



## ASSESS THE LEVEL OF SELF-CONFIDENCE IN MATERNAL ROLE AMONG FIRST TIME MOTHERS WITH A VIEW TO DEVELOP A SELF-INSTRUCTIONAL MODULE IN SELECTED HOSPITALS, ERNAKULAM.

### Nursing

**Sr. Nileena  
(Manjumol  
Thomas)**

Lecturer, St. Joseph's College Of Nursing, Dharmagiri, Kothamangalam, Ernakulam (dt), Kerala State

**Mrs. Leena  
Abraham\***

M. Sc. ( N ) , HOD, Department Of Obstetrics And Gynaecological Nursing, Lourdes College Of Nursing, Sidhisadan, Ernakulam (dt), Kerala State \*Corresponding Author

### ABSTRACT

A descriptive study was conducted to assess the level of self-confidence in maternal role among first time mothers in a selected Hospital in Ernakulam, Kerala. The objectives of the study were to assess the level of self confidence in maternal role among first time mothers, to find the association between self-confidence in the maternal role of first time mothers with selected demographic variables and to develop a self-instructional module regarding maternal role. A total of 60 first time mothers were selected using convenience sampling technique. Modified Karitane Parenting Confidence Scale was used to assess the self-confidence of first time mothers. The confidences of the maternal roles were categorized into "not at all confident", "a little confident" and "confident". The study results revealed that 13.3%, 18.3% and 38.3% were not at all confident in holding, feeding and burping the baby respectively and also 80% of the mothers were not at all confident to give baby bath. Little confidence was reported by 51.7% of mothers in managing the needs of the baby along with household works, 35% on safety needs, 31.7% on eye care and 30% on cord care. Majority (93.3%) of the mothers were confident regarding partner support and family support. The present study revealed that among 60 first times postnatal mothers, 60% were little confident, 30% not at all confident and 10% of were confident in various maternal roles and there is no significant association between self-confidence with demographic variables. The study concludes that majority of the postnatal mothers had lack of confidence in various maternal roles. So based on the study results, the researcher developed a self-instructional module to increase the self confidence of postnatal mothers.

### KEYWORDS

Self confidence in maternal role ; Self-instructional module

### INTRODUCTION

Motherhood is a rewarding, but challenging experience. Mothers are expected to balance parenting with multiple roles including employment. During this time a woman makes physical, psychological and social changes while integrating her sense of self as a mother and in relationship to her new infant. According to Mercer, successful adaptation to the maternal role provides a mother with confidence and satisfaction in her ability to nurture and care for her infant. Low maternal confidence delays the transitioning into the maternal role/identity as well as limits the satisfaction in the mothering role. Whereas, high maternal confidence helps to achieve maternal role/identity and satisfaction in the mothering role.<sup>1</sup> So the mothers have to undergo role-function adaptation to their new maternal role. Mothers with higher self-efficacy reported less postpartum stress, whereas father's higher self-efficacy is related to higher confidence in parenting and satisfaction with life situation. Most of the studies indicate that by 3-4 months after birth, most of the mothers feel competent with specific infant care and feeding skills and with overall parenting and report positive perceptions of themselves as mothers.<sup>2</sup>

### NEED FOR THE STUDY

Transition to motherhood is an important process in the lives of women. As for the maternal role, first-time mothers must develop a good relationship with their infants and be able to adjust themselves to child-rearing.<sup>3</sup>

Yoon-ji (2013) conducted a descriptive study to assess on factors influencing self confidence in the maternal role among 178 postpartum mothers. It is showed that the confidence in the post-partum primipara was lower than of a multipara with mean score of self confidence in maternal role was  $36.77 \pm 4.28$ , maternal self-esteem was  $86.94 \pm 8.10$ , mother to infant attachment  $81.95 \pm 12.89$  and child care stress was  $52.79 \pm 6.62$ .<sup>4</sup>

Many studies showed that first time mothers had the stress of infant care, decreased level of coping with career role, financial problems, poor ability to manage stress related child care and reduced number of supporting family members.<sup>5</sup> Due to rapid social and economic changes and developments, modern style of nuclear families, the first time mothers feel difficult to cope with their maternal role and the mother need to take more responsibility for child rearing and household works. The decreasing role of grandparents and kin and kith increase the burden of first time mothers and reduce the self confidence in maternal role. Moreover, postpartum hospital stays are relatively short (24 to 72 hours), limiting the amount of education and support

that health care provider may offer in the health care setting. Hence the investigator felt a need to identify the level of self-confidence in maternal role among first time mothers, and also strengthen their self-confidence through the maternal self-instructional module for their use.

### STATEMENT OF THE PROBLEM

A study to assess the level of self-confidence in maternal role among first time mothers with a view to develop a self-instructional module in selected hospitals, Ernakulam.

### OBJECTIVES

1. To assess the level of self confidence in maternal role among first time mothers
2. To find the association between self confidence in the maternal role of first time mothers and selected demographic variables
3. To develop a self-instructional module regarding maternal role

### HYPOTHESIS

**H<sub>1</sub>:** There will be significant association between self-confidence in maternal role of first time mothers with selected demographic variables at 0.05 level significance

### METHODOLOGY

**Research approach:** Quantitative approach was used in this study

**Research design :** Descriptive survey design was used in the study

**Population:** The population selected for the study was postnatal mothers who have delivered for the first time and have a live baby

**Sampling technique :** Non- probability convenience sampling technique was adopted for selecting the sample

**Sample:** 60 first time mothers

**Setting:** Post natal wards of Lourde and Lakshmi Hospitals, Ernakulam

### Sampling criteria:

#### Inclusion criteria

- First time mothers at 3<sup>rd</sup> and 4<sup>th</sup> postnatal
- Women who had delivered for the first time and had a live baby

#### Exclusion criteria

- First time mothers who had sick babies admitted in NICU
- Mothers who had psychiatric disorders
- Mothers who were more than 35 years of age

**Tool :** Tool had two sections

**Section A:** Baseline proforma consisted of demographic variables of the mothers which included Age of the mother, Religion, Educational status, Type of family, Monthly income, Mode of delivery, Gender of the baby, Present care taker, Knowledge regarding maternal role

**Section B:** Modified Karitane Parenting Confidence Scale was used to assess the confidence of the mother in various maternal roles

**Data analysis :** Descriptive and inferential statistics

**RESULTS AND DISCUSSION**

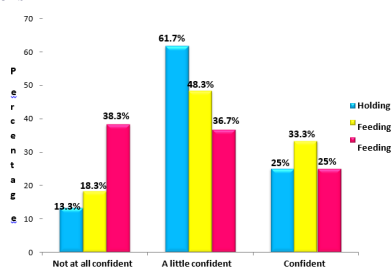
**Section 1: Description of sample characteristics**

**Table 1: frequency and percentage distribution of demographic variables**

(n=60)

Sample characteristics	Frequency	Percentage
<b>Age of the mother</b>		
Less than 20	4	6.7
21-25	23	38.3
26- 30	25	41.7
Greater than 30	8	13.3
<b>Religion</b>		
Christian	21	35
Hindu	28	46.7
Muslim	11	18.3
<b>Educational status</b>		
High school	4	6.7
Higher secondary	5	8.3
Graduate	37	61.7
Post-graduation or above	14	23.3
<b>Occupation</b>		
Government	4	6.7
Private	14	23.3
Home maker	42	70
<b>Type of family</b>		
Joint family	21	35
Nuclear family	39	65
<b>Monthly income</b>		
Greater than 30,000	24	40
20,000 – 29,999	11	18.3
10,000 – 19,999	17	28.3
Less than 10,000	8	13.3
<b>Mode of delivery</b>		
Normal	28	46.7
LSCS	32	53.3
<b>Gender of the baby</b>		
Male	30	50
Female	30	50
<b>Present care taker</b>		
Mother	55	91.7
Mother in law	2	3.3
Home nurse	1	1.7
Other relatives	2	3.3
<b>Previous source of knowledge regarding maternal role</b>		
Media	6	10
Mother	50	83.3
Education from hospital	4	6.7

**Section 2: Level of self confidence in maternal role among first time mothers**



**Figure 1: Level of self-confidence in feeding the baby**

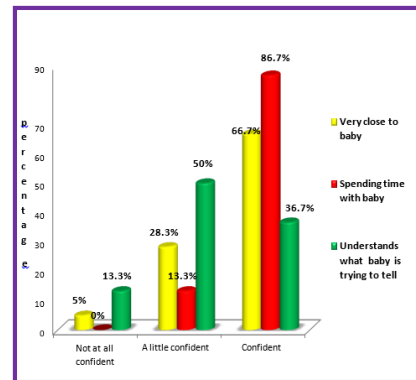
Figure 1: revealed that most of the mothers 38.3% were not at all confident in burping the baby, whereas 61.7% of the mothers were a little confident in holding the baby, with regard to feeding the baby, 33.3% were confident.

**Table 2: Frequency and percentage distribution of level of self confidence in maternal role among first time mothers in relation to needs of the new born**

(n=60)

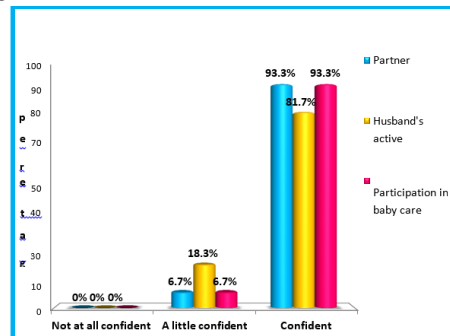
s no	Content	Not at all confident		A little confident		Confident	
		f	%	f	%	f	%
	Needs of the new born						
5	I can give bath to my baby	48	80	11	18.3	1	1.7
6	I am confident about changing the dress and napkin of my baby	9	15	26	43.3	25	41.7
7	I can take care of my baby's cord	34	56.7	18	30	8	13.3
8	I can take care of my baby's eyes	25	41.7	19	31.7	16	26.7
9	I am confident to attend the safety needs of my baby	5	8.3	21	35	34	56.7
10	I know what to do when my baby cries	9	15	41	68.3	10	16.7
11	I can make decisions about the care of my baby	2	3.3	35	58.3	23	38.3
12	I can soothe my baby when he/she is distressed	1	1.7	36	60	23	38.3
13	I am confident that my baby is healthy and active	3	5	19	31.7	38	63.3
14	I am confident that I can take care of my baby's needs along with household activities	5	8.3	31	51.7	24	40

Table 2: depicts that 80% of mothers were not at all confident to give baby bath whereas 56.7% were confident to give cord care.



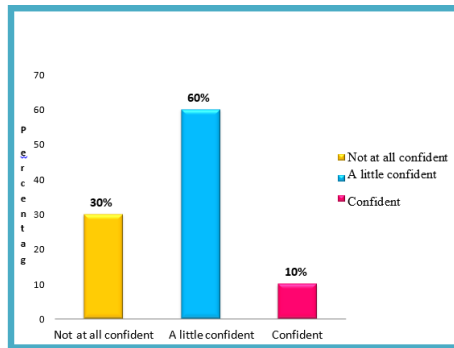
**Figure 2: Level of self-confidence in mother to infant attachment**

Figure 2 shows that 86.7% of the mothers were confident to spending time with baby whereas 50% little confident to understands what baby is trying to tell them.



**Figure 3: level of self-confidence in family and partner support**

Figure 3 shows that 93.3% of the mothers were confident in partner support and family support and 81.7% of their husbands would actively participate in baby care.



**Figure 4: Level of self-confidence in maternal role**

Figure 4 shows that the overall data of self-confidence in various areas of maternal role, in this 60% of the first time mothers were little confident, 30% not at all confident and 10% were confident

### Section 3: Association between self confidence in the maternal role of first time mothers with selected demographic variables

The chi-square test was used to determine the association between the self confidence in maternal role of first time mothers and selected demographic variables and it showed there is no significant association between self-confidence in various maternal roles of first time mothers with selected demographic variables

#### Development of self-instructional module

On the basis of the study results the researcher developed self-instructional module regarding the management of various maternal roles where the mothers have less confident and needs further education. The module included 8 topics such as breast feeding, burping of the baby, breast care, umbilical cord care, eye care, baby bath, changing the dress and napkin and safety needs of the new born. It takes 10 minutes duration to read and understand the details regarding various maternal roles.

#### CONCLUSION

After the first childbirth, women have to undergo role function adaptation to their new maternal role. First-time mothers who progress in transition to being the mother will have mastery in maternal role performance including confidence in their ability to care for the infants, attachment to the infants, and satisfaction in the maternal role. Maternal role performance influences infant outcome by enabling the infant to have normal development. The current study was conducted to examine the factors influencing maternal role performance including feeding the new born, needs of the newborn, mother to infant attachment, family and partner support. The study findings can serve as the basic knowledge necessary in developing the self-confidence to promote effective maternal role performance of women in transition to being the first-time mother.

#### REFERENCES

1. Russell. Kendra. Maternal Confidence of First-time Mothers during their Child's Infancy. Dissertation, Georgia State University: 2006.
2. Lowdermilk. Maternity and women's health care. 8th ed. mosby; 658-660
3. Littleton LY, Engebretson JC. Maternal, neonatal, and women's health nursing. New York: Delmar; 2002.
4. Haju-young,king,yoonji. Korean J women health nurse.2013 Mar;19(1):48-56
5. Mansoure hahmadifaraz,at el. Anxiety of women employees and the process of maternal role. International Journal of preventive medicine 2013 may 4(suppl 2):S262-S269