

## The Role Of Indian Post-Partum Care in Women's Psychological Functioning

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### Abstract Introduction:

The postpartum period starts from 1 h after delivery to 42 days and is a critical period for the mothers' health. Women experience various physical, mental, and emotional changes during this period, which may interfere with their daily routine. A wide range of complications have been reported during this period such as physical, mental, and emotional problems including fatigue, concerns with regard to sexual intercourse, haemorrhoids, constipation, breastfeeding problem, anxiety, stress, depression, sleep disorders, bleeding, urinary incontinence, and posttraumatic stress disorder. Women's health after delivery is the most important factor affecting the health of their children.

### Methods:

The data were analysed using Chi-square test, Fisher's exact test, and *t*-test. Descriptive statistics were also applied. All statistical analyses were carried out using SPSS version 18 (IBM Company).  $P = 0.05$  or less was considered statistically significant.

The study was conducted after ethical approval was taken from IRB and written consent from the participants. The study was conducted between April 2018 and July 2018, based on a cohort, including a randomised controlled trial. The comparative groups used in the study were mother care programs and usual care programs.

Along with 40 days of rest following the traditional way of delivery. While in the usual care program, comparison cohort was followed in usual care under the supervision of health professionals.

110 pregnant women between 18 years and 35 years, with probability samples were preselected from 4 hospitals in India.

### Results:

Primary Outcome Measures: Post Natal Depression [Time Frame: 6 weeks following child birth] Edinburgh Postnatal depression Scale

Secondary Outcome Measures: General well-being] General Physical and psychological well-being was assessed using General Health Questionnaire 28 Parent-Infant Relationship [Time Frame: 6 weeks following child birth] Parent-Infant Relationship Global Assessment Scale Maternal Confidence [Time Frame: 6 weeks following child birth] Maternal Self-Confidence Scale.

Based on the results of this study, postpartum home care obviated the needs of the mothers to a great extent and decreased the prevalence of some common physical postpartum complications. The intervention group had higher frequency of the use of supplements and higher satisfaction with the service provided. Thus, it is recommended that the health authorities consider providing mothers with home care services to promote their health.

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The provision of postpartum care being highly necessary to prevent unwanted complications. Indian Postpartum care is designed to support the mothers to cope with the new situation. Postpartum care is a suitable method to obviate the educational and supportive needs of mothers because it is often difficult for them to go somewhere during the 1<sup>st</sup> day after delivery and it would be best if they could be provided with care services at the convenience of their home.

The most important factors that led to this study are: No previous study has been found to assess impact of Indian postpartum care on women's psychological functioning. Considering the limited number of studies on the postpartum care services in India, this study aimed to design and provide postpartum care service for mothers to assess its efficacy. The results of this study can help promote mothers' health and their satisfaction since it is believed that postpartum services can significantly decrease the common complications in this period and increase

mothers' satisfaction. New opening in the wellness industry for New Mother self-healing pattern and Child mental and social development. Indian Dying traditional to be reemphasis with satisfice evidence for new generation.

### **Conclusion:**

Based on the results of this study, the following conclusions were formed: Postpartum home care met the needs of the mothers to a great extent and decreased the prevalence of some common physical postpartum complications. The intervention group had higher frequency of the use of

supplements and higher satisfaction with the service provided. Thus, it was recommended that the health authorities consider providing mothers with home care services to promote their health. This intervention was recommended to be included in the national protocol of mothers' health.

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