"Impact Of Video Assisted Teaching Programme On Insight And Practice Regarding Early Identification And Risk Factors Of Postpartum Depression In Mothers Among Nursing Trainees Of Selected Nursing Colleges Of Madhya Pradesh"

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Abstract-
Post-partum depression is a critical issue to be addressed because it interferes with a woman's self-care and parenting. It also affects a child's mental growth and development. It is a disorder that is often un-recognized and under treated. For these reasons, evaluation of risk factors is required to consider every facet of post-partum depression in women.

Keywords:- Post-partum depression, risk factors, early identification, EPDS scale.

INTRODUCTION

Pregnancy and the postpartum period have been identified as the most joyful time of a women's life.

Post-partum depression is defined as a major depressive episode, with onset during pregnancy or within four weeks following pregnancy, typified by a combination of specific symptoms including depressed mood and/or loss of interest or pleasure (most of the day), as well as at least four other symptoms including change in appetite, insomnia or hyper-somnia, loss of energy or fatigue (not related to child care), psychomotor retardations or agitation, sense of worthlessness or guilt, impaired concentration, recurrent thoughts of death or suicidal ideation or attempt

NEED OF THE STUDY

Nurses play an important role in the health area, and it develops care practices in different health situations.

Nurses need to be aware of postpartum depression so they can identify postpartum depression and can plan preventive strategies in a timely manner and intervene adequately the different manifestations.

The knowledge demonstrated by nurses about PPD is a positive factor for puerperal care. Thus, nurses play fundamental role in detecting, preventing and promoting health of women.

The global prevalence of PPD has been estimated as 100 to 150 per 1000 births.

Rates of Asian Countries are 65 % or more among new mothers.

In United States alone:

10 to 20 % among new mothers

1 in 7 women may experience PPD in the year after giving birth.

Approximately 4 million live births occurring each year equates to almost 6 lacs postpartum diagnosis. When including women who have miscarried or have had a still birth, around 9 lacs women suffer from PPD annually Using pregnancy risk assessment monitoring system (PRAMS) shows nationally, about 1 in 9 women experience symptoms of PPD (11.11 %). Estimate of the number of women affected by PPD defer by age/race/ethnicity. Additionally, PPD estimates vary by State and can be high as 1 in 5 women.

STATISTICS ON PPD RISK FACTORS

Women with a history of depression, anxiety disorders or serious mood disorders are 30 to 35 % to develop PPD.

The women have experienced postpartum depression with previous births; she is 10 to 50% more likely to experience PPD again.

50% of women who develop PPD begin experiencing symptoms during pregnancy.

25% women with low socio-economic condition and poor education. 8% of adoptive parents experienced severe PPD compared to biological mothers.

Rathi Neelam, Chaudhari Bhushan et al (2019) published an original article entitled**,** Incidence and factors contributing towards postpartum depression". It investigated the predominance and variables transmitted to the onset in Indian women. Out of 27 variables, 13 variables were analysed like age, profession, location, menarche age, social class, menstrual condition (48.15 percent).

The researcher later discovered that 40 of 186 samples have EPDS ratings over 13 and found them depressed and was predictable at 21.51 percent in whole sample. The remaining 146 (78.49 percent) were designated and acted as monitors as a non-depressive category. Until birth, it observed a substantial distinction in the BDI score involving depressed and non-depressive mothers. The investigator discovered that syndrome needs antenatal screening and first interception for torment and despair.

OBJECTIVES

The research objectives are as follows-

1. To assess the pre-test insight score regarding early identification and risk factors of postpartum depression in mother among nursing trainees as measured by structured knowledge questionnaire.

2. To assess the pre-test practice score on administration and interpretation of EPDS scale as measured by observational checklist.

3. To assess the post-test insight score regarding early identification and risk factors of postpartum depression in mother among nursing trainees as measured by structured knowledge questionnaire.

4. To assess the post-test practice score on administration and interpretation of EPDS scale as measured by observational checklist.

5. To evaluate the effectiveness of video assisted teaching on gain in insight regarding early identification and risk factors of postpartum depression in mother among nursing trainees.

6. To evaluate the effectiveness of video assisted teaching on practice regarding early identification and risk factors of postpartum depression in mother among nursing trainees.

7. To find out the relationship between insight and practice regarding early identification and risk factors of postpartum depression in mother among nursing trainees.

8. To find out the association between pre-test knowledge and practice score and selected demographic variables.

HYPOTHESIS

H_1 -There will be a significant increase in insight after administration of video assisted teaching at $p \leq 0.05$ level of significance.

H_2 -There will be significant increase in practice score after administration of video assisted teaching programme at $p \leq 0.05$ level of significance.

H_3 -There will be a positive relationship between insight and practice.

H_4 -There will be a significant association between pre-test insight score and selected demographic variables.

H_5- There will be significant association between pre-test practice score and selected demographic variable.

METHODOLOGY

In the view of the objectives of the present study, Quantitative approach is considered to be suitable. A pre-experimental one group Pre-test post-test design was adopted to assess the Impact of video assisted teaching programme on insight and practice regarding early identification and risk factors of postpartum depression in mothers among nursing trainees of selected nursing colleges of Madhya Pradesh.
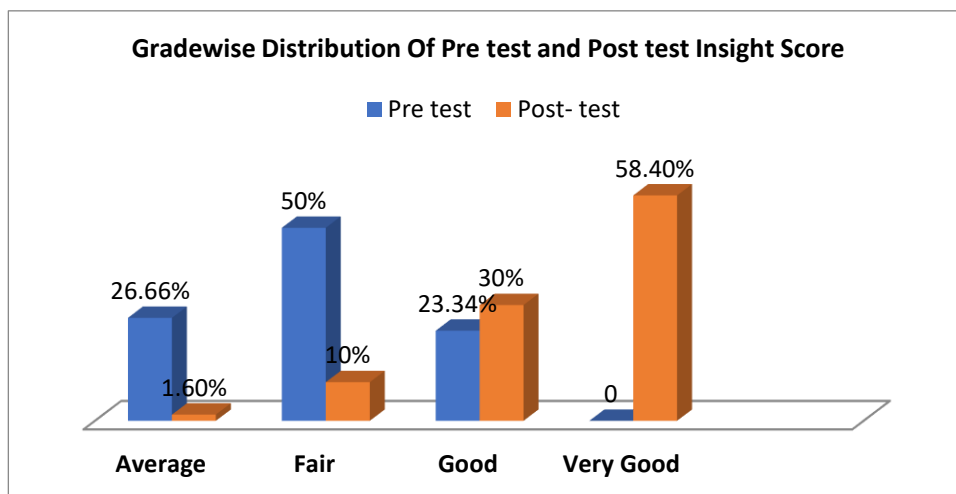
In the present study the target population was students of B. Sc. Nursing IV year aged between 19 to above 24 years from various nursing colleges of Madhya Pradesh. Informed consent had been obtained from participants who were participated in the present study and also met the inclusion criteria included as a sample for the present research during the specified time. Among 450 nursing students, 300nursing students were selected by using countable population formula and non- probability convenience sampling.

Tools were divided into sections A, B, C, D and E. Section A consisted of socio demographic variables of nursing trainees and Section B consisted of 28 questions to collect baseline data of nursing trainees, section C comprises of EPDS scale which was administered to nursing trainees to be filled through a scenario, that was assessed by the researcher through observational checklist which was Section D consisted of 12 items. Section -E consisted of video assisted teaching regarding early identification and risk factors of postpartum depression in mothers.
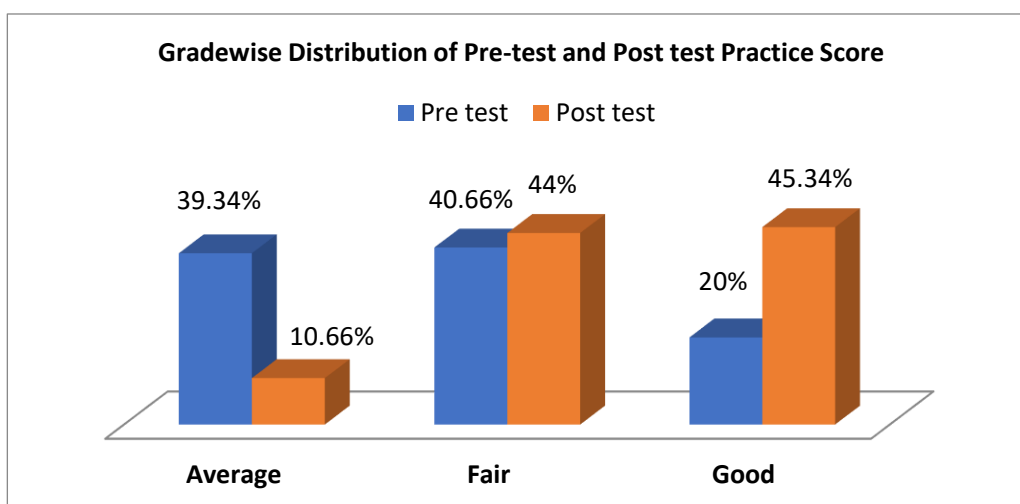
RESULT

The result showed that in the pre-test insight, it was revealed that maximum 150 [50%] had fair insight score between 0-7 score. The second most common level was that 80 [26.67%] found to be in average score between 8-14. Furthermore only 70 (23.33%) had good insight score between 15-21 regarding early identification and risk factors of postpartum depression in mothers whereas none were found in very good category of 22-28. In post-test it showed that maximum 175 [58.4%] had very good insight, 90 [30%] had good insight, 30 [10%] had fair insight and only 5 [1.6%] had average insight regarding early identification and risk factors of postpartum depression in mothers.
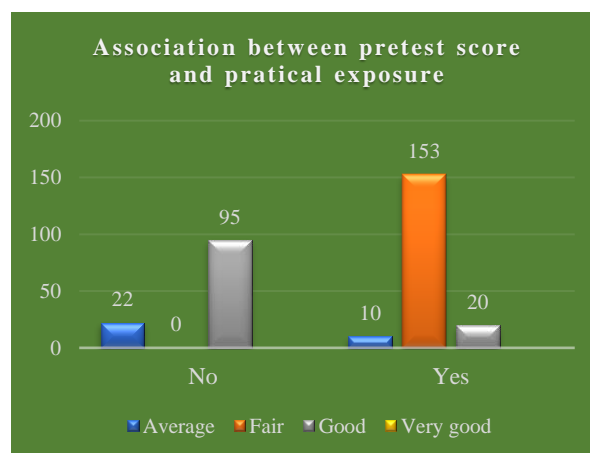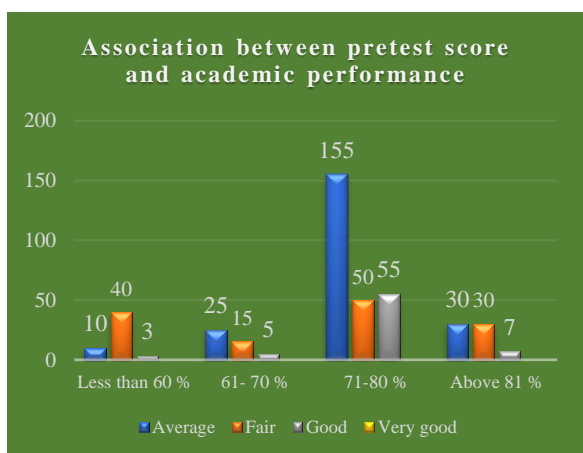
The mean difference of pre-test and post-test insight is 10.41 with standard deviation 3.81 and calculated 't' value (38.11) is more than the tabulated value (1.96) at 0.05 level of significance, hence significance difference is found between insight score in pre and post-test among nursing trainees' insight regarding early identification and risk factors of postpartum depression in mothers. Hence Hypothesis H1 is accepted.

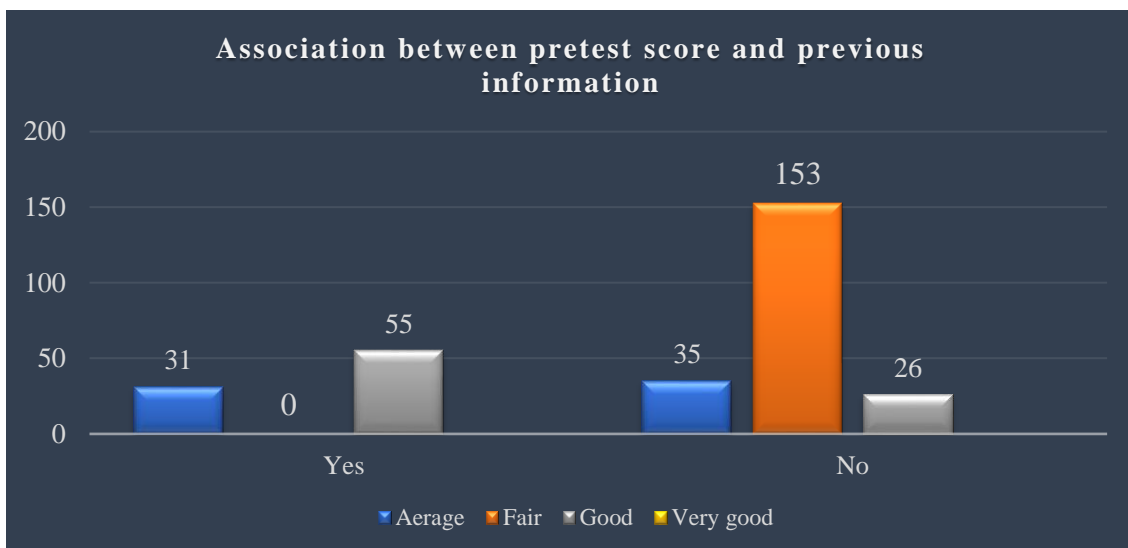Gradewise Distribution Of Pre test and Post test Insight Score

The mean difference of pre-test and post-test practice is 2.3 with standard deviation 2.82 and calculated 't' value (28.6) is more than the tabulated value (1.96) at 0.05 level of significance, hence significance difference is found between practice score in pre and post-test among nursing trainees practice regarding early identification and risk factors of postpartum depression in mothers. Hence Hypothesis H2 is accepted. The correlation coefficient is 0.5.There is moderate positive correlation between insight and practice on early identification and risk factors of postpartum depression in mothers among nursing trainees. Hence, Hypothesis H3 is accepted.

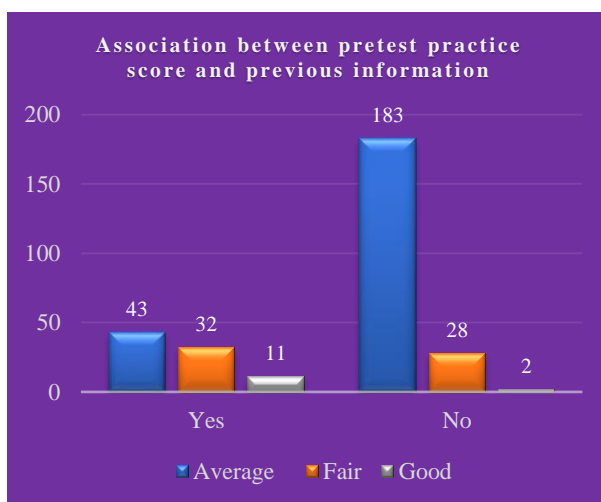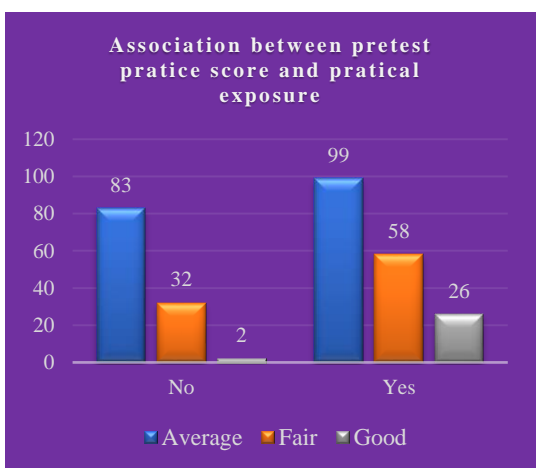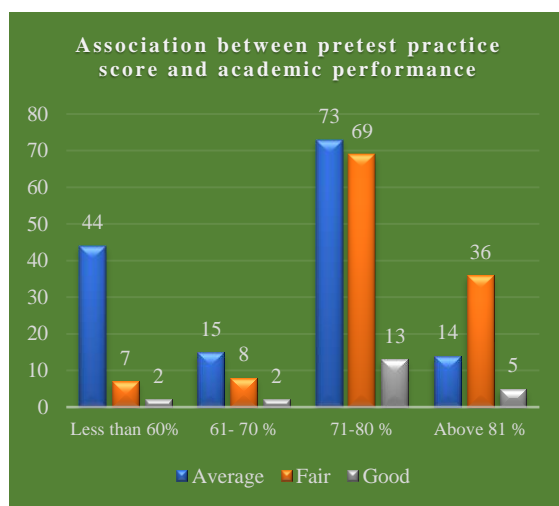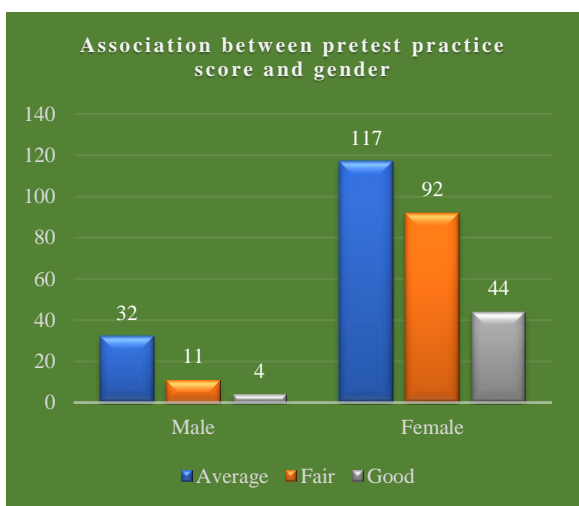Gradewise Distribution of Pre-test and Post test Practice Score

The demographic variable academic performance, practical exposure and any previous knowledge is associated with pre-test insight score whereas demographic variable age, gender and marital status is not associated with insight score. Hence H4 is accepted for demographic variable academic performance, practical exposure and previous knowledge whereas it is rejected for demographic variable age, gender and marital status.

Association between pretest score and academic performance

Association between pretest score and pratical exposure

Association between pretest score and previous information

The demographic variable gender, academic performance, practical exposure and any previous knowledge is associated with pre-test practice whereas demographic variable age and marital status is not associated with practice score.

Association between pretest practice score and gender

Association between pretest practice score and academic performance

Association between pretest pratice score and pratical exposure

Association between pretest practice score and previous information

Hence, H5 is accepted for demographic variable gender, academic performance, practical exposure and previous knowledge whereas rejected for age and marital status.

CONCLUSION

The study evaluated the effectiveness of video assisted teaching programme regarding early identification and risk factors of postpartum depression in mothers among nursing trainees. It was found that mean insight score of pre-tests is 10.63 and the mean insight score of post- tests is 21.149. The calculated correlation between insight and practice

regarding early identification and Risk factors of Postpartum Depression in mothers is 0.5298 which shows that the knowledge and practice have a moderate positive relation.

Moreover, demographic variable academic performance, practical exposure and any previous information is associated with pretest whereas demographic variable age, gender and marital status is not associated with insight score. Along with this, while analyzing demographic variable gender, academic performance, practical exposure and any previous knowledge is associated with pre-test whereas demographic variable age and marital status is not associated with practice score.

On the whole experience of the researcher was quite good. The response of the participants of the study their search to new knowledge was proven to be encouraging hands to the investigator. The constant help & support of guide provided a positive support for the successful completion of the study. On the whole, the researcher experienced immense contentment with exploring new areas & improving the knowledge while conducting the research.

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