

Thesis Title The Study of Self-care Behavior in Postpartum Adolescent Mothers

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Abstract

Self-care behavior of postpartum mothers has a direct affect on the health status of both mothers and infants. This is especially true for postpartum adolescent mothers due to the fact that the maturity of this group of mothers is not fully developed. This study was to determine self-care behavior in postpartum adolescent mothers. The factors considered were educational level, family income, marital status, family type, number of living children and needs of infant by using Orem's self-care theory as a theoretical framework. The sample was composed of 200 postpartum adolescent mothers who attended postpartum clinics at Siriraj Hospital, Pramongkutklao Hospital, Somdejprapinklao Hospital and Rajvithi Hospital. Data was collected by using 2 questionnaires, i.e. personal data and self-care behavior in postpartum adolescent mothers questionnaires. Data was analyzed in percentage, means, standard deviation, Person's Product Moment Correlation and the stepwise multiple regression.

The result of this study demonstrated that overall self-care behavior in postpartum adolescent mothers was at good level. The detailed self-care behavior in each mode revealed that the mode of developmental self-care behavior as well as the mode of health deviation self-care behavior were at good level whereas general self-care behavior was at rather good level. The result of the stepwise multiple regression analysis showed that educational level together with family income predicted 20.52 percent of self-care behavior of postpartum adolescent mothers with statistical significance (.001). The regression equation score was as follows :

$$\hat{Y}(\text{BEH}) = 2.063195 + .1355(\text{EDU}) + .0748(\text{INC})$$

This study suggested that in caring for postpartum adolescent mothers, nurses at antenatal and postnatal clinics should promote appropriate self-care behavior in all aspects, and emphasis should be placed on general self-care behavior. Nurses should recognize the importance of giving necessary guidance to postpartum adolescent mothers, especially for mothers of low educational level and low family income in order to bring about well-being of mothers and infants.