

Effect of Progressive Muscle Relaxation on the Postpartum Depression and General Comfort Levels

Authors : İlknur Gökşin, Sultan Ayaz Alkaya

Abstract : Objective: Progressive muscle relaxation (PMR) include the deliberate stretching and relaxation of the major muscle groups of the human body. This study was conducted to evaluate the effect of PMR applied in women on the postpartum depression and general comfort level. Methods: The study population of this quasi-experimental study with pre-test, post-test and control group consisted of primipara women who had vaginal delivery in the obstetric service of a university hospital. The experimental and control groups consisted of 35 women each. The data were collected by questionnaire, the Edinburgh Postnatal Depression Scale (EPDS) and the General Comfort Questionnaire (GCQ). The women were matched according to their age and education level and divided into the experimental and control groups by simple random selection. Postpartum depression risk and general comfort was evaluated at the 2nd and 5th days, 10th and 15th days, fourth week and eighth week after birth. The experimental group was visited at home and PMR was applied. After the first visit, women were asked to apply PMR regularly three times a week for eight weeks. During the application, the researcher called the participants twice a week to follow up the continuity of the application. No intervention was performed in the control group. For data analysis, descriptive statistics such as number, percentage, mean, standard deviation, significance test of difference between two means and ANOVA were used. Approval of the ethics committee and permission of the institution were obtained for the study. Results: There were no significant differences between the women in the experimental and control groups in terms of age, education status and employment status ($p>0.05$). There was no statistically significant difference between the experimental and control groups in terms of EPDS pre-test, 1st, 2nd and 3rd follow-up mean scores ($p>0.05$). There was a statistically significant difference between EPDS pre-test and 3rd follow-up scores of the experimental group ($p<0.05$), whereas there was no such difference in the control group ($p>0.05$). There was no statistically significant difference between the experimental and control groups in terms of mean GCQ pre-test scores ($p>0.05$), whereas in the 1st, 2nd and 3rd follow-ups there was a statistically significant difference between the mean GCQ scores ($p<0.05$). It was found that there was a significant increase in the GCQ physical, psychospiritual and sociocultural comfort sub-scales, relief and relaxation levels of the experimental group between the pre-test and 3rd follow-ups scores ($p<0.05$). And, a significant decrease was found between pre-test and 3rd follow-up GCQ psychospiritual, environmental and sociocultural comfort sub-scale, relief, relaxation and superiority levels ($p<0.05$). Conclusion: Progressive muscle relaxation was effective on reducing the postpartum depression risk and increasing general comfort. It is recommended to provide progressive muscle relaxation training to women in the postpartum period as well as ensuring the continuity of this practice.

Keywords : general comfort, postpartum depression, postpartum period, progressive muscle relaxation

Conference Title : ICNM 2018 : International Conference on Nursing and Midwifery

Conference Location : Prague, Czechia

Conference Dates : March 22-23, 2018