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## A study to assess postpartum depression and baby blue symptoms among postnatal women admitted in selected maternity Hospital

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### Abstract

**Background:** 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. Desperation, sadness, nausea, changes in sleep and eating habits, decreased libido, crying spells, anxiety, irritability, feelings of isolation, mental liability, thoughts of hurting oneself and/or the infant, and even thoughts of suicide are common signs of this form of depression. Postpartum depression can start at any time within the first year after delivery and continue for several years. Postpartum blues reportedly occurs in 50% to 80% of new mothers and occurs in the first few days after delivery.

**Material and Methods:** A Descriptive research design was undertaken Seva nursing college, Shirampur. A total of 100 postnatal mothers were selected with the help of purposive sampling to assess the postpartum depression and postpartum blue after delivery. A nurse investigator conducted a semi structured interview for 40 min to collect data. The data was analyzed with descriptive and inferential statistics whenever required.

**Result:** A total of 100 mothers were including in the study. Study revealed that (51%) of the mothers under the study were 22-25 of age, (58%) of the mothers belongs to nuclear family, (42%) of mothers were from rural area however (35%) were belongs to semi urban area, mean score for postpartum depression (+27.23) indicate severe depression, for postpartum blue (+5.36) indicate moderate postpartum blue. It indicates that student under study had severe level of postpartum blue and moderate level of depression.

**Conclusion:** Majority of the mothers had most of the symptoms of postpartum blue and moderate level of postpartum depression.

**Keywords:** Assess, postpartum depression, baby blue symptoms, and postnatal women's

### Introduction

"Take your time healing, as long as you want. Nobody else knows what you've been through. How could they know how long it will take to heal you?" Abertoli

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 About 60-80% of all new mothers suffer from the PPB which rarely requires medication and normally subsides with support and education [3].

The "baby blues" describes the most common mood disturbance in new mothers (50-80%), with an early onset, peaking at day five, and full resolution 10-14 days postpartum. Symptoms include emotional lability, frequent crying, anxiety, fatigue, insomnia, anger, sadness, and irritability.

While considered “normal”, the blues can evolve into full-blown PPD if symptoms last longer than two weeks; indeed, it remains one of the strongest risk factors for PPD with 25% of women developing a more chronically depressive course. The key difference between the blues and PPD is the short time frame and the fact that the blues do not interfere with maternal role functioning, making the blues a self-limiting disorder that does not demand treatment. The postpartum blues occurs 3-5 days postpartum in 50-70% of deliveries mostly disappearing after one week without specific therapy. However, 20-30% of patients will develop a depression in their further postpartum course so that a thorough evaluation concerning depression is warranted, if blues symptoms persist more than 2 weeks [4].

### Need for study

Postpartum depression was found in 17.22% (95% CI 16.00-18.51) of the world's population. In Western countries, the prevalence of PPD varies from 10 to 15% during the first year after birth. According to a systematic review of 47 studies from 18 low and lower-middle income countries, the prevalence is 18.6%. Postpartum blues have been reported to occur in 15-85% of women within the first 10 days after giving birth, with a peak incidence at the fifth day. About 22 percent of Indian mothers suffer from postpartum depression (PPD) and the country requires more resources for capacity building in maternal health care, finds a report recently published by the World Health Organization (WHO).

### Objectives

1. To assess postpartum depression among postnatal women's.
2. To assess baby blue symptoms among postnatal women's.
3. To compare selected sociodemographic variable with postpartum depression and baby blue symptoms among postnatal women.
4. To correlate postpartum depression and baby blue symptoms among postnatal women'.

### Materials and Methods

**Research Approach and Research Design:** An Descriptive research approach, non-experimental descriptive research

### Statistical analysis

#### Section-A Frequency and Percentage Distribution of the Demographic variable

**Table 1:** Frequency and Percentage Distribution of the Demographic variable, N=100

Sr. No.			Frequency (F)	Percentage (%)
1	Age	18 to 21 Years	25	25%
		22 to 25 Years	51	51%
		26 to 29 Years	24	24%
2	Type of Family	Joint family	42	42%
		Nuclear family	58	58%
3	Residual Status	Slum	5	5%
		Rural	42	42%
		Semi urban	35	35%
		Urban	18	18%
4	Monthly Income	< 10000	14	14%
		10,001 to 20,000	31	31%
		20,001 to 30,000	27	27%
		30,001 to 40,000	19	19%
		40,001 and above	9	9%

design is used in the research. This study conducted at selected hospital. The populations included were postnatal mothers. The total population size is 100. Random judge mental sampling technique was used for sample for the study. In this study was conducted in selected maternity hospital of Shrirampur. In this study the population consists of postnatal mothers admitted in selected maternity hospital. The postnatal mothers consists of selected maternity hospital those who fulfill in the inclusion criteria. In this study sample comprises of 100 postnatal mothers from selected maternity hospital of Shrirampur. In this study Random judge mental sampling technique was used to select the samples. Why the postnatal mothers? Because of the Postpartum depression (PPD) is a very common in postnatal mothers who requires medication and normally subsides with support and education. It is significant to carry out the follow-up, because up to 48% of these mothers are likely to progress to postpartum depression (PPD) and an adverse consequence on children's cognitive growth. About 37 percent of Indian mothers suffer from postpartum depression (PPD) and the country requires more resources for capacity building in maternal health care. After the explaining the purpose of the study, written and informed consent was obtained from the subjects. Based on the baseline data, subject who met inclusion criteria were included in this study. Baseline Performa includes the demographic variable of postnatal mothers which consists of age, type of family, educational qualification, occupation, monthly income, religion, residential status, Gravida status, Type of diet. History of chronic illness, past psychiatric history and Gestational age, etc.

**Knowledge Questioner:** A blueprint was prepared prior to the construction of knowledge questioner, which showed the distribution of items according to the content area and the percentage distribution of each item for each content area. A knowledge questioner was prepared by the investigator. It consists of 30 items covered with various aspects of postpartum depression in order to assess the postpartum depression in postnatal mothers. Grading of the scores is as follows: Suicidal Thoughts: 0-10, Possible Depression: 11-20, Severe Depression: 21-30.

5	Educational Status	Illiterate	6	6%
		Diploma	61	61%
		Graduate	29	29%
		Post graduate	4	4%
6	Gravida Status	Primi-gravida	59	59%
		Secondary gravida	39	39%
		Tertiary gravida	2	2%
7	Type of Diet	Veg diet	35	35%
		Non veg diet	3	3%
		Mixed diet	62	62%
8	History of Chronic Illness	Hypertension	7	7%
		Anemia	29	29%
		Asthma	5	5%
		None	59	59%
9	Past Psychiatric History	Depression	3	3%
		Anxiety	6	6%
		None	81	81%
10	Gestational Week	Completed	93	93%
		Not completed	7	7%

### Section-B Distribution of frequency and percentage of postpartum depression among postnatal mothers

**Table 2:** Distribution of frequency and percentage of postpartum depression among postnatal mothers, N= 100

Sr. No.	Postpartum Depression	Yes, most of the time		Yes, sometimes		Not very often		Not at all	
		F	%	F	%	F	%	F	%
1	I have been able to laugh and see the funny side of things?	53	53%	25	25%	14	14%	8	8%
2	I have looked forward with enjoyment to things?	18	18%	32	32%	28	28%	22	22%
3	I have blamed myself unnecessarily when things went wrong?	10	10%	14	14%	56	56%	20	20%
4	I have been anxious or worried for no good reason?	53	53%	33	33%	9	9%	5	5%
5	I have felt scared or panicky for no very good reason?	21	21%	16	16%	43	43%	20	20%
6	Things have been getting on top of me?	9	9%	29	29%	34	34%	28	28%
7	I have been so unhappy that I have had difficulty sleeping?	14	14%	34	34%	23	23%	29	29%
8	I have felt sad or miserable?	7	7%	10	10%	40	40%	43	43%
9	I have been so unhappy that I have been crying?	0	0%	0	0%	39	39%	61	61%
10	The thought of harming myself has occurred to me?	5	5%	5	5%	25	25%	65	65%

### Section-C Distribution of frequency and percentage of postpartum blue among postnatal mother

**Table 3:** Distribution of frequency and percentage of postpartum blue among postnatal mother, N=100

SR	Postpartum Blue	Yes		No	
		F	%	F	%
1	Can you feel anxious after delivery?	64	64%	36	36%
2	Can you experience being impatient or grumpy?	54	54%	46	46%
3	Do you feel difficulty on concentrate?	52	52%	48	48%
4	Can you experience mood changes from few days?	53	53%	47	47%
5	I feel irritable after delivery?	50	50%	50	50%
6	Do you feel restlessness?	36	36%	64	64%
7	Are you suffering from fatigue?	69	69%	31	31%
8	Are you feeling difficult to making decision?	47	47%	53	53%
9	Do you feel that you are not interested in daily works?	47	47%	53	53%
10	Did you feel hopelessness after delivery?	44	44%	56	56%

### Summary

The chapter deals with the analysis and interpretation of the findings of the study. The data gathered were master sheet and both descriptive and inferential statistics were used for analysis. Systemic problems due to postpartum depression among postnatal women's shows that majority (53%) of mother's feels that they have been able to laugh and see the funny side of things and been anxious or worried for no good reason and (21%) of mothers feels that they have felt scared or panicky for no very good reason, (18%) of mothers feels that they have looked forward with enjoyment to things, and (14%) feels that they have been so unhappy that I have had difficulty sleeping. It was found that the

stress had possibility of correlation with the postpartum depression the r value is (-0.08135), it also found that the depression had possibility of correlation with the baby blue symptoms the r value is (-0.08135), it also found that the baby blue had possibility of correlation with the postpartum depression the r value is (-0.08135), it interpreted that the study variables such as postpartum depression and baby blue symptoms had both negative correlation among them.

### Conclusion

The study revealed that the due to postpartum depression and baby blue symptoms the mothers face abundant of problems such as psychological. Study reveals that they had

psychological problems related to anxiety depression scary unhappy and sad. Moderate degree of physical problems such as weakness, dizziness and malaise.

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