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## Postpartum Depression among Young Motherhood; Case Study Analysis

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### Abstract

Depression is one of the common mental health disorders which affect every person in their life. Depression can happen to anyone. People who have lived through abuse, severe losses or other stressful events are more likely to develop depression. Women are more likely to have depression than men. (World Health Organization). Women, especially married women are facing a lot of stressful events and challenging situations in their day-to-day lives. Postpartum Depression is one of the important types of mental health disorder which is affecting young women in recent periods. Postpartum depression (also called PPD) is a medical condition that many women get after having a baby. Its strong feelings of sadness, anxiety (worry) and tiredness that last for a long time after giving birth. (ICD-10). PPD is one of the significant conditions which is adversely affecting the mental health of young mothers. Motherhood is a psychological and physiological transmission associated with producing and nurturing offspring. Development of PPD at this time would lead to severe complications in their physical and psychological well-being. Low levels of energy, unable to enjoy pleasure, loss of energy, tiredness, anxiety, low self-esteem, delusion and visual hallucinations are the symptoms of women who have PPD. A positive family environment, a warm relationship between husband and wife, and proper care, love and affection are all needed to prevent the prevalence of PDD among young mothers. The current study is descriptive. The respondents in this study belong the young mothers in the age categories of 18-25 in Magic Steps Counseling Centre, Malappuram district Kerala. The researcher adopted a qualitative research methodology to understand the prevalence and major symptoms of PPD among young mothers. The researcher used a case study to collect data among the young mothers. Three cases were selected using a simple random sampling method. The findings and suggestions of the study would help to understand the cause of PPD and how to reduce the prevalence among young women. The conclusion will be lightened to make an awareness about PPD there by it would also be helpful for future researchers to gain significant knowledge about this.

**Keywords:** Postpartum depression (PPD), young mother, case study, family life

### Introduction

Depression is a prevalent mental health disorder that can impact individuals at various stages of their lives. It emphasizes that depression is not restricted to specific demographics and can affect anyone, underlining the importance of recognizing and addressing mental health challenges universally. According to the World Health Organization, women are more prone to depression than men. It attributes this higher likelihood to the fact that women often encounter numerous stressful events and challenging situations in their daily lives, particularly among married women. This underscores the importance of understanding and addressing the specific stressors that may contribute to higher rates of depression in women.

Postpartum depression is a medical condition that affects many women after giving birth. It manifests as intense feelings of sadness, anxiety, and fatigue, persisting for an extended period following childbirth. This condition highlights the emotional challenges some mothers may face during the postpartum period, emphasizing the need for support and understanding in addressing these mental health issues. Motherhood involves both psychological and

physiological changes associated with the processes of producing and nurturing offspring. Psychologically, it encompasses the emotional and mental aspects of caring for and raising children. Physiologically, it involves the biological changes in a woman's body related to pregnancy, childbirth, and breastfeeding. Overall, the statement underscores the multifaceted nature of motherhood, combining both emotional and physical dimensions in the journey of bringing up and caring for children.

The symptoms, such as low energy, inability to enjoy pleasure, fatigue, anxiety, low self-esteem, delusions, and visual hallucinations, indicate a description of potential symptoms associated with postpartum depression (PPD) in women. (ICD-10). These manifestations collectively emphasize the psychological challenges that some mothers may experience after giving birth. Recognizing these symptoms is crucial for early identification and intervention to support women dealing with postpartum depression. This preventive factors for postpartum depression (PPD) among young mothers. It suggests that a positive family environment, a warm relationship between the husband and wife, proper care, and the presence of love and affection can contribute to

reducing the likelihood of PPD. These supportive elements in a woman's life can serve as protective factors, promoting mental well-being during the postpartum period and helping to mitigate the risk of experiencing postpartum depression.

### Review of Literature

Margaret Howard (2010), postpartum depression (PPD) affects up to 15% of mothers. Recent research has identified several psychosocial and biologic risk factors for PPD. The negative short-term and long-term effects on child development are well-established. PPD is under recognized and under treated.

Josephat Madhubuti (2016) postpartum depression is an uncommon and frequently undocumented issue that impacts negatively on maternal and child health. This study has shown that the prevalence of postpartum depression in Enugu, south east Nigeria is 22.9% which is comparable to that obtained in African continents. We noted no significant associations between socio-demographics of mother, age, educational level, occupation, parity and mode of delivery and depression. Anamika Agarwala (2019), thus, any factors that impact mothering affect the infant and have public health significance. National attention is now focused on postpartum depression, a major variable affecting mothering. The impact of postpartum depression on the various components of the maternal role is described. Recommendations for health care practice include screening for depression across the first postpartum year and developing a strong network for mental health

Catherine Atuhaire (2020) <sup>[1]</sup>, Lack of social support is a known risk factor for postpartum depression (PPD). in comparison with mothers who have social support from both, after adjustment of possible covariates. Mothers with no social support from a partner, but have social support from others, showed significant risk for PPD, which may be invisible. Further prevention effort is needed to detect PPD cases, with a focus on mothers without support from their partner.

### Materials and Methods

The present study is qualitative in nature. The researcher used case study analysis to gather data among the respondents. The present case aims to

- i). To understand the major symptoms of Post-Partum Depression among young mothers.
- ii). To know the major causes of Post-Partum Depression among young mothers.
- iii). To provide suitable suggestions and psychological interventions to reduce the Post-Partum Depression among young mothers.

The researcher adopted the case study method for intensive qualitative analysis which is descriptive in nature. The data was gathered from the young mothers in the age category of 18-35 years in magic steps counselling center, Malappuram district Kerala. The researcher randomly selected three individuals from above mentioned population who seek treatments postpartum depression treatment regularly.

### Case Presentation-1

X is a 23-year-old woman experiencing significant mental health challenges. She married at the age of 20 to a man who is 15 years older than her. Soon after their marriage, she became pregnant, but sadly, she suffered a miscarriage three months later. Currently, she is a mother to a one-year-old

child, though the pregnancy was not planned. These life events have contributed to her current mental health struggles. Presents with multiple chief complaints, including anxiety, persistent sadness, a notable loss of appetite, and a profound lack of confidence. More concerning are her reports of suicidal thoughts and trouble sleeping, along with experiencing visual hallucinations. These symptoms indicate a severe level of distress, impacting her daily functioning and overall well-being.

To address her complex issues, several interventions have been recommended. Marital counseling is aimed at improving her relationship dynamics, which could be a source of stress. Jacobson Relaxation Techniques are employed to help her manage anxiety by promoting physical relaxation. Cognitive Behavioral Therapy (CBT) is also a key part of her treatment, targeting her negative thought patterns and helping her develop healthier coping mechanisms. These interventions collectively aim to provide X with the support and tools needed to navigate her mental health challenges and improve her quality of life.

### Case 2

Y is a 28-year-old woman who got married at 26. Shortly after her wedding, she became pregnant and gave birth to a lively 3-year-old child. However, her happiness turned into a struggle when she faced a difficult separation from her husband due to family conflicts. This event marked the start of her battle with postpartum depression.

Dealing with postpartum depression was tough for Y. She had persistent illusions and obsessions, especially about death, which made it hard for her to sleep. She felt very tired and alone, and sometimes even had thoughts of hurting herself. These feelings were accompanied by anxiety and sudden mood swings, making her life even more challenging. Nights were the worst for Y. She couldn't sleep and often had scary thoughts about harming her baby. She also felt angry a lot, which made it harder for her to handle daily life.

To fight these tough challenges, Y tried various methods. She learned relaxation techniques and took medicines as prescribed by her doctor. She also had therapy sessions like Cognitive Behavioral Therapy (CBT) and Interpersonal Therapy (IPT), which gave her structured support to deal with her mental health issues. Learning about her condition through psychoeducation helped her understand her emotions better. Y also kept seeking medical help to manage her symptoms. Y's journey through postpartum depression has been full of struggles, but she hasn't given up. With the help of different treatments and her determination, she's working towards getting better for herself and her child.

### Case 3

Y is a young woman who got married when she was 22 years old. Her husband is seven years older than her. They have been together since they got married. When Y was 23, she found out that she was pregnant, even though it wasn't planned. She gave birth to her baby when she was 24 years old. After the baby was born, Y started feeling very sad and upset. She had trouble eating and sleeping. Sometimes, she saw things that weren't really there. She also felt angry and annoyed very easily. These feelings got worse over time, and Y's life became very hard.

Y's condition is called postpartum depression (PPD). It happens to some women after they have a baby. Even though Y tried to get better, her PPD kept getting worse. Sadly, one day, Y did something very bad because of how she was

feeling. She hurt her baby. To help Y, people tried to tell others about PPD. They wanted more people to know about it so they could help women like Y. They also tried to teach Y about what was happening to her. They thought it might help her feel better if she understood why she was feeling this way. Some people also talked about using a treatment called electroconvulsive therapy (ECT) to help Y. ECT is a special kind of treatment for severe mental health problems. It sends small electric shocks to the brain to make it work better.

### Major Findings

- Young mothers often experience higher rates of postpartum depression compared to older mothers
- Lack of support from family and friends makes young mothers more likely to feel depressed.
- Problems with partners can increase the chances of postpartum depression.
- Depression can make it hard for young mothers to bond with their babies.
- Postpartum depression can lead to both mental and physical health problems for young mothers.
- Stigma around mental health and limited access to healthcare make it hard for young mothers to get the help they need.
- Disorienting feelings of anxiety, irritability, lethargy, or confusion that often lead to frequent crying, sleep and appetite concerns, and in extreme cases, thoughts of self-harm and infanticide.

### Suggestions and Recommendation

- **Creating Awareness about PPD and Its Effect:** It helps new mothers and their families recognize the signs and symptoms of this condition, which can occur giving birth and PPD can affect not only the mothers' mental health but also her ability to care for and bond with her baby. with awareness, we can reduce stigma surrounding mental health struggles in new mothers and encourage open discussion, leading to earlier identification and intervention, ultimately promoting the well-being of both mother and child.
- Marital counseling-premarital and post marital;-
- **Couples Therapy:** Through therapy, partners can learn effective communication strategies, empathy, and coping mechanisms to better support each other during challenging time.
- **CBT and IPT:** CBT focuses on identifying and changing negative thought patterns and behaviors that contribute to depression. In the context of postpartum depression, it also addresses the guilt and self-blame that many mothers experience, helping them develop healthier perspectives and coping strategies. IPT, focuses on improving interpersonal relationships and communication skills. Both CBT and IPT provide mothers with practical tools and strategies to cope with postpartum depression and improve their quality of life. By targeting different aspects of the condition, these therapies complement each other and offer comprehensive support for mothers experiencing postpartum depression.
- **Psycho Education:** Psychoeducation helps mothers recognize that postpartum depression is a common and treatable mental health condition, reducing feelings of isolation and stigma. It also empowers mothers to seek help early and engage in self-care strategies. And psychoeducation involves educating family members and support networks about how they can best support the

mother during this challenging time, it help to create supportive environment that enhances recovery and well-being.

### • Relaxation Techniques;

- Progressive muscle relaxation
- Muscle relaxation technique
- Mindfulness meditation
- Yoga
- Aromatherapy
- Warm bath
  - Breathing exercises and medication
  - ECT for severe cases
  - Rehabilitation for sever patients

### Conclusion

Postpartum Depression (PDD) has emerged as a prevalent concern among young mothers, highlighting the critical need for enhanced psycho-social care. The challenges faced by new mothers extend beyond the physical aspects of childbirth, encompassing a complex interplay of emotional and psychological factors. Recognizing and addressing PDD is imperative for the overall well-being of both mother and child. By prioritizing accessible and effective psycho-social support systems, we can create a nurturing environment that empowers mothers to navigate the emotional complexities of motherhood. This not only promotes mental health but also contributes to the development of resilient and thriving families. In conclusion, an increased emphasis on psycho-social care is essential to alleviate the burden of PDD. Fostering a society where mothers can embrace the joys of parenthood with confidence and emotional well-being.

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