

POSTPARTUM DEPRESSION OF SELECTED FIRST-TIME  
MOTHERS IN THE PROVINCE OF CAVITE

THESIS

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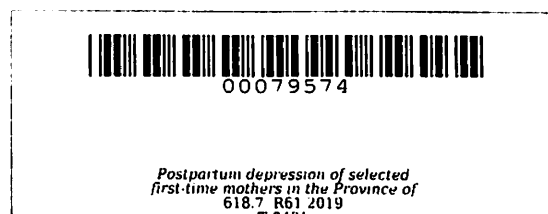
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**POSTPARTUM DEPRESSION OF SELECTED FIRST-TIME MOTHERS  
IN THE PROVINCE OF CAVITE**

Undergraduate Thesis  
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## **ABSTRACT**

**L A KRISHA S. RODIS. Postpartum Depression of Selected First-time Mothers in the Province of Cavite.** Undergraduate Thesis. Bachelor of Science in Psychology. Cavite State University, Indang, Cavite. June 2019. Adviser: Ms. Jezreel C. Del Espiritu Santo

The study entitled “Postpartum Depression of Selected First-time Mothers in the Province of Cavite” was conducted in the province of Cavite. The study aims to (1) determine the problems faced and (2) determine the coping ways used by the first-time mothers with postpartum depression.

Data were gathered through semi-structured interview. Thematic analysis was used in this study. The participants of the study were composed of first-time mothers age 20 to 45, diagnosed with postpartum depression, have already recovered and residing in Cavite.

After careful analysis, the result of the study shows that the problems of first-time mothers with postpartum depression were expressed in the presence of the depressive symptoms. The result also shows that some of the mothers with postpartum depression were distrustful when it comes to caring of their child. Also, some of the participants were self-doubting about the way they rear their child. The problems of the participants also show difficulty in handling situations, giving the participants negative image. Participants’ experiences show that they were subject to negative criticisms wherein they were (1) shamed by having depression, and (2) labeled with negative names because of having depression. Some people treated them negatively that worsen the depression.

Recovering from postpartum depression involves ongoing treatment and support from the family. Participants see that support system was a big help for them to recover. The participants showed that their child was their source of strength. They also relied on their family. On the other hand, participant recovered due to their changed mindset. First-time mothers were inspired, being successfully recovered after what happened. They are also optimistic in recovering; positivity helps in lowering the level of depression and gives better coping skills. Some of the participants viewed task fulfillment as motivation. They were motivated in recovering from depression because of the feeling of satisfaction upon fulfilling their tasks. Some of the participants recovered through the feeling of relief. The feeling of relief contributes positive cognitive and emotional results to mothers with postpartum depression.

The study reveals that postpartum depression had a huge impact towards first-time mothers. The problems of most of the participants revolve around the depressive symptoms and confidence issues they encountered. Also, the problems of the first-time mothers with postpartum depression were their negative experiences with the people around them and their poor adaptation to their new role. This study shows that suffering from postpartum depression was a very challenging journey for the sufferers, especially first-time mothers. Postpartum depression affected first-time mothers' life and their relationship to their child became stronger or weaker. Also, this study shows that coping of the mother with postpartum depression relied on the people around them, especially their child and family. Their family's support motivated them to cope and feel better. Changed mindset also contributed in their recovery, from negative thinking to positive thinking. Changed mindset drives them to be more active and recover easily.

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# **POSTPARTUM DEPRESSION OF SELECTED FIRST-TIME MOTHERS IN THE PROVINCE OF CAVITE**

**LA Krisha S. Rodis**

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## **INTRODUCTION**

Many new mothers feel overwhelmed by the responsibilities that present themselves at the birth of a child. These feelings can be heightened by rapid hormonal changes. Many women feel mildly sad, irritable, anxious, and emotional. However, according to the article entitled “The Postpartum Depression: Symptoms and its Effect.” by Dr. Young and Cane (2012), in 10% of new mothers these symptoms become extreme and constitute a debilitating depression. Postpartum depression is more prevalent in women who have a predisposition or family history toward mental health disorders.

Symptoms of the disorder include recurrent crying, sleep disturbances, change of appetite, feelings of worthlessness, lack of concern for personal hygiene, reduction in energy levels and decreased concentration. Telling comments that reflect resentment, irritability or anxiety toward motherhood or children, or suicidal thoughts should be treated with immediate intervention. Mothers who suffer from postpartum depression will likely find that their symptoms affect how they interact with their new infants. Because