



Psychology of Women after Childbirth

Jurayeva Dildora Nasriddinova

Scientific supervisor

Turdibekova Saida Axmedalievna

3rd year student, Tashkent Medical Academy, Faculty of Medical biology, Group: 302, Tashkent, Uzbekistan

Annotation: the article discusses psychological condition of women after having childbirth called postpartum depression. There are given particular types of depression with symptoms and some advice for recovering by medically at the same time socially. Postpartum depression is not simple mental disorder that demand to take treatment, otherwise can cause dangerous situation like suicide or hurting the babies.

Key words: postpartum depression, baby blues, agitation, delirium, melancholy, hallucination, swings, crying, anxiety, sleeplessness.

When you become a parent, you experience a lot of excitement and happiness, however, you can also come across a lot of fatigue and overwhelm. It is conventional condition to suffer from worries and unsureness, especially if you are a first-time mother that is called postpartum depression in Psychology. In the following there are given some definition of postpartum depression by medical scholar.

Debra Fulghum Bruce (2023) pointed out in her article that “Postpartum depression (PPD) is a complex mix of physical, emotional and behavioral changes that happen in some women after giving birth”. According to Verinder Sharma and Priya Sharma (2012) Postpartum depression, puerperal psychosis, and the baby blues are commonly referred to as "postpartum mood disorders." 35 to 75 percent of women experience the depression soon after giving birth; these symptoms include mood swings, crying, anxiety, sleeplessness, and irritability (p. 436).

Hippocrates is credited with introducing PPD in the fourth century B.C., and his theories went on to become accepted wisdom that lasted for more than a millennium. According to his theory, if lochial discharge—the fluid that from the uterus after delivery—is inhibited, it may flow to the brain and cause agitation, delirium, and manic episodes.

The types of postpartum depression

There are three psychological mood disorder mostly women suffered from after giving a birth.

➤ Baby blues

Up to 70% of mother’s experience the "baby blues" in the days immediately following childbirth. You can experience abrupt mood fluctuations, such as extreme happiness followed by extreme sadness. You can feel irritable, grumpy, restless, nervous, lonely, and depressed. You could cry for no apparent reason. After delivery, the baby blues could disappear in a matter of hours or go up to two weeks. For the most part, baby blues don't require medical attention. Talking to other mothers or attending a support group for new mothers might be helpful.



➤ **Postpartum depression PPD**

It may occur a few days or even several months following childbirth. PPD is not limited to the first child; it can occur after the birth of any child. Though they are felt far more intensely, you can experience emotions like melancholy, despair, worry, and irritability that are comparable to the baby blues. In the event that PPD treatment is not received, symptoms may worsen. Despite the serious nature of PPD, treatment options include medication and

➤ **Postpartum psychosis**

An extremely serious mental disorder that can affect new mothers is called postpartum psychosis. This intervention can alter quickly—typically within three months of giving birth. Women are susceptible to experiencing delusions (strongly believing things that are obviously unreasonable) and auditory hallucinations (hearing things that are not always genuine, such as a person talking). Visual hallucinations, or the perception of unreal objects, are uncommon. Insomnia (the inability to fall asleep), irritation and rage, disturbed conduct, inventing excuses, and odd feelings and behaviors are some more signs. Women suffering from postpartum psychosis need immediate treatment and almost always require medication. Women who pose a risk of injuring themselves or others are occasionally admitted to hospitals.

Verinder Sharma and Priya Sharma (2012) cited some particular symptoms of major depression of postpartum:

- ✓ low spirits
- ✓ Absence of enjoyment or enthusiasm
- ✓ Disturbance in sleep (hypersomnia or insomnia)
- ✓ Loss of weight
- ✓ Diminished vitality
- ✓ Retardation or agitation
- ✓ Feelings of inappropriate guilt or worthlessness
- ✓ Decreased focus or inability to make decisions
- ✓ regular suicidal or fatal thoughts

If you have the following symptoms you may have depression of postpartum and you should immediately take treatment of professional physician.

- ✓ Sadness, guilt, hopelessness, or feelings of unworthiness.
- ✓ Excessive trepidation or unease.
- ✓ Losing interest in past interests or pastimes.
- ✓ Alterations in appetite or aversion to food.
- ✓ Reduction in drive and vigor.
- ✓ Problems falling asleep or a persistent desire to sleep.
- ✓ Crying excessively or without cause.
- ✓ Difficulty focusing or thinking.
- ✓ Suicidal thoughts or a desire to die.
- ✓ Being uncomfortable around the youngster or showing little interest in him.
- ✓ Feelings of not wanting your baby or thoughts of hurting them



What is the duration of postpartum depression?

Postpartum depression can last up to a year after the baby is born. However, this does not mean that you will feel “recovered” in one year. Talk to your doctor about your symptoms and treatment. Be honest about how you feel. Carefully consider whether you feel better than when you first started being diagnosed. They may then recommend ongoing treatment for your symptoms.

Treatment of Postpartum depression

The course of treatment for postpartum depression varies according on the kind and intensity of symptoms. Medications for anxiety or depression, talk therapy or cognitive behavioral therapy, and involvement in support groups are among the available treatment options.

Medication for depression, anxiety, and psychosis may be part of the treatment for postpartum psychosis. Until your condition stabilizes, you can also be admitted to a treatment facility for a few days. Don't assume that nursing prevents you from taking medicine for anxiety, depression, or even psychosis. Discuss your alternatives with your healthcare professional.

How may postpartum depression be managed?

Having a baby is not an easy task, and parenting is full of ups and downs. You don't have to suffer in silence if you experience depression. The proper treatment for you can be found with the assistance of your healthcare practitioner.

- Seek out a listener and supporter, such as a friend, family member, therapist, or other confidante.
- Become a member of a new parent support group.
- Make an effort to eat healthily and schedule exercise.
- Give yourself priority when it comes to relaxation.
- Take your buddies outside or give them a call.
- Schedule time for enjoyable pursuits like reading or other hobbies, as well as self-care.
- Seek assistance with errands or household duties.

One in seven persons experience postpartum depression, a common mood disorder, following childbirth. You did nothing to cause it, thus it's not your fault. It doesn't characterize you as a horrible person or parent. You have no influence over the biological, physical, or chemical elements that lead to PPD. If you believe you may have postpartum depression, consult your physician. They are capable of determining the most effective way to treat your issues. A support group, medicine, or counseling may be helpful.

References:

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