



**Title: “Journey through Life’s tunnel ”- Prevalence of Postnatal Depression Among Postnatal Mothers**

**Name: Sumitra.Melinamani**

**Lecturer**

**St.Luke’s College Of Nursing Shrirampur.Maharashtra.India**

**Introduction:** Postnatal depression is a major psychotic condition and the “**period of darkness of motherhood**” is more gradual in onset over the first 4-6 months following the delivery or abortion. It is observed in 10-20% of mothers after delivery in that 0.1 -0.2% mothers will have psychotic episode which includes marked inability to sleep or delusional thoughts of harming oneself or the baby or hearing voices. Researchers from north-western medicine reported in JAMA psychiatry that postpartum depression affects approximately 1 in every 7 new mothers. A strange fact that 49% of women who suffers from postnatal depression do not seek the professional treatment.

**Aim:** The aim of the author is to find out how many number of cases have been reported with postnatal depression

**Methodology:** Edinbergh postnatal depression scale was used to assess the prevalence of postnatal depression, the sample consists of 105 postnatal mothers, univariant descriptive design was adopted. Out of 105 samples 12 (12%)were normal,23(22%) mothers had mild depression,33(31%) mothers had moderate depression and 37(35%) mothers had severe depression.There is significant association between age and postnatal depression(p value 0.05) but there is no significant association between education, occupation, income, religion and total number of pregnancy and postnatal depression.

**Conclusion:**The findings of the study revealed that, there is a pressing need for mental health well being among women during pregnancy and after delivery for better quality of life and for coping up with the transition into motherhood.

**Biography:**

Ms.Sumitra.Melinamani has completed her Masters in Obstetrical and Gynaecological Nursing from Karnataka Rajiv Gandhi University of Health sciences. Currently working as Lecturer in the Maharashtra University of Health Sciences, St. Luke's College Of Nursing Shirampur. She has published research article in reputed journal and secured 1<sup>st</sup> place in hand made poster in National Conference Puducherry Tamilnadu.