

TITLE : THE RELATIONSHIP BETWEEN PERCEIVED

SELF-EFFICACY AND POSTPARTUM SELF-CARE BEHAVIORS IN ADOLESCENT MOTHERS



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Abstract

Introduction

At the present time, Teenage mothers are serious problems all over the world. According to an official statistics of the World Health Organization (WHO) in 2009 Showed that the number of teenage pregnancy increased. The numbers of pregnant women under 20 years old was 65 per 1,000 while it was 56 per 1,000 in Asia.

In postpartum period, Immature teenage mothers had to face crisis situations if they were not ready for the pregnancy. There were many changes that teenage mothers encountered such as physical, psychological, emotional, social economic changes they also lost education opportunities and lack of maturity.

The Researcher was interested in the relationship between perceived self-efficacy and postpartum self-care behaviors in adolescent mothers underpinning of Bandura's concept. The results of the study would be used for nurses promote health and well-being among adolescent mothers.

Hypothesis : The perception of self efficacy were positively correlated to self care behaviors of adolescent mothers.

Purpose : This descriptive research study aimed to determine the relationship between perceived self efficacy and postpartum self care behaviors in adolescent mothers. The Bandura's Perceived Self Efficacy Theory (1977) was employed as a theoretical framework.

Metrodology : A questionnaire was developed to gather data in relation to perceived self efficacy and postpartum self care behaviors in adolescent mothers. Content validity was examined by five experts. The Cronbach's alpha coefficient of the two parts of the questionnaires (perceived self efficacy and postpartum self care behaviors) were 0.82 and 0.70 respectively. A sample of 229 adolescent mothers who delivered a baby and admitted at the postnatal care unit Sawanpracharak Nakhonsawan Hospital from January to August 2013 participation in this study.

Conclusion : The findings indicated that 50.1 percent of adolescent mothers had the moderate level of perceived self efficacy. And 80.2 percent of adolescent mothers had the high level of postpartum self care behaviors. There was a significantly positive correlation between perceived self efficacy and postpartum self care behaviors in adolescent mothers. ($r = 0.39$, p -value less than 0.01).

In this study : The learner will be able to used the knowledge to assessment guiding to the self - efficacy and postpartum self - care behaviors in adolescent mothers, and planning health promotion to postpartum self care behaviors in adolescent mothers.