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NUTCHARAT SIRIDUMRONG : FACTORS RELATED TO HEALTH
PROBLEMS OF MOTHERS DURING THE POSTPARTUM PERIOD AT HOME. THESIS
ADVISOR : CHOUNCHOM CHAROENYOOH, Ph.D., SOMCHIT PADUMANONDA,
Dr.P.H., PANUDDA PRIYATRUK, M.S. 109 P. ISBN 974-663-288-4

This description of factors related to health problems of postpartum mothers at home aims to identify the health problems and factors related to health problems of mothers in the period of 3-42 days after delivery. The sample of 150 mothers were selected from mothers discharged from Nakhonphanom Hospital and had returned home in the municipal area of Muang District, Nakhonphanom province. The data were collected during February-May 1999 using interview questionnaires of Pearson's Product Moment Correlation and Chi-square test was used for data analysis.

Results of the study revealed that the samples were confronted with both overall and specific problems at moderate levels. The specific problems were physiological, psychological, socio-cultural, developmental, and spiritual problems. The physiological problems encountered were tiredness and exhaustion due to household work; the psychological problems were shyness because of their clumsy figure, fatness, not being beautiful; the socio-cultural problems were financial constraint; the developmental problems were difficulty in calming crying babies; and the spiritual problems were inability to join social activities due to busy child care. Considering problems at postpartum period, the mothers 3-10 days after child delivery are moderately serious similar to the 11-21 day period and the problems become less severe during 22-42 day period. The factors found having significant negative correlation with the problems were: the mother's educational level, postpartum period, family income, and family relationships at .001 statistical level. The frequency of antenatal care was found to have a negative correlation with spiritual problems at a .05 level of significance. The complication of pregnancy was found to have a correlation with physiological and psychological problems of the mothers at .05 level of significance.

The study suggested that in order to promote self care of postpartum women the priority should be given to the mothers with elementary school and lower, 3-10 days after child delivery, family income lower than 5,000 baht per month, poor family relationship, less antenatal care, and having complications of pregnancy. In health education, it is recommended to call on mothers especially 10 days after delivery to provide assistance on mother's behavior and care for the baby. Therefore community health nurses are recommended to focus on development in the changing maternal role and provide counseling on house chore management for postpartum mothers.