

# A Study to Determine the Prevalence of Postnatal Depression Among Primigravida Mothers in Krishna Hospital Karad

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**Abstract:** Postnatal period is the period when the women readjusting physiologically and psychologically to motherhood. Emotional responses may be just as intense and powerful for experienced as well as for new mothers. <sup>1</sup>Postpartum depression (PPD) is an intense and pervasive illness with severe & liable mood swings, and is more serious and persistent than postpartum blues. **Objectives:** To determine the prevalence of postnatal depression among primigravida mothers. To determine the level of association between prevalence of postnatal depression and selected demographic variables of primigravida mothers. **Method:** 60 Primigravida mothers were selected by Purposive sampling technique. Interview method by using Edinburgh Postpartum depression questionnaire was used to collect data. Mothers who score above 10 are likely to be suffering from a depressive illness of varying severity<sup>4</sup>. **Result:** demographic data shows majority (43.8%) were in the age group of 26-30 years, most of the mothers (62.5%) were Hindus, it was observed that a large majority (46.5%) held a high school education and (42.5%) had primary education, As per occupation mothers (71.3%) are house wife, monthly income of the mothers (35%) headless than 2000 Rs. (35%) had a 2000-4000 Rs. Mot of the mothers (55%) are from nuclear family most of the mothers had a 2 children (43.8%) mother (90%) only takes care of children most during the day, most of mothers (86.3%) are taking mixed type of food. which is comparable with previous research in Ireland, where prevalence rates of PND varied from 11.4% to 28.6%. Comparing with other international study also shows similar results. There was a not significant association ( $P < 0.05$ ) of knowledge scores with any selected demographic variables.

**Keywords:** prevalence, postnatal depression, primigravida

## 1. Introduction

Postnatal period is the period when the women readjusting physiologically and psychologically to motherhood. Emotional responses may be just as intense and powerful for experienced as well as for new mothers. <sup>1</sup>Postpartum depression (PPD) is an intense and pervasive illness with severe & liable mood swings, and is more serious and persistent than postpartum blues. Depression occurs following child birth is called postpartum depression. The onset of postpartum depression is gradual and the condition may last for 3-6 months. In some cases it will persist throughout the first year of the baby's life. <sup>2</sup>The last few years have seen an increase in epidemiological data on PPD in India.<sup>9</sup> Two prospective studies on pregnant women, in the states of Goa and rural South India, detected depressive disorder in 23% and 16% respectively, with depression persisting six months after child birth in 11-14% of women.<sup>3</sup>

Statement of the Problem: A Study To Determine The Prevalence Of Postnatal Depression Among Primigravida Mothers In Krishna Hospital Karad

## 2. Objectives of the Study

1) To determine the prevalence of postnatal depression among primigravida mothers.

2) To determine the level of association between prevalence of postnatal depression and selected demographic variables of primigravida mothers.

## 3. Methodology

Non – Experimental, Descriptive research design is used in the present study. Variables include Prevalence of Postpartum depression. 60 Primigravida mothers were selected by Purposive sampling technique. Interview method by using Edinburgh Postpartum depression questionnaire was used to collect data. Primigravida mothers in age between 21 to 30 years, mothers who could speak and write Marathi, Hindi and English, Primigravida mothers who will be admitted for delivery were Included in study. Exclusion criteria include Primigravida mothers who delivered baby through lower cesarean section, mothers who are not willing to participate in research. Edinburgh Postnatal Depression Scale (EPDS): The 10-question Edinburgh Postnatal Depression Scale (EPDS) is a valuable and efficient way of identifying patients with postnatal depression. The EPDS is easy to administer and has proven to be an effective screening tool. The scale indicates how the mother has felt during the previous week. Mothers who score above 10 are likely to be suffering from a depressive illness of varying severity<sup>4</sup>. Demographic Information: Information on mothers' age, household situation, level of education, gender

of the baby, and type of delivery, infant feeding method, and day of discharge was collected in a background information sheet at each data collection point. Descriptive statistics is used to describe the characteristics of study sample in terms of frequency and percentage. Chi – square will be used to find the association between the levels of postpartum depression among primigravida mothers with their selected demographic variables.

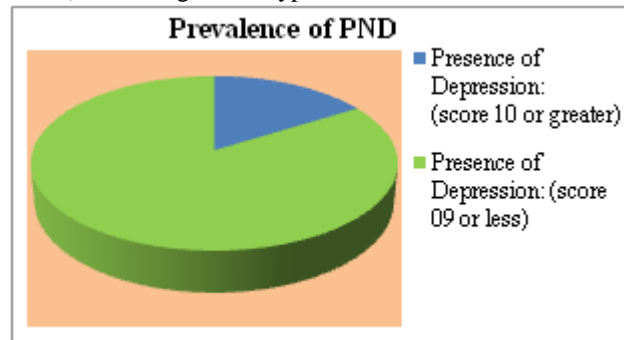
#### 4. Results

##### 1. Distribution of respondents by socio-demographic characteristics

Sl.No.	Demographic variables	Frequency	Percentage
1. Age of mother in year			
	<21	5	6.3
	21-25	16	20.0
	26-30	35	43.8
	More than 30	24	30.0
2. Religion			
	Hindu	50	62.5
	Muslim	24	30.0
	Christian	3	3.8
	Others	3	3.8
3. Education			
	Primary	34	42.5
	High School	37	46.5
	PUC	5	6.3
	Graduation and above	4	5.0
4. Occupation			
	Housewife	57	71.3
	Daily wages	18	22.5
	Government employee	2	2.5
	Private sector employee	3	3.8
	Less than 2000	28	35
	2001-4000	28	35
	4001-6000	17	21
	More than 6000	7	8.8
6. Type of family			
	Nuclear	44	55.0
	Joint	36	45.0
7. Number of children			
	One	31	38.8
	Two	35	43.8
	Three	8	10.0
	Four	6	7.5
8. Gender of children			
	Male	41	51.0
	Female	39	49.0
9. Type of food			
	Vegetarian	7	8.8
	Non-vegetarian	4	5.0
	Mixed	69	86.3

Table 1: shows the distribution of mothers according to their demographic characteristics, where in the majority (43.8%) were in the age group of 26-30 years, most of the mothers (62.5%) were Hindus, it was observed that a large majority (46.5%) held a high school education and (42.5%) had primary education, As per occupation mothers (71.3%) are house wife, monthly income of the mothers (35%) headless than 2000 Rs. (35%) had a 2000-4000 Rs. Mot of the mothers (55%) are from nuclear family most of the

mothers had a 2 children (43.8%) mother (90%) only takes care of children most during the day, most of mothers (86.3%) are taking mixed type of food.



**Figure 2: Prevalence of PND**

S.No	Description	Score	Percentage
1.	Presence of Depression: (score 10 or greater)	13	16.25%
2.	Presence of Depression: (score 09 or less)	67	83.75%

Prevalence of postnatal depression among primigravida mothers was 13.2%, which is comparable with previous research in Ireland, where prevalence rates of PND varied from 11.4% to 28.6%. Comparing with other international study also shows similar results. Patricia Leahy-Warren et al stated that in their quantitative longitudinal study of 512 first-time mothers that prevalence of PND was 13.2% at 6 weeks and 9.8% at 12 weeks<sup>5</sup>. The review by partrica Leahy et al shows prevalence rates varying from 4.4% to 73.7%, with the most recent systematic review suggesting a rate of 13%, indicating a serious clinical issue for nurses providing postnatal care to mothers<sup>6</sup>. These finding are also similar to other international finding. (Fiona Crotty et al<sup>7</sup>)

**Figure 3: Association of Prevalence of PND with Sociodemographic variables**

S. No.	Demographic variable	Calculated value (X <sup>2</sup> )	d.f.	Inference
1.	Age of mother (yrs) < 21 and 21-25 26-30 >30	0.7888	2	P>0.05 NS
2.	Religion Hindu Muslim Others	0.395	2	P>0.05NS.
3.	Educational Status Primary High school PUC and Graduation	2.596	2	P>0.05NS.
4.	Occupation Housewife Daily wages Government and private employee	1.1519	2	P>0.05NS
5.	Monthly income (Rs) Less than 2000 2001-4000 4001-6000 and above	1.378	2	P>0.05NS
6.	Type of family Nuclear Joint	0.963	1	P>0.05 NS

7.	Gender of child Male Female	0.905	2	P>0.05 NS
8.	Type of Diet vegetarian and non vegetarian mixed type	2.800	1	P>0.05 NS.

The data presented in table reveals that there was a not significant association ( $P<0.05$ ) of knowledge scores with any selected demographic variables.

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