

A Study to Assess the Effectiveness of a Structured Teaching Programme on Knowledge Regarding Postpartum Depression Among Husbands of Antenatal Mothers at a Selected Community Health Center in Hapur, Uttar Pradesh

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Abstract

This study evaluated the effectiveness of a structured teaching programme on knowledge regarding postpartum depression among husbands of antenatal mothers. A quasi-experimental pre-test and post-test control group design was adopted with 80 participants selected through purposive sampling. The experimental group received a structured educational programme while the control group received routine care. Findings showed a significant increase in post-test knowledge scores among the experimental group. The results suggest that educational interventions for husbands can improve awareness and support for maternal mental health.

Keywords: Postpartum depression, structured teaching programme, antenatal mothers, husbands, knowledge

Introduction

Postpartum depression (PPD) is a common psychological condition experienced by women after childbirth. It can affect maternal wellbeing, infant development, and family relationships. Early identification and support are crucial for effective management. Husbands play an important role in recognizing symptoms and providing emotional support to mothers during the postpartum period. However, many husbands lack adequate knowledge about postpartum depression. Structured educational programmes can help improve their awareness and ability to support mothers.

Methodology

Research Approach: Quantitative research approach

Research Design: Quasi-experimental pre-test and post-test control group design

Sample Size: 80 husbands of antenatal mothers

Sampling Technique: Purposive sampling technique

Setting: Community Health Center, Hapur, Uttar Pradesh

Results

Table 1: Demographic Characteristics of Participants

| Variable | Frequency | Percentage |
|---------------------|-----------|------------|
| Age 20–30 | 34 | 42.5% |
| Age 31–40 | 28 | 35% |
| Age >40 | 18 | 22.5% |
| Secondary education | 30 | 37.5% |
| Graduate | 32 | 40% |
| Postgraduate | 18 | 22.5% |

Table 2: Comparison of Pre-test and Post-test Knowledge Scores

| Group | Sample Size | Pre-test Mean | Post-test Mean | Difference |
|---------------------|-------------|---------------|----------------|------------|
| Experimental | 40 | 9.6 | 18.4 | 8.8 |
| Control | 40 | 9.8 | 10.2 | 0.4 |

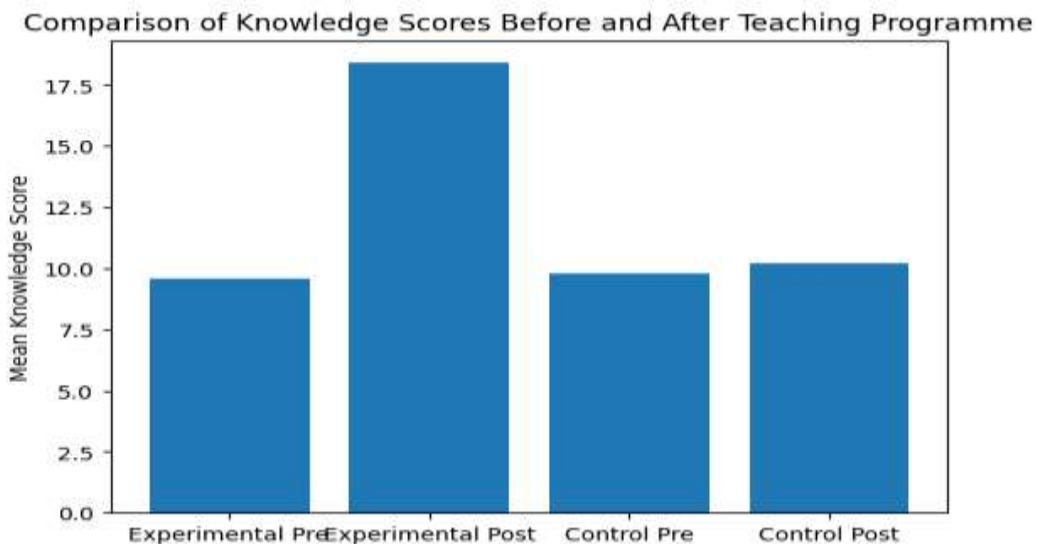
Table 3: Knowledge Level in Pre-test

| Knowledge Level | Frequency | Percentage |
|-----------------|-----------|------------|
| Inadequate | 46 | 57% |
| Moderate | 26 | 33% |
| Adequate | 8 | 10% |

Table 4: Post-test Knowledge Level in Experimental Group

| Knowledge Level | Frequency | Percentage |
|-----------------|-----------|------------|
| Inadequate | 3 | 7.5% |
| Moderate | 12 | 30% |
| Adequate | 25 | 62.5% |

Figure 1: Comparison of Mean Knowledge Scores



Discussion

The findings demonstrate that husbands initially had limited awareness regarding postpartum depression. After the structured teaching programme, knowledge scores improved significantly in the experimental group. Educational interventions can therefore play an important role in promoting awareness and improving maternal mental health outcomes.

Conclusion

The structured teaching programme was effective in improving knowledge regarding postpartum depression among husbands of antenatal mothers. Including husbands in antenatal education programmes may help improve early identification and support for mothers experiencing postpartum depression.

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