



Research Article

The effects of an empowerment program on postpartum adolescent primigravida mothers' knowledge, self-care, and newborn care

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ABSTRACT

Objectives: The purpose of this research was to investigate the effects of utilizing an empowerment program for postpartum adolescent primigravida mothers on their knowledge and care abilities for both themselves and their newborns.

Materials and Methods: The design of this research was a quasi-experimental one group pre-post-test. The research samples consisted of 30 selected postpartum adolescent primigravida mothers. The instruments were an empowerment program for postpartum adolescent primigravida mothers and a questionnaire covering topics of personal factors, self-care and newborn care knowledge, and self-care and newborn care abilities. Statistical analysis involved descriptive statistics, including percentages, means, standard deviations, and a comparative analysis of the mean scores using the Paired Samples t-test.

Results: The research findings were as follows:

1. Self-care knowledge after the program implementation ($\bar{x} = 17.57$, S.D. = 1.22) was higher than before ($\bar{x} = 12.70$, S.D. = 2.69), at a statistically significant level of .05; and self-care knowledge at four weeks after the program implementation ($\bar{x} = 18.13$, S.D. = 1.11) was higher than right after the implementation at a statistically significant level of .05.

2. Newborn care knowledge after the program implementation ($\bar{x} = 17.33$, S.D.= 1.54) was higher than before ($\bar{x} = 13.03$, S.D.= 2.11), at a statistically significant level of .05; but self-care knowledge at four weeks ($\bar{x} = 17.67$, S.D.= 1.32) and right after the program implementation was not significantly different.

3. Self-care abilities after the program implementation ($\bar{x} = 4.56$, S.D. = .42) were higher than before ($\bar{x} = 4.18$, S.D. = .51), at a statistically significant level of .05; and self-care abilities at four weeks after the program implementation ($\bar{x} = 4.70$, S.D. = .29) were higher than right after, at a statistically significant level of .05.

4. Newborn care abilities after the program implementation ($\bar{x} = 4.78$, S.D. = .37) were higher than before ($\bar{x} = 4.41$, S.D. = .52), at a statistically significant level of .05; and self-care abilities at four weeks after the program implementation ($\bar{x} = 4.85$, S.D. = .25) were higher than right after, at a statistically significant level of .05.



Conclusions: The empowerment program for postpartum adolescent primigravida mothers was effective for enhancing their knowledge, self-care and newborn care abilities. The improvement sustained over a 4-weeks follow-up period, and made the young mothers more proficient at self-care and newborn care.

Keywords: Adolescent mothers, postpartum primigravida mothers, empowerment program