

## ABSTRACT

Name of the Institution: De la Salle University – Dasmaringas

Address: Dasmaringas Bagong Bayan Dasmaringas, Cavite

Title: Determinants of Mothers with Post-Partum Syndrome and their Coping Mechanisms

Author: NIKKI LOU P. PERNES

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### OBJECTIVES OF THE STUDY

#### A. General

1. To increase awareness of Filipinos their mental health
2. To educate women and mothers about Post-partum syndrome
3. To encourage future studies

#### B. Specific

1. To promote the good mental health of mothers in Post-partum period
2. To attract much attention and awareness regarding this phenomenon

## ABSTRACT

Pregnancy is the most unique essence of being a woman. Conceiving a life from the womb up to giving birth to a new life has captured the interest of the researcher of this study. This study aims to expound more in what else is behind after the child birth of a mother. Relative to this, post-partum period refers to the 6 weeks period after child birth (Pilliteri, 1999).

During post-partum period, a number of problems, medical or mental illnesses that may possibly arise, can affect the offspring as well as the mother. In this manner, this research focuses on one problem that is identified as "Post-Partum Syndrome"(PPS). It describes the range of physical, emotional, and behavioral changes that many new mothers experience following the delivery of their babies. The symptoms that manifest are depressed mood, anxiety, excessive worry, irritability, confusion, crying spells, sleep and appetite disturbances and lack of feelings for the baby.

On the other hand, case study is the research method used by the researcher in which only the determinants of mothers with post-partum syndrome, along with their coping mechanisms are highlighted by this study. The determinants include the behavioral, psycho-emotional and the social areas in the mother's post-partum period. In addition, the

demographic profile is also made part of the research to obtain information needed regarding the personal, family and medical illness in relation to its influence to the syndrome similarly to the mother's coping mechanisms. This research aims to identify what factors that greatly contributes on mothers to develop a post-partum syndrome.

As a result, in the area of psycho-emotional, financial problems attained the highest score from the responses of the mothers with PPS. Furthermore, "going back to work" is the most efficient coping mechanism the selected mothers of this study have experience.

Nonetheless, the purpose of this study is to inform not only the future researchers but also most importantly the mothers, husbands, and immediate family. Other groups and institutions such as Hospitals, Public centers, Universities, Women's rights Associations will also benefit from this informative study. In the same way, this study hopes to attract much attention to this overlooked phenomenon especially from the government and other large mental / medical organization that has the knowledge and influence to alleviate the post-partum syndrome to the growing number of mothers in the country.