

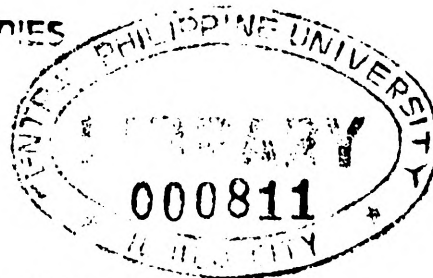
**THE EMOTIONAL AND PSYCHOLOGICAL EXPERIENCE AND COPING
MECHANISM OF POSTPARTUM MOTHERS**

A Special Paper

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EMOTIONAL AND PSYCHOLOGICAL SIGNS AND SYMPTOMS AND COPING MECHANISM OF POSTPARTUM MOTHERS

by

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ABSTRACT

This study was conducted to determine the emotional and psychological experience and coping mechanism of postpartum mothers. The respondents of the study includes postpartum mothers in some selected barangay in New Washington, Aklan. The clients were interviewed using a structured interview prepared and validated prior to data gathering.

The results of the study showed that majority of the mothers were aged 30 yrs and below, married, most of them have attained high school education, not more than two children, unemployed, with a monthly income of 10,000 and below, live with their husband. Most of the mothers have female babies and most of the babies are not sick.

The emotional and psychological experience that were mostly suffered by the mothers were fatigue, angry outbursts, irritability, difficulty sleeping even when the baby is asleep and self pity.

The postpartum mothers mostly have emotional experience.

The coping mechanisms mostly employed by the mothers were praying, going to church, go to health center for check-up, talk with husband, family and friends and eat a well-balanced diet.

The coping mechanism mostly used was emotion focused.

Based on the significant findings of the study and conclusions derived from the results, the following recommendations are offered:

1. Health care workers should include in their prenatal program assessment for emotional and psychological signs and symptoms and coping of postpartum mothers.
2. The family which include the husband and significant persons of pregnant women should be advised about the emotional and psychological experience and coping of post partum mothers.
3. Hospital facilities should make postpartum mothers and families comfortable and enable them to participate in caring after delivery.
4. Post partum check-up and follow-up on emotional and psychological experience and coping of postpartum mothers should be monitored by primary health care workers.