

## Post-Natal Depression: Quality of Life of Mothers after Child Birth

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### ABSTRACT

**Introduction:** Postnatal depression (PPD) is a most common issue arising after delivery and it also have an impact the (QOL). Assessment of post-delivery QOL and depression can be useful for improved precaution for mothers and enhancement of their health.

**Objectives:** Todetermine the quality of life of Mothers after Child Birth.

**Methods:** Descriptive research design was implemented. The samples size was 30. Purposive sampling technique was used. Quality of life was measured by HRQL survey. Data was collected in thefirst week after delivery.

**Results:** QOL overall, bodily and psychological health area mean scores were suggestively lesser among mothers with PPD (44.4±10.3, 48.2±15.5). Postpartum depression negatively affect postpartum quality of life.

**Conclusions:** The results confirmed that postnatal depression causes lower QOL.

### Keywords

Depression Postpartum; Health; Mental Health

### Introduction

Child Birth is considered as a progressive crisis by many of the mothers. This phase of life plays a vital place in the life of females as they go through certain physical, emotional and societal changes. Postnatal phase starts with child birth till 6 weeks. In this period there are various factors like the physical changes, health issues, health of the child, support system, which affects the new mothers and she may find it difficult to adapt to this new phase of life.<sup>1</sup>

Though Child birth is a good, satisfying period which helps in supporting the family's bonding, but at some times it become a difficult state. In postnatal period, new mothers should adapt themselves to the new situation, should accept the transition of life and should put their efforts to understand the baby's needs. She should be ready for caring the baby and face the baby related problems. Most of the new mothers adjust to the physical, emotional and social changes rising with child birth, but there are a few percentage of new mothers who experience psychological and emotional issues to some extent<sup>2</sup>. Particularly depression have harmful effects on mother during the postnatal phase.

As per World Health Organization (WHO) quality of life is "self-perception of individuals about life within the culture and values system they belong to". Quality of life can be affected due to difficult situations caused due to physical health problems, mental health problems of an individual<sup>3</sup>. In short, the QOL is termed as the seeming health. Thus, it can be seen that the QOL is not definite to any illness but have many dimensions<sup>4</sup>.

Postnatal period is a period affecting societal, expressive and bodily alterations which disturb the QOL of the mother. Postnatal women have many fears and worries which needs to be sought. In such phase, feelings such as tension, nervousness, mood swings, unsatisfactory act have adverse effects QOL of the mother<sup>5</sup>.

Throughout postnatal phase, mothers require care of a family members and the adequate home care services are needed. Health care providers can educate and put their efforts in caring the mother and the baby. Significantly it is important to work on the factors disturbing the psychological condition of a new mother in the postnatalphaseand aid them to reduce the causes.

The current study was conducted to determine the QOL for postnatal women in the initial post-delivery phase and also to find the connection among the postnatal depression level and postnatal QOL.

## Methods

The data for the study was collected in the week one of the postnatal phase. 30 mothers were selected from various maternity centres of Pune city who had met the inclusion criteria and had mild to moderate postnatal depression. A Purposive sampling technique was used for sample selection. For selecting study group, mothers in the week one of the initial postnatal phase were nominated. The questionnaire was administered to mothers and filled by the investigator to check their quality of life. During the data collection, Quality of life was measured by HRQL questionnaire.

## Results

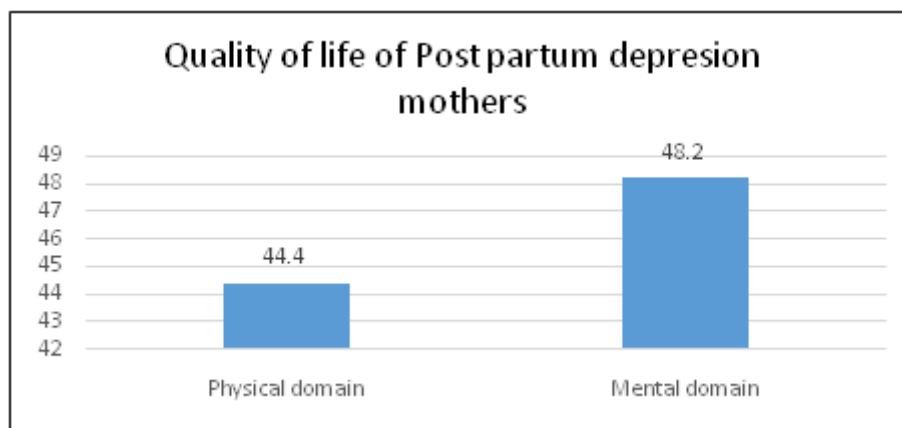
### Section 1: Demographic characteristics

Participants mean age was  $28.95 \pm 4.9$  years. 51% of them were working and 62% are living in the joint families. 40% have education up to graduation level. Women with unexpected latest pregnancy got lower QOL as compared to other women who had a planned pregnancy. 68% were Primi gravida mothers and 48% had made arrangements with other family members to take care of the child.

### Section 2: Quality of Life of Postnatal Mothers

QOL inclusive, general physical and intellectual health area mean scores was suggestively lesser ( $p < 0.0001$  for each) among mother with Postnatal Depression ( $44.4 \pm 10.3$ ,  $48.2 \pm 15.5$ )

n=30



**Figure 1.** Quality of Life of mothers in terms of overall, physical and mental health domain

### Section 3: Association with Demographic variables

2.24 times more probability to have Postnatal Depression was seen among lesser educated mothers compared to mothers with advanced qualification. Mothers with unplanned gestations had twice a more risk of Postnatal Depression in comparison to planned pregnancy women. Participants with history of Postnatal Depression were nearly twice more probable to report Postnatal Depression comparative to mothers with no history of Postnatal Depression.

### Section 4: Correlation with Postnatal Depression and QOL

Postnatal Depression total average score put up as a self-determining forecaster ( $p < 0.001$ ) to QOL total, bodily, and psychological condition area average scores. It has been seen that increase in Postnatal Depression total average score was pointedly related with a reduction in the total QOL average score by 1.40, the bodily health area average score by 1.56, and the psychological individual area average score by 1.69.

## Discussion

The study revealed that the QOL of women with postnatal depression was not up to mark. A vital outcome evident was the association between a low education level and Postnatal Depression. Though educational level was not expressively associated with Postnatal Depression, the effect of this aspect showed its important association with Postnatal Depression. This finding is similar with the finding of studies conducted by Lebanon Chaaya et al. in Italy Grusso & Quatraro et al and in Iran Mazahiri et al. Hence it can be said that, women with less education ought to be considered as a susceptible group to face difficult delivery events and should be taken more care closely with a regular aftercare and good care in their postnatal phase. Also, unexpected pregnancy as a forecaster for Postnatal Depression was a significant outcome of this study.

### Conclusion

The quality of life of postpartum depression mothers need to be taken care. Educational events about Postnatal Depression and healthy breastfeeding activities has to be employed in the antenatal period, during pregnancy and postnatal stages to help early finding and decrease of Postnatal Depression in women. This will help to evade adverse effect of Postnatal Depression on women's QOL and its adversative on postnatal mother and the new-born. Further Psychological First Aid need to be administered to the mothers to prevent the Psychological depression after child birth.

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