

A Study to Assess The Level of Depression Among Mothers of Inadequate Lactating at Selected Hospital, Kancheepuram District

Mrs. S. Kavitha

Assistant Professor

*Department of Obstetrics and Gynecological Nursing
Adhiparasakthi college of Nursing, Melmaruvathur, Affiliated
with the Tamilnadu Dr. M.G.R. Medical University*

Dr. N. Kokilavani

Principal

*Department of Medical Surgical Nursing
Adhiparasakthi college of Nursing, Melmaruvathur, Affiliated
with the Tamilnadu Dr. M.G.R. Medical University*

Dr. Usha Ramamoorthi

Associate Professor

Department of Microbiology

Melmaruvathur Adhiparasakthi Institute of Medical Science and Research, Melmaruvathur, Affiliated with the Tamilnadu Dr. M.G.R. Medical University

Abstract

American psychology association describes that the relationship between the depression and inadequate lactation are not clear. This articles provides an overview of breast feeding practices, newborn care and lack of maternal and newborn care among lactating mothers with depression. Postnatal mothers was estimated by using modified Hamilton depression rating scale. 50 depressed mothers with inadequate lactation were selected. Among 50 mothers, 12 mothers (24%) were mildly depressed, 31 mothers (62%) were moderately depressed and 07 mothers (14%) were severely depressed. The results of this study reveals the mean depression score was 7.59, SD was 2.172 and mean percentage was 25.86 which reveals a significant association between the level of depression among inadequate lactation and selected demographic variable. Depression among mothers with inadequate lactation are the serious threat for the mother as well as for the infant. The findings of this study suggests that majority of the mothers were depressed during postnatal period due to inadequate lactation where the preventive management of the risk group should be carried out in the antenatal period itself.

Keywords: Depression, Lactating Mothers

I. INTRODUCTION

Depression is feeling of loneliness or sadness or lack of interest in day to day activities. Depression after childbirth not only affects the mother it also affects the infant. 13-19% of women were affected with a state of depression after delivery which affects the process of lactation. Many research findings shows the infant born or reared by the depressed mothers develop greater interpersonal and behavioural problems and the infants are in greater risk for infants fails to gain weight and shows the features of retarded growth.

As per the world wide statistics the depression among mothers were estimated as 11- 20% are affected per year approximately, this rate is equal to 6,00,000 mothers/year.

II. REVIEW OF LITERATURE

Betty & shaddock.,et.al.,2015 conducted a study on depression among lactating mothers which affects the newborn adaptation to the extra uterine environment. This study concludes that the mothers with severe depression give birth to 62% of babies with high morbidity rates and 23% of babies with high mortality rates.

A. Statement of the Problem

A study to assess the level of depression among lactating mothers at selected hospitals, kancheepuram district.

B. Objectives

- 1) To assess the level of depression among lactating mothers
- 2) To determine the association between level of depression among lactating mothers with demographic variables.

C. Hypothesis

H₁ - There will be significant association between level of depression among lactating mothers.

D. Operational definition

- Assess - It is to estimate a particular phenomena
- Depression – It is feeling of loneliness, sadness and loss of interest in day to day activities
- Lactating mothers - The mothers who breastfeeds the baby
- Selected hospital – Sathya priya nursing home, Maduranthagam

E. Methods

- Research design: Non- experimental design – descriptive research design
- Setting: Sathya Priya Nursing Home, Kancheepuram district.
- Sample: lactating mothers attending OPD in sathya priya nursing home, Madhuranthagam
- Sample size: 50 samples were totally selected for this study
- Sampling technique: Purposive sampling technique was adopted

1) Criteria for Selection of Sample

- 1) The study includes lactating mothers
- 2) Mothers available during the time of data collection
- 3) Primi and multi para mothers
- 4) Mothers who understand English/ tamil
- 5) Mothers who are willing to participate in the study

III. DESCRIPTION OF THE TOOL

A. Part I: Demographic Data

The demographic data includes age, education, occupation, monthly income, order of pregnancy, gestational age during delivery, birth weight of the baby, mode of delivery, number of children, sex of the baby.

B. Part II: Modified Hamilton Depression Rating Scale

The rating scale is used to assess the level of depression among lactating mothers. The modified Hamilton depression rating scale includes depressed mood, level of insomnia, activities, agitation, anxiety, somatic and genetic symptoms.

C. Data Collection Procedure

The study was conducted on 30/12/2016. The data is collected by using modified Hamilton depression rating scale for assessing the level of depression among lactating mothers were administered to the subjects with adequate information. In an average it took 10-15 minutes to collect the responses from each mother.

D. Data Analysis

Descriptive statistics were used for analyze the demographic variables of the lactating mothers in terms of frequency and percentage. Frequency percentage, mean and standard deviation was used to assess the level of depression among lactating mothers. The inferential statistics chi square was used to find out the association between the level of depression among lactating mothers and selected demographic variables.

E. Interpretation

The modified Hamilton depression rating scale carries 10 questions. Five items are scored on 5-point scale, ranging from 0=not present to 4=severe. Five items are scored from 0-2, ranging from 0=absent to 2= severe.

Table – 1

Describes the score interpretation

Score	Interpretation
0-7	Normal
8-13	Mild depression
14-18	Moderate depression
19-22	Severe depression
>22	Very severe depression

F. Findings

1st objective: to assess the level of depression among lactating mothers

The study finding reveals among 50 mothers;

Table – 2
Describes the level of depression, frequency and percentage.

<i>Level of depression</i>	<i>Frequency</i>	<i>Percentage</i>
<i>Mildly depressed</i>	12	24
<i>Moderately depressed</i>	31	62
<i>Severely depressed</i>	07	14

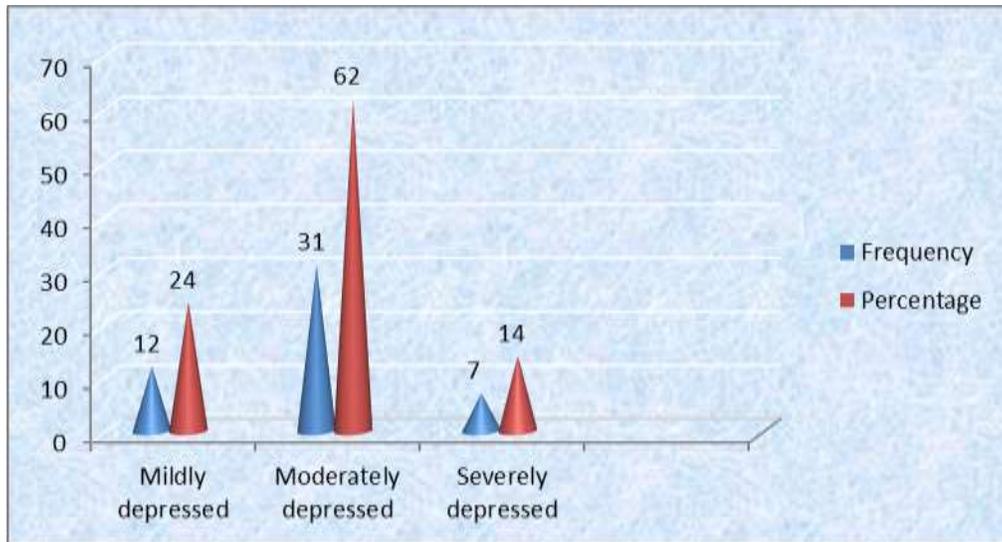


Fig. 1: Describes frequency and Percentage of Level of depression among lactating mothers

2nd objective: To determine the association between level of depression among lactating mothers with demographic variables. The study findings reveals that the selected demographic variables such as education, occupation, order of pregnancy, mode of delivery and Sex of the baby shows significant association between level of depression among lactating mothers.

IV. CONCLUSION

On the basis of the present study, it concludes as among 50 mothers, 12 mothers(24%) were mildly depressed, 31 mothers(62%) were moderately depressed and 07 mothers (14%) were severely depressed.

V. RECOMMENDATIONS

- The study can be conducted comparatively among mothers with normal delivery and LSCS
- A structured teaching programme can be conducted among lactating mothers to improve the inadequate milk secretion.
- The study can be conducted among the health workers to determine whether they are aware about the level of depression among the mothers.

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