



# International Journal of Medicine and Health Profession Research

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## EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON SELECTED POSTPARTUM PSYCHIATRIC ILLNESS IN TERMS OF KNOWLEDGE AND ATTITUDE AMONG PRIMI MOTHERS

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### ABSTRACT

Maternal mental health problems pose a huge human, social and economic burden to woman, their infants, their families, and society and constitute a major public health challenge prophylactic interventions may be instituted near or at the time of delivery to decrease the risk of postpartum illness. The study was to evaluate the effectiveness of structured teaching program on selected postpartum psychiatric illness in terms of knowledge and attitude among primi mothers. Pretest and post test pre experimental design was used in this study. 50 samples were selected by using purposive sampling technique. Pretest was conducted using demographic variables, structured questionnaire to assess the knowledge and five point likert scale to assess the attitude of primi mothers and on the same day structured teaching program was given to the mothers individually for 45 minutes through compact disk with laptop on the fifth day post test was done using the same structured questionnaire and liker scale to assess the knowledge and attitude of primimothes regarding selected postpartum psychiatric illness. Highly significant difference was found between pretest and post test knowledge and attitude scores at ( $p < 0.05$ ) level. It shows that the knowledge and attitude scores regarding postpartum psychiatric illness was highly significant after administration of structured teaching program.

### KEYWORDS

Knowledge, Attitude, Structured teaching program, Postpartum psychiatric illness and Primi mothers.

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### INTRODUCTION

Mental health refers to a broad array of activities directly or indirectly related to the mental well-being component included in the who's definition of health.

Although the overall prevalence of mental disorders is similar in men and women, women's mental health requires special considerations in view of women's greater likelihood of suffering from

depression and anxiety disorders and the impact of mental health problems on childbearing. Pregnancy and puerperium are highly stressful periods in a women's life. The person is threatened by physical changes, physiological changes and endocrinal changes occurring in one's body, recognition of psyche in accordance with the new mother-role especially in the first pregnancy, body image change and unconscious intra-psychic conflicts relating to pregnancy, childbirth and motherhood becomes activated.

Post-partum blues is described as "a thief that steals the motherhood" without clinical intervention, post-partum blues can have long lasting implications for both the mother and child.

Many factors are associated with puerperal mental illness such as lack of confiding relationship and support, marital tension, socio economic problems and a previous psychiatric history. Puerperal mental disorders are postnatal blues, postnatal depression and puerperal psychosis. The most robust data indicate that an episode of postpartum psychosis is especially an episode of a mood disorder, usually a bipolar disorder but possibly a depressive disorder. High levels of prenatal depression are associated with high levels of postnatal depression, on low levels of prenatal depression are associated with low levels of postnatal depression. But this does not mean the prenatal depression caused postnatal depression-they might both be caused by some third factor .in contrast, some factors, such as lack of social support, almost certainly cause postpartum depression. Although it is difficult to reliably predict which women in the general population will experience post-partum mood disturbance, it is possible to identify certain subgroups of women who are more vulnerable to postpartum affective illness. Structured teaching program may play an important role in improving the knowledge and attitude of primi mothers. It may be helpful in the promotion of well-being and the prevention of mental disorder.

#### **Objectives**

1. To assess the knowledge and attitude towards postpartum psychiatric illness among primi mothers in experimental group.

2. To evaluate the effectiveness of structured teaching program on selected postpartum psychiatric illness in terms of knowledge and attitude among primi mothers to the same experimental group.

#### **Hypotheses**

**H1:** There is a significant correlation between the post test knowledge and attitude scores regarding selected postpartum psychiatric illness among primi mothers.

**H2:** There is a significant association between the post test knowledge scores regarding selected postpartum psychiatric illness among primi mothers.

**H3:** There is a significant association between the post test attitude scores regarding selected postpartum psychiatric illness among primi mothers.

#### **MATERIAL AND METHODS**

The design used in this study was one group pretest and post test pre experimental design. Sample size comprises of 50 primi mothers purposive sampling technique was used in this study. Demographic variables was collected and the knowledge of primi mothers was assessed by using a structured knowledge questionnaire and attitude was assessed by using five point likert scale before giving structured teaching program. Immediately after the pretest individual teaching program was given for primi mothers for 45 minutes and its effectiveness was assessed on the fifth day by using the same structured knowledge questionnaire and attitude five point likert scale. Data was analyzed using descriptive, inferential statistics. Highly significant difference was found between pretest and post test knowledge and attitude scores at ( $p < 0.05$ ) levels. The study finding revealed that the knowledge and attitude scores regarding selected postpartum psychiatric illness was highly significant after administration of structured teaching program.

#### **RESULTS**

Table No.1: Showed the comparison of mean, standard deviation and 't' value of pre and post test knowledge scores on selected postpartum psychiatric illness among primi mothers were 7.46 ( $T=2.63$ ) and 14.84 ( $T=4.53$ ) respectively. The findings showed

that the primi mothers gained knowledge after implementing the structured teaching program.

Table No.2 : Showed the comparison of mean, standard deviation and “t” value pre and post test attitude scores on selected postpartum psychiatric illness among primi mothere were 19.44 ( $T=7.16$ ) and 44.52 ( $T=12.64$ ) respectively the post test mean scores. From the finding it was clear that the primi mothers showed positive attitude after implementing the structured teaching program. Table No.3 showed the comparison between the mean post test knowledge and attitude scores of primi mothers and there was positive correlation  $r=0.92$  between post test knowledge and attitude scores of primi mothers on selected postpartum psychiatric illness.

### DISCUSSION

The aim of the study is to evaluate the effectiveness of structured teaching program on selected postpartum psychiatric illness in terms of knowledge and attitude among primi mothers. Evaluative research approach was adopted for this study, pretest and post test pre experiment design was used in this study. Assessment of knowledge regarding selected postpartum psychiatric illness among 50 primi mothers, 68% had inadequate knowledge in pre test. Assess the attitude regarding selected postpartum psychiatric illness among 50 primi mothers, 70% had unfavorable attitude in pretest.

Assessment of postpartum psychiatric illness among 50 primi mothers, 60% of the primi mothers had adequate knowledge, 40% of the primi mothers had moderately adequate knowledge. The assessment of knowledge score of primi mothers after being exposed to structured teaching program slurred that knowledge score had been markedly increased as evidenced clay the post test analysis. Chi-square value were calculated to find out the association of the post test knowledge scores of primi mothers with their age, educational status, occupation, family monthly income, type of family, religion, residence and family history of mental illness.

Based on the findings of the study the following conclusions were drawn. The study revealed that the knowledge and attitude scores regarding selected postpartum psychiatric illness was highly significant after administration of structured teaching program. Findings slowed that the structure teaching program was effective in increasing the knowledge and attitude among primi mothers regarding selected postpartum psychiatric illness.

The finding was supported by rinu, who conducted a study to assess the effectiveness of structured teaching program on knowledge of 50 prim gravid woman regarding postpartum psychiatric illness. Results slowed that structured teaching program was effective in proving knowledge of primi mothers.

**Table No.1: Comparison of mean standard deviation and ‘t’ value of pre and post test knowledge scores on selected postpartum psychiatric illness among primi mothrs**

N= 50

S.No	Variable	Mean	S.D	‘t’ Value	Table Value
1	Pre Test	7.46	2.63	21.6	2.0
2	Post Test	14.84	4.53		

df = 49

P < 0.05

**Table No.2: Comparison of mean, standard deviation and ‘t’ value of pre and post test attitude soares on selected postpartum psychiatric illness among primi mothers**

S.No	Variable	Mean	S.D	‘t’ Value	Table Value
1	Pre Test	19.44	7.16	19.13	2.00
2	Post Test	44.52	12.64		

df = 49

P < 0.05

**Table No.3: Correlation of post test knowledge scores with attitude scores regarding selected postpartum psychiatric illness among primi mothers**

S.No	Variable	Mean Scores	Coefficient of Correlation	Table Value
1	Knowledge	14.84	0.92	0.1964
2	Attitude	44.52		

df = 48

P < 0.05

### CONCLUSION

In this study the central purpose is the primi mothers to gain knowledge and desirable attitude on selected postpartum psychiatric illness. Thus structured teaching program played an important role in improving the knowledge and attitude of primi mothers.

### ACKNOWLEDGMENT

I would like thanks the participants of my study who have shared their valuable time with us.

### CONFLICT OF INTEREST

We declare that we have no conflict of interest.

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**Please cite this article in press as:** Ramani G. Effectiveness of structured teaching programme on selected postpartum psychiatric Illness in terms of knowledge and attitude among primi mothers, *International Journal of Medicine and Health Profession Research*, 5(1), 2018, 5 - 8.