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**P. Latha**

Associate Professor,  
Department of OBG,  
Narayana College of Nursing,  
Nellore, Andhra Pradesh,  
India.

## Level of post-partum depression among LSCS mothers at government area hospital, Bhadrachalam, Telangana

**P. Latha**

### ABSTRACT

**Background:** Postpartum depression is a form of clinical depression which affects women after childbirth. Most of the symptoms are mild and short lived. However 10-15% of women develop more significant symptom of depression or anxiety. Postpartum depression is a very real and very serious problem for many mothers. It can happen to a first time mom or a veteran mother. It can occur a few days or a few months after childbirth.

**Aim:** The overall aim of the study is to assess the level of mother's depression among LSCS mothers.

**Objectives:** Assess the level of postpartum depression among LSCS mothers and to find the association between level of postpartum depression and socio demographic variables.

**Methods:** Descriptive design with simple random sampling technique was adopted. Data was collected from 60 primi LSCS mothers by using Edinburgh Postnatal Depression Scale at Govt Area Hospital, Bhadrachalam, and Telangana.

**Results:** The study revealed that among 60 LSCS mothers, 11(18.33%) of them had low probability of depression, 33(55%) of them had baby blues, 11(18.33%) of them had high probability of depression, 5(8.33) of them had possibility of depression.

**Conclusion:** Since, mother plays a vital role in newborn outcome of care and many of them are prone to get postnatal depression, the postnatal mothers should know adequate information and necessary knowledge regarding the same. Thereby, all postnatal mothers especially LSCS mothers can prevent themselves from being affected from complications related to postnatal depression.

**Keywords:** Postnatal depression, LSCS, Postnatal mothers.

### Introduction

Depression can be described as feeling sad blue, unhappy, miserable; down in the dumps most of us feel this way at one time or another for short periods. Depression that occurs during pregnancy within a year after delivery is called perinatal depression. Postpartum depression needs to be treated by a doctor counseling, support groups, and medicines are things that can help. (Ram Kumar Gupta, 2010) [6].

Compared to women who had a spontaneous vaginal delivery and women who had a forceps delivery, 46% of the women who had an emergency cesarean were more than six times more likely to develop symptoms of depression at three months postpartum. Over 10-15% of mothers will suffer from a mild to moderate postnatal depressive illness for the first time and there is now widespread acknowledgement that PND is an important public health problem. Considerable evidence now highlights the fact that it can become chronic damages the relationship between the woman and her partner and has adverse effect on the emotional and cognitive development of the child. (Adele Pillitteri, 2012) [1].

### Need For the Study

A woman's experience of her caesarean birth and her perceptions of the event, are influenced by multiple complex factors: The reason for which the caesarean was performed, her cultural values, her beliefs and anticipations of the birth, possible traumatic events in her life, available social support, and her personal sense of control, are only a few. Many women recover fully physically and emotionally from a caesarean birth, others do not. Little attention has been paid to the psychological impact that a surgical birth may have on women's Emotional wellbeing. Their personal experiences have been at times trivialized, misunderstood, or ignored by the medical community.

**Correspondence:**

**P. Latha**

Associate Professor  
Department of OBG,  
Narayana College of Nursing,  
Nellore, Andhra Pradesh,  
India.

Research suggests that the negative psychosocial effects of caesarean can be significant and far-reaching for some women. Several reports also indicate that a caesarean birth, especially one that was not anticipated, can put some women at increased risk for depression and post-traumatic stress.

Deshmukh, *et al.*, (2015) [2] conducted a study to determine the effect of mode of delivery on the risk of postpartum depression. A total of 318 women who applied for delivery were included in the study. Data about the patients were obtained during hospital stay. During the postpartum sixth week visit, Edinburgh postnatal depression scale (EPDS) was applied. Those who had experienced emesis during their pregnancy, had a history of depression, and were housewives had significantly higher EPDS scores ( $P < 0.05$ ). The incidence was higher with elective Cesarean section or emergency Cesarean than delivering by spontaneous vaginal birth. So, healthcare providers should be aware of postpartum depression and apply the EPDS to them for early detection of postpartum depression.

**Problem Statement**

A study to assess level of postpartum depression among LSCS mothers at government area hospital, Bhadrachalam, Telangana.

**Objectives**

1. To assess the level of postpartum depression among LSCS mothers.
2. To find the association between postpartum depression and socio demographic variables of LSCS mothers.

**Operational Definitions**

**Postpartum Depression**

Postpartum depression is a mood disorder that begins after child birth and usually lasts beyond 6 weeks.

**LSCS**

It refers to lower segmental caesarean section, an operation which involves the extraction of baby through an incision made in the lower segment through a trans-peritoneal approach.

**Postnatal Mothers**

Refers to a mother who had delivered a child through LSCS and staying in the selected hospital after delivery to 6 weeks after delivery.

**Delimitations**

- The duration of the research study was 4 weeks.
- The sample size was 60.

**Materials and Methods**

**Research Approach:** Qualitative Approach.

**Design:** Descriptive design

**Setting:** The study was conducted at Government Area Hospital, Bhadrachalam.

**Sample size:** 60 LSCS mothers

**Sampling Technique:** Simple random sampling technique

**Sampling Criteria:** Inclusion criteria

- Postnatal mothers admitted in the selected hospital.
- Postnatal mothers who had undergone elective or emergency LSCS.

**Exclusion Criteria**

- The LSCS mothers who cannot understand Telugu or English.
- The mothers who are not willing to participate in the study.

**Description of the tool**

**Part-I:** Demographic variables.

It comprise of demographic characteristics of the LSCS mother such as age, religion, education, family income per month, occupation, type of the family, family history of PPD, number of pregnancy, LSCS and High risk pregnancy.

**Part- II**

Edinburg’s Postnatal Depression Scale is used to assess the postpartum depression. It consists of 10 questions.

**Scoring**

Questions 1, 2, 3 - 0,1,2,3 (from top box to bottom box)

Questions 3, 5-10 - 3,2,1,0 (from top box to bottom box)

**Score Interpretations**

0-8 : Low probability depression

8-12 : Baby blues

13-14 : Possibility of depression

15+ : Highly probability of depression

**Variables of the Study**

**Study Variable:** Level of post-partum depression

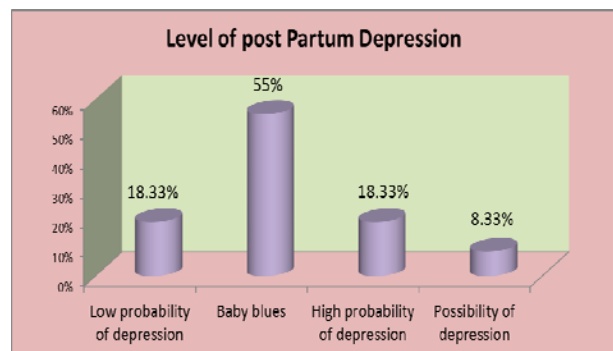
**Demographic Variables:** Age, religion, education, family income per month, occupation, type of the family, family history of PPD, number of pregnancy, LSCS and High risk pregnancy.

**Results and Discussion**

**Table 1:** Frequency and Percentage distribution of level of postpartum depression among LSCS mothers (N=60)

S. No	Level of Post-partum depression	F	P
1.	Low probability of depression	11	18.33
2.	Baby blues	33	55
3.	High probability of depression	11	18.33
4.	Possibility of depression	5	8.33
	Total	60	100

Table -1 reveals that, among 60 LSCS mothers, 11(18.33%) of them had low probability of depression, 33(55%) of them had baby blues, 11(18.33%) of them had high probability of depression, 5(8.33) of them had possibility of depression.



**Fig 1:** Frequency and percentage distribution of level of postnatal depression among LSCS mothers

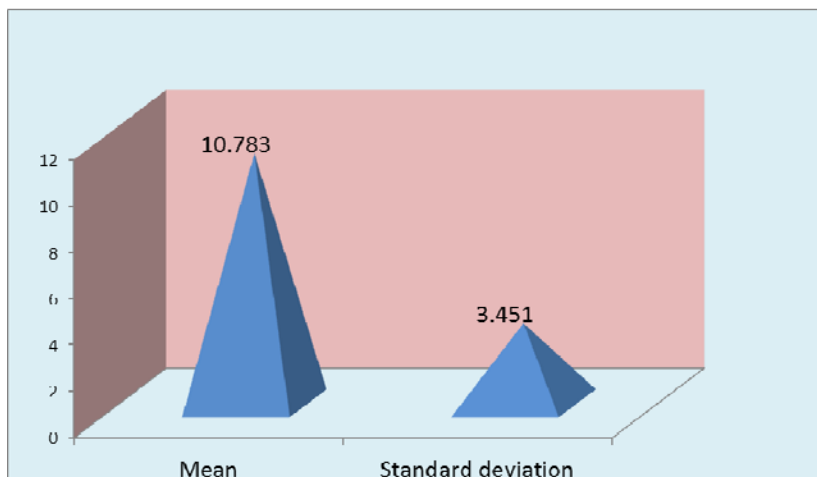


Fig-2: Mean and standard deviation of postnatal depression among LSCS mothers

Table-2: Association between level of post-partum depression and demographic variable among LSCS mothers (N=60)

S. No	Demographic Variables	Low probability of Depression		Baby Blues		High probability of Depression		High possibility of Depression		Chi-square (χ <sup>2</sup> )
		F	P	F	P	F	P	F	P	
1.	Family Income									C=34.7 T=15.51 df=8 S*
	a) <5000	2	3.3	2	3.3	2	3.3	8	13.3	
	b) 5001-10000	6	10	24	40	3	5	3	5	
	c) 10001-15000	2	3.3	5	8.3	-	-	-	-	
	d) >15000	1	1.0	2	3.3	-	-	-	-	

Note: S - Significant at P<0.05, NS- Not Significant at P>0.05

Table-1 indicated that, among all the demographic variables, only family monthly income had a significant association with level of depression among LSCS mothers.

**Major Findings of the Study**

- Out of 60 LSCS mothers, 11(18.33%) of them had low probability of depression, 33(55%) of them had baby blues, 11(18.33%) of them had high probability of depression, 5(8.33) of them had possibility of depression.
- The mean and standard deviation of level of post-partum depression mean was 10.783 and standard deviation was 3.451.
- Among all the demographic variables, only family monthly income had a significant association with level of depression among LSCS mothers.

**Conclusion**

Mother plays a vital role in newborn outcome of care and many of them are prone to get postnatal depression, the postnatal mothers should know adequate information and necessary knowledge regarding the same. Thereby, all postnatal mothers especially LSCS mothers can prevent themselves from being affected from complications related to postnatal depression.

**Recommendations**

1. A similar study can be done on a larger sample to validate and generalize the findings.
2. A similar study can be conducted with an experimental and control group.
3. A similar study can be conducted with psychotherapy as an interventional study.
4. A comparative study can be conducted on post-partum depression between normal and LSCS mothers.

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