lack of sleep, crying spells, anxiety, loneliness and a feeling of vulnerability. Studies found 60-80% of all primi Para mothers affect by postpartum blues (who 2011 October). American psychiatric association estimated that one out of eight postnatal women may experience blues; it affects 11.5 million people every year. In India the prevalence of post partum psychiatric disorder was 33.4% and 6.5% major illness like depression and psychosis. Incidence is more in Goa and rural South Indian are detected 23% and 16% and causes are gender preference to male child, violence against women and poor social support.

Aim: To assess the knowledge and attitude on prophylactic information of postnatal blue among primipara working mothers in selected maternity hospital, Bangalore.

Methods: A Non-experimental descriptive design was adopted for the study to assess the knowledge and attitude of the primipara working mothers on prophylactic information of postnatal blue in Bangalore.

Materials: structured knowledge questionnaire and 3 point Likert scale was used to assess the attitude of the primipara working mothers regarding postnatal information on postnatal blues. Convenient sampling technique was used to select 60 primipara working mothers.

Results: The results revealed that majority obtained 45 (75%) of the primipara working mothers have moderately adequate knowledge and majority obtained 50 (83.3%) of the primipara working mothers have moderately favorable attitude. The demographic variable family income shows significant association with the level of knowledge of the primipara working mothers regarding prophylactic information on postnatal blue while the other demographic variables have no influence. Demographic variables do not have influence with the level of attitude.

Conclusion: In the present study primipara working mothers have moderate knowledge and this should be improved by providing information pamphlet on postnatal blues and its coping strategies.

Keywords: Knowledge; attitude; structured questionnaire; information pamphlet, postnatal blue.