

**Coping strategies among prime Para mothers during early
peripuerum**

Submitted for of the Master's Degree in Maternity- Neonatal
Nursing

By:

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**Nursing inspector and arranges in administration in health
affairs
in Kafer Elsheikh**

(BSc in Nursing 2010)

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استراتيجيات التكيف بين الأمهات البكارى في فترة النفاس المبكرة (تمريض الأم والرضيع)

رسالة مقدمة لنيل درجة الماجستير في تمريض الام والرضيع

مقدم من

مروة طلعت عبده إسيونى حمد

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جامعة عين شمس

(٢٠١٠)

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(٢٠١٠)

Summary

In the postpartum period, mothers face sudden change in their life - style and the transition from the wife's role to the maternal role, responsible for children activities. So it may lead to many conflict and negative coping pattern. The effectiveness of maternal adaptation is based on many factors such as, physical, social, and psychological that may create negative adaptation during this period. This is may lead to many physical and psychological stress.

Nursing role focuses on assessing women's ability to adapt to the physiologic and psychological changes occurring at this time.

Aim of the study:

To assess prim Para mother's coping strategies during early puerperium.

Research design:

A descriptive study design.

ACKNOWLEDGMENT

First, I feel indebted to **ALLAh** the most kind and most merciful dedication, caring, trust and integrity.

I also express my special gratitude and appreciation for the expert assistance of **Prof. Dr. Kamilia Ragab Abou Shabana**, Professor of Maternity and Newborn Nursing, Faculty of Nursing, Ain shams university for the choice of the subject of the thesis, her meticulous supervision and available guidance.

I am indebted and feel appreciation to **Dr. Eman Mostafa Sayed Ahmed**, Lecture of Maternity and Neonatal Nursing Faculty of Nursing /Ain Shams University. Words cannot describe how grateful I am for her meticulous supervision, cooperation and encouragement.

Finally, I would like to express my thanks to everyone who was participated some way or another in the conduction and completion of this study.

The candidate

Marwa Talaat Hamd

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List of Abbreviation

ABBREVIATION	MEANING
WHO	World Health Organization
UNICEF	United Nations International Children's Emergency Fund
HIV	Human Immune Virus
PPP	Post-partum Period
RN	Registered Nurse
PCN	Post-natal Care
ENMMS	Egyptian National Maternal Mortality Survey
MOH&P	Ministry of Health & Population
IV	Intravenous
IMCI	Integrated Management of Childhood Illness
CHW	Community Health Worker
TV	Television
MBSS	Miller Behavioral Style Scale

✎ List of Abbreviations

WCQ	Ways of Coping Questionnaire
WCC	Ways of Coping Checklist
CSI	Coping Strategy Indicator
LECI	Life Events Coping Inventory
A-COPE	Adolescent Coping Orientation for Problem Experiences Inventory
LSI	Life Situation Inventory
CISS	Coping Inventory for Stressful Situations
SCPQ	Stress and Coping Process Questionnaire

Abstract

Purpose: To assess primipara mother's coping strategies during early puerperium.

Design: A descriptive study design.

Setting: The study was conducted at the postnatal ward at the delivery unit of Ain Shams University Maternity Hospital.

Sample: Total sample of 674 women that represents about 10% of total women admitted to the hospital for normal vaginal delivery at previously mentioned setting in year (2010-2011).

Subjects: A random sample, with the following criteria, primipara mothers with a normal pregnancy and delivery during first four twenty hours, and had delivered a healthy baby.

Tools: Structured interviewing questionnaire, which includes first part to assess general characteristic & Tool to assess the mother's stressors coping strategy during postnatal period during early postpartum period .

Results:, that illustrated the majority of women (95.3%) were suffering from low and moderate levels of maternal stresses during the puerperium. Almost all women (98.8%) were utilizing high level of coping strategies, few of them (1.2%)

were using moderate level. A positive significant correlation between the maternal stressors and coping strategies was found.

Conclusion: The majority of parturient mothers were suffering from low level of maternal stresses during the pueriperium, and they had equal load of moderate and high levels of maternal stresses. Almost all women were utilizing high level of coping strategies during early postpartum period.