

عنوان مقاله:

Effect of maternal role training program based on Mercer theory on maternal self-confidence of primiparous women with unplanned pregnancy

محل انتشار:

سومین کنگره بین المللی روش های کم تهاجمی زنان و مامایی ایران (سال: 1397)

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خلاصه مقاله:

Background: maternal confidence is an extremely important factor in playing the mother's role and her identity formation. Loss of self-confidence occurs in primiparous women due to the lack of maternal skills. The aim of this study was to examine the effect of maternal role training program based on Mercer theory on maternal self-confidence of primiparous women with unplanned pregnancy. **Materials and methods:** This clinical trial was performed on 67 primiparous women referring to Mashhad health centers. Sampling was carried out in a multi-stage and accessible manner. A maternal role training program was carried out for intervention group based on Mercer theory (3 sessions of group training in 34th, 35th and 36th weeks of pregnancy and one solo training session before their hospital discharge and followed up over the phone every week for 4 weeks). The research tools were London questionnaire, DASS 21, EPDS, PSOC, General Impression on Infant Temperament Questionnaire and SSQ. Maternal self-confidence was measured before training, 4 weeks after delivery and 4 months after delivery. Data analysis was carried out using independent t-test, chi-square, Paired T, Mann-Whitney, one-way ANOVA, and Wilcoxon tests. **Results:** There was a significant difference between mean changes of maternal self-confidence (before training and 4 weeks after delivery ($p = 0.003$), before training and 4 months after delivery ($p = 0.001$)) in both groups. **Discussion:** The findings of this study showed that maternal role training increases maternal self-confidence in primiparous women with unplanned pregnancy. **Conclusions:** Given that increased maternal self-confidence improves mother's understanding of her maternal role and improved taking care of the baby, teaching maternal role is recommended to all health care providers.

کلمات کلیدی:

self-confidence, training program, unplanned pregnancy

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