

Research Article

Assess the mother's feelings towards her baby among the primi mothers in a selected hospital, at Puducherry

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Abstract

In the days and weeks after giving birth mothers may feel emotional highs and lows. A new mother now has responsibility for a tiny human life, which is totally and utterly dependent on them. A mom is someone who is there for their baby, who loves them, no matter what it comes. Mom is ready to lay down their life for their child. It is a selfless sacrifice and a mom is not a mom just giving birth to the baby, but a mom can be a mom to any child even if it is not her own child. **Objectives:** To explore the primi mothers feelings for their relation to the baby, **Methodology:** A quantitative research approach and descriptive, non-experimental design was used for this study among the primi mothers in a selected hospital, Puducherry. A total number of 30 samples were selected by the convenient sampling technique. The data was collected using a structured questionnaire using mother to infant feeling scale. **Findings:** The level of score for mother's feelings for their relation to baby among primi mothers 25(83%) mother showed good feelings towards their baby whereas 5(17%) mothers had bad feelings, it may be due to the sex of the baby and long duration stay in the hospital due to mother or baby's sickness. There is a significant association between sex of the baby, type of family, duration of hospital stay and residence. **Conclusion:** From the findings of the present study it was concluded that the level of the score for mother's feelings for their relation to baby among primi mothers was good as all mothers want their baby and that's what they were called as a mother.

Keyword: Primi mothers, Puducherry

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1. Introduction

It is widely accepted that human infants enter the World with a need for a primary attachment to a human figure, most notably the mother. Attachment is not solely focused on mothers. Secure attachments are created from reliable, consistent and pleasurable patterns for comfort that is fixed in a baby's brain through smell, touch, and sound [1-2]. New mothers will certainly be tired! New babies have no respect for a mother's sleeping needs, so the best advice is to rest when you can. A new mother now has responsibility for a tiny human life, which is totally and utterly dependent on them. This can be quite a challenge with any baby. It can also be quite frightening, and, of course, a new mother's life and relationships at home are completely changed, sometimes particularly the relationship with the baby's father. Sometimes a father may feel differently about the mother, after baby is born, and even act in an unkind way [3-4]. The parent-child relationship consists of a combination of behaviors, feelings, and expectations that

are unique to a particular parent and a particular child. The relationship involves the full extent of a child's development [5-6]. Being a mother is a gift that is unimaginable to any woman who does not have a child in their life. It's a connection that is unmatched and insurmountable in any form or other relationship. It's a love that grows continually; a love that always wants more and better. A mom is someone who is there for their kids, who loves them no matter what. Who will lay down their life for their child? It's a selfless sacrifice and a mom isn't a mom by just giving birth, but a mom can be a mom to any child even if it's not their child. A child's first relationship, the one with his mother acts as a template that permanently molds the individual's capacity to enter into all later emotional relationships [7-8].

Objectives

- To explore the primi mothers feelings towards their baby

- To associate the feeling score with the selected demographic variables

2. Materials and methods

Quantitative research approach and descriptive research design were selected for the present study. Setting selected for the study is a postnatal ward in a selected woman and child hospital, Puducherry. All postnatal mothers irrespectively stay for three days in the hospital after delivery. Convenient sampling is used for this study. 30 postnatal primi mother were selected for this study. Mothers have explained the purpose of the study and also assured that the information will be used only for study purpose and confidentiality will be maintained. After obtaining permission from the concerned authority and consent from the mother the researcher planned to collect the data from the mothers with the help of structured questionnaire [9-10].

Inclusion criteria

- Postnatal primi mothers with three days of hospital stay
- Postnatal mother who can understand Tamil and English

Exclusion criteria

- Mothers with physical or mental illness

Data collection method

Data were collected using modified Mother-to-Infant relation and feeling scale (MIRF) by Elo and Kyngas, (2008). The MIRF consist of 14 questionnaires to explore the mother's feelings relation to their baby. For this study feasibility, the researcher had taken the 7 questionnaires from the MIRF scale. The level of feelings above ≥ 4 scores is considered as good feelings and scores from 0-4 is considered as bad feelings [11-12].

3. Result

Table no 1: Percentage distribution of demographic variables of mother

Demographic variables	Frequency (n)	%
Age		
20-25	12	40
26-30	15	50
31-35	3	10
Education		
Primary	10	33.3
Secondary	15	50
Graduate	5	16.6

Demographic Variables	Frequency (n)	%
Occupation		
Working	20	66.6
Housewife	10	33.3
Religion		
Hindu	20	66.6
Christian	4	13.3
Muslim	6	20
Mode of delivery		
Normal delivery		16.6
Caesarean section		
Sex of the baby		
Male	19	63.3
Female	11	36.6

Table no 1: Represents that out of 30 samples 15 (50%) mothers were in the age group of 26-30 years, 15(50%) mothers had secondary level of education, 18(60%) mothers were from nuclear family, 20(66.6%) mothers were Hindus, 10(33%) mothers were housewives, 25(83.33%) mothers had normal vaginal delivery. In relation with the type of marriage, 3(10%) mothers had consanguineous marriage. 19(63.33%) mother had male babies and 11(36.66%) had female babies, 21(70%) mothers had stayed in the hospital for 1-5 days [13-14].

Table no 2: Percentage distribution of feelings of the mother towards her baby

Levels of feelings	Score	Frequency	%
Good feelings	≥ 4	19	63.3
Bad feelings	0-4	11	36.6

The above table indicates that 19 (63.3%) of mothers had good feelings whereas 11 (36.6%) mothers had bad feelings. The bad feelings were due to the cause of female baby, mother's illness etc.

With regard to association, it showed that sex of the baby, type of hospital stay and residence has a significant association ($P<0.05$) with the mother's feeling towards her baby [15-16].

4. Discussion

The present study was conducted to assess the mothers' feeling towards her baby showed that 63.3% of the mothers had a good feeling towards her baby and 36.6% mother had bad feelings towards her baby. a similar study conducted by Johan C.H, 2011 reported that maternal feelings of bonding were depended upon the mood of the mother and the mother to infant feeling scale provides a reliable valid indication of the early emotional tie between the women and her newborn infant.

Conclusion

Mother and infant bonding depends on the mother's emotional health. Studies proved that those mothers feeling are more during the antenatal period, their feeling as high in the postnatal period too. Mother's attachment is very much essential for the development of the child. So it is the responsibility of the nurses to identify early about the mothers feeling towards her baby so that when mothers needed to support, education to be provided to empower them and to build health relationship between mother and infant.

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