



A STUDY TO ASSESS THE EFFECTIVENESS OF PLANNED TEACHING PROGRAMME ON POST PARTUM DEPRESSION AMONG PRIMI ANTENATAL MOTHERS IN SELECTED HOSPITAL AT BANGALORE.

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ABSTRACT

About 25-50% of all women develop mild psychological symptoms in the puerperal period. Post partum depression (PPD) is observed in 10-20% of mothers. Post partum depression is one of the serious problems affects the postnatal mothers. Nurses have the important role in prevention of such illnesses and hazards by proper health education during pregnancy. Primi antenatal mothers are lacking in knowledge regarding post partum depression and its prevention and complications. So, it is important to increase the knowledge regarding PPD and its complications and thus can reduce the risk for getting PPD. The present study aimed to assess the knowledge regarding post partum depression among primi antenatal mothers before administration of planned teaching programme and its association with the selected demographic variables. 60 Samples were selected using Non-probability convenient sampling technique. The research design was pre experimental one group pre test and post-test research design. The structured questionnaire regarding PPD was administered to each primi antenatal mothers. Before and after the planned teaching programme was given to each subject. Post test knowledge was assessed after 7 days by using same structured questionnaire. The results of the present study showed that the planned teaching programme about post-partum depression was found to be effective in improving knowledge of primi antenatal mothers about post-partum depression.

Key words: PPD, planned teaching programme, depression, knowledge, mother love, women life.

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INTRODUCTION

Motherhood is a significant life event that brings profound physical, psychological, and social changes in a woman's life. Pregnancy and childbirth, while often viewed as joyful experiences, can also expose women to emotional vulnerability and mental health challenges. The postnatal period is a critical phase during which women are at increased risk of developing psychological disturbances due to hormonal changes, role transition, lack of social support, and stress associated with infant care.

Postpartum depression (PPD) is one of the most common and serious mental health problems affecting women after childbirth. It is characterized by persistent feelings of sadness, anxiety, fatigue, irritability, sleep disturbances, and loss of interest in daily activities. Studies indicate that approximately 25–50% of women experience mild psychological symptoms during the puerperal period, and about 10–20% of mothers develop postpartum depression. If left unrecognized and untreated, PPD can adversely affect the mother's health, mother–infant bonding, infant growth and development, and overall family well-being.

Primi antenatal mothers are particularly vulnerable to postpartum depression due to lack of prior maternal experience, fear of childbirth, inadequate coping mechanisms, and insufficient knowledge regarding postnatal psychological changes. Many first-time mothers are unaware of the signs, symptoms, risk factors, prevention, and complications of postpartum depression. This lack of knowledge may delay early identification and timely intervention, thereby increasing the risk of developing severe depressive symptoms during the postnatal period. Nurses play a vital role in promoting maternal mental health through early assessment, education, counselling, and preventive interventions during the antenatal period. Planned teaching programmes are effective educational strategies that can enhance knowledge, create awareness, promote positive coping skills, and empower antenatal mothers to recognize early symptoms of postpartum depression and seek timely help.

Therefore, the present study was undertaken to assess the effectiveness of a planned teaching programme on knowledge regarding postpartum depression among primi antenatal mothers in a selected hospital at Bangalore. Improving knowledge during the antenatal period can serve as a preventive measure, reduce the incidence of postpartum depression, and contribute to better maternal and neonatal outcomes.

HYPOTHESES

- H_1 = There will be a significant association between the level of knowledge regarding post-partum depression before and after planned teaching programme.
- H_2 = There will be significant association between the Pretest level of knowledge regarding postpartum depression and selected demographic variables of primi antenatal mothers.

INCLUSION CRITERIA:

The study included,

- Primi antenatal mothers who are in first trimester of pregnancy.
- Primi antenatal mothers who are coming for the antenatal check-up.
- Primi antenatal mothers who know English or Kannada.

EXCLUSION CRITERIA:

This study excluded,

- Primi antenatal mothers who are not willing to participate in the study.
- Primi antenatal mothers who have physical or psychological problem.

RESEARCH METHODOLOGY:

To accomplish the objectives of the study “pre experimental one group pre-test and post-test research design” was adopted for the present study. The study was conducted in K.C.General hospital, Bangalore. Primi antenatal mothers who came for antenatal visit and fulfilled the inclusion criteria were included in the study. The samples were selected by using Non-probability convenient sampling technique. Planned teaching programme about Post partum depression was given to the patients and assessment was done before and after planned teaching programme by using structured questionnaire. The tool was prepared by the investigator after an extensive review of literature and discussion with the experts in the field.



DESCRIPTION OF THE TOOLS:

The data collection tool consists of:

Part I: Demographic data

It consists of demographic variables like age, marital status, education, family income, occupation, type of family and religion.

Part II: Structured questionnaire: the investigator prepared structured questionnaire to assess the knowledge regarding PPD among primi antenatal mothers. It consists of 34 multiple choice questions which had four responses. Correct responses was awarded one mark and zero for wrong responses.

SCORE INTERPRETATION:

Interpretation	SCORE
Inadequate knowledge	Below 50%
Moderate knowledge	50-75%
Adequate knowledge	Above 75%

DEVELOPMENT OF PLANNED TEACHING PROGRAMME

Planned teaching programme was developed keeping in mind of the objective, literature review and the opinion of experts.

DESCRIPTION OF PLANNED TEACHING PROGRAMME

Planned teaching programme was developed using the following steps: review of literature, planning the outline of the content, preparing the outline of the content, deciding the method of instruction and A.V.aids, editing the teaching plan and evaluating the teaching plan.

PROCEDURE FOR DATA COLLECTION

The written permission was obtained from the K.C.General Hospital, Bangalore prior to the data collection. The aims, objectives and nature oof the study were explained to the primi antenatal mothers. Appropriate orientation was given to the subjects. The structured questionnaire regarding PPD was administered to each primi antenatal mothers. It took 45-50 minutes to give the answers depending on the level of engagement of participants with the topic of knowledge level on PPD. Pretest was done for 4 clients per day. Clarification was given for the needed samples. After collection of data from the primi antenatal mothers the planned teaching programme was given to each subject by the investigator. The post-test knowledge was assessed after 7 days by using same structured questionnaire.

MAJOR FINDINGS OF THE STUDY WERE

1.Findings related to Demographic variables

The distribution of demographic variables revealed that the maximum number of primi antenatal mothers 26 (43.33%) were of 20-25 years of age, 24(40%) of 26-30 years of age, 7(11.67%) were between 31-35 years of age, 3(5%) were above 35 years.

Out of 60 primi antenatal mothers 33(55%) were Hindu,18(30%) were Muslim,7(11.67%) were Christian,2(3.33%) were others.

With respect to the education, 2(3.33%) were had no formal education, 15 (25%) were completed primary school, 12 (20%) were completed high school, 14(23.34%) were completed higher secondary school, 9(15%) were under graduates & 8(18.33%) were post graduates.

Out of 60 primi antenatal mothers 4(6.67%) were coolie,11(18.33%) were self-employed ,34(56.67%) were house wife and 11 (18.33%) were had government employment.

With respect to the monthly family income, 25 (41.67%) were having Rs.7,500-10,000/- ,4 (6.67%) of them were having monthly family income of rs.2,500- 5000/-, 5(8.33%) were having Rs. 5,000-7,500, 26(43.33%) of them above Rs.10,000.

With regard to the marital status Out of 60 primi antenatal mothers 53(88.34%) were living together,2(3.33 %) were widowed,5(8.33%) were separated.

Out of 60 primi antenatal mothers 7(11.67%) were nuclear family,40 (66.67%) were from joint family, 13(21.66%) were from extended family.



2. Findings related to the knowledge regarding post-partum depression among primi antenatal mothers before administration of planned teaching programme.

Findings of pre-test score revealed that out of 60 primi antenatal mothers 44(73.33%) of them had inadequate knowledge, 16(26.67%) of them had adequate knowledge, none of them had adequate knowledge. The overall pre-test range was 7-13, mean was 4.2, mean % was 38.12 and the standard deviation was 1.53.

3. Findings related to the level of knowledge regarding post-partum depression among primi antenatal mothers after administering planned teaching programme.

Findings of the post-test knowledge score revealed that 28(46.67%) had moderate knowledge and 32(53.33%) had adequate knowledge. The overall post-test range was 17-32, mean was 25.23, mean percentage was 74.21 and the standard deviation was 4.32.

4. Findings related to effectiveness of planned teaching programme regarding postpartum depression among primi antenatal mothers.

The study confirmed that there was significant improvement in the knowledge level after administration of planned teaching programme. The overall mean knowledge score in the pretest was 4.2 and in the post test it was increased to 25.23. the mean enhancement was found to be 13.57. since the calculated value of 't' (17.24) was greater than the table value (2.66) the planned teaching programme regarding PPD was found to be statistically significant and effective.

5. Findings related to the association between the level of knowledge before administration of planned teaching programme and selected demographic variables.

In the present study analysis showed the demographic variables in the study like age, marital status, education, family income, occupation, type of family, religion and their association between the knowledge level of the participants. With regard to association of demographic variables with knowledge scores, it was found that variables of marital status, family income, occupation, type of family, religion had no association with knowledge scores of the respondents since the calculated chi-square value was less than the critical chi-square value at the level of significance of $p < 0.005$. The chi-square test results shows that at a level of significance 5% the demographic variables of age, education were significantly associated with pretest knowledge score resulting in the acceptance of H2.

RECOMMENDATIONS

- A similar study can be replicated in a large samples for better generalization.
- A comparative study could be conducted drawing a sample from primi antenatal mothers in urban and rural areas.
- An experimental study can be undertaken with control group for effective comparison.
- The study should also replicate as a longitudinal study with follow up.

CONCLUSION:

The finding of the study indicates planned teaching programme was significantly effective in improving the knowledge regarding postpartum depression among primi antenatal mothers.

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