



POSTNATAL DEPRESION.

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Introduction

The purpose of this report is based on developmental psychology related in Health and social care. It will be done by two theories of life span, Erikson's theory of Psychosocial Development Adulthood and Kohlberg's Theory of Moral Development, Principled Conscience. Report will be focused on Postnatal depression. "Postnatal depression is associated with disturbances in the mother-infant relationship, which in turn have an adverse impact on course of child cognitive and emotional development" (Cooper, P. and Murray, L., 1998).

What is postnatal depression.

Postnatal depression is a caring problem that affect one in ten women's who giving birth, it also can affect dad of child. The relationship in a couple can face changes in their life when a child born. They must change they role in relationship. "Pregnancy and the birth of a child bring strong psychological, physical and social changes to a woman's life" (Tammentie et all 2004). Postnatal depression is a depressive illness that can be associated with severe depression. The symptoms are request with depressive illness, such as bad mood, unhappy, irritable, distress, straggly to look after yourself and your new baby. Many women can have symptoms of postnatal depression, months before birth and to continue with illness after delivering the baby. After birth many women's can be irritable with their baby, partner or other children. They can have bad thoughts about their self, like they are not a good mother, or they can feel guilt and think, because of that is their mistake. Therefore, according to Kohlberg's theory of Moral development in this cases Kohlberg's theory may not work. The moral development in postnatal depression play a major role. Woman who have a postnatal depression they do not think about morality, law and other moral reasoning. Most of the couple find difficulties when they must be come parents. Responsibility, care and changing life make them to be confuse about children. Problem that can be associated with a crisis is the arrival of new-born in their place. According to Erikson life span Generativity versus Stagnation signify important impact in adulthood life. Most of the couples face a time of intense difficulty of parenthood. Most of them decide to become a parent, other

can become a parent without decision and others want to become a parent but cannot. With the children's in couple life come more challenges and crisis of Generativity. Generativity crisis can also be the career of the child, it needs to be cared for the parent and parent need to take decisions between work or other things and children. Married couple often comes to divorce and this can have a big impact and make to rethink of life problems. Reason of generativity is taking a big role in couples' life and society. In happy family's parents show generativity via love, interest, care for their levelled children. Therefore, postnatal depression can affect mother and father of baby. Psychosocial factors are stressful life events which have an emotional impact of people.

[The factors of postnatal depression](#)

The factors that can increase the risk of postnatal depression can be the problematic pregnancy, stress during pregnancy, family or problems with the partner. The other factor can be the way that was delivered the baby, caesarean, normal, with problems or any complication on birth. Therefore, happiness and unhappiness in pregnancy and post-partum period play an important role on postnatal depression. Those factors can affect most of the women for their future. Childbirth is an important live event that change the rank and duty of the woman. Therefore, many woman's face challenges in Health seeking behaviour, this can be fear, confusion or other things that can lead to health behaviour. In this case most of the women with postnatal depression they are unaverred of the problem. By feeling shy or unconfident to ask about help and support, preparation to act and practice in disorder behaviour will not accrue the behaviour change or a good healthy final. Most Physical illness and discomfort by felling unwell in first months of pregnancy and later in last two months of pregnancy, since of the size of their body, tiredness and lack of sleep make must of the women fells unhappy. Physical illness means, toxicosis and vomiting in first months of pregnancy, high blood pressure, and other illness that can make women to fell unhappy and sad. Those illness do not let women to feel happy with their pregnancy and to enjoy this happy time. In the last months of pregnancy most of the women get bigger by the size, some of them can feel fat, ugly and nonattracted person that can lead to high depression and unhappiness. The miss understanding of partner or husband, miscommunication or in other cases abuse from the partner that can have an unhappy final. Later, delivery, physical pain, discomfort, tiredness and lack of sleep is another thing of unhappy

and can lead to postnatal depression. Delivery of the baby in most of the cases can have a negative impact to mother. Difficulties of emotional fillings and practical care of baby can be different. Discomfort and pain that all women's have after delivery and they have to manage between them and baby, creating a negative emotion.

The relationship between baby and parents

The relationship between baby parents can change after baby birth. "The birth of a child changed the existing family structure and elicited strong reactions from those involved" (Tammentie et al 2004). When a new baby is born, most of the families face changes in their life routine and their responsibilities in parents. Most of the women with post-natal depression and with relationship that because stress can have bad impact in mother-baby attitude. The condition of postnatal depression has a bad side effect with delaying of cognitive development and comportment of the baby. For the first days of their life, babies have a strong connection with mother. For example, if the mother cry or is sad the baby will be cry to or will be upset. In these cases, the cognitive development of the baby will be affected. Postnatal depression is a depression for women's that are processed under cognitive scheme and it come activated under condition of stress. Depressing lines are described a cognitive structure that are developed from early life stages. Depressed women's that suffer from post-natal depression can have a background with negative cognition which can turn later in depression. Otherwise women with bad background from early stages of life till pregnancy time are more likely to be depressed. This can be childhood with drug and alcoholic parents or alcoholic abuse partner before pregnancy. All this negative attitude later will affect the mother of the baby. Therefore, a mother with postnatal depression is a dangerous mother for the baby. For many studies that were done to understand women with postnatal depression, there were evidence that some women can kill their baby, or they can commit a suicide. This was explained because of new situation, fear or baby crying. Since pregnancy women speak with their tome where is baby. So, baby can recognise the voice of the mum. In case when mum is in postnatal depression their attitude and voice can change, at this time baby can feel the different voice, negative feelings and he cry. Father of the baby can play a big part in upsetting the baby and mother. Important role in postnatal depression for women with this illness have their husband or partner. For example, if baby

cry and mother is tired, he can help with the baby. In many families when a baby come in their life, they face difficulties, partner or husband can be jealous, can be stressful or can stress the mum more than she is.

The Self-efficacy and treatment

“Self-efficacy beliefs determine how people feel, think, motivate themselves and behave. Such beliefs produce these diverse effects through four major processes. They include cognitive, motivational, affective and selection processes” (Bandura, 2010). Trough transition young adults into parenthood enhance the role of parents and partner. Now they must deal with different challenges in their families to grow up children’s and to keep a good relation sheep within their family environment. Parents who have a good development of self-efficacy guide their children sufficiently to development of good morality and behaviour of children’s. Those parents with less lack of science of self-efficacy can face problems, stress and depression. Most of the women who develop post-natal depression in early stages and ask for help are more likely to develop self-efficacy and to manage with the illness. Depression is a stage of illness when people cannot control their selves. With a high self-efficacy woman can manage with their feelings, emotions, and can control their selves. Self-efficacy plays a big role in all people life, parents with self-efficacy will have a good child.

Treatment for postnatal depression, therefore there is no evidence that a special treatment can be given to women with postnatal depression and can help immediately. There needed more time and patiently for a like final. Many studies show that the support of family and husband can help with the treatment. A partner or husband who carry and help mother with psychological support after delivery can help with positive final of postnatal depression. Support that can receive a woman after delivery from the family is very important. Having all the time, someone to talk is very important. In many cases women with postnatal depression do not want to talk to anyone, or to see anyone, especially their family and friends. However, if a woman with postnatal depression are ok to talk with somebody most of the time, there were mentioned an antidepressant remedy. Talking therapies and with social support can help. Other remedy that help in postnatal depression is breastfeeding. Breastfeeding self-efficacy address to mother to believe that she has her own control on breastfeeding her baby. Breastfeeding is another way that can help

in post-natal depression. Breastfeeding self-efficacy give the to mother believes such us they have own control to baby. Breastfeeding self-efficacy can be associated with a successful mother. Cognitive Behaviour Therapy show that can be more effective than the antidepressant treatment. Group therapy, inter-personnel therapy and other positive results are more efficacy than tablets. Breastfeeding mum are not allowed to take all the tablets that can help with mental health. In these cases, the best are therapies. Midwives and social workers have an important role in postnatal depression period of women life. From early pregnancy till after birth the midwife is the doctor that have all the evidence about pregnancy and haw the pregnancy is during. They must talk with the patient about their mental health if they suspect something. After delivery, midwife come to see the patient and the baby at home. Well training midwife and nurses can prevent from early stages the development of postnatal depression.

Conclusion

In conclusion, this report about postnatal depression have shown that all women in the world need a family and social support before and after birth of the baby. They need the to have a mental and emotional health assistance, such us doctor, family, or friends support. In this difficult period in their life women are more emotional and sensible. They need more attention and understanding from people around.

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