P1-17: Experiences of Maternal Happiness during Postpartum

Author List:
Presenting Author: Yu-Hua Chou
Additional Author: Ching-Yu Cheng, Yea-Jyh Chen

Presenting Author: Yu-Hua Chou
Address: 250 WuHsin St.
Taipei 110
Taiwan
Ph: 886-2-27361661-6335
Fax:
Email: chou@tmu.edu.tw
Institution: National Taiwan University

Additional Author: Ching-Yu Cheng
Address: 1362 Greenmoss Dr.
Richmond, Virginia 23225
United States
Ph: (804)6287552
Fax:
Email: chingyuad@gmail.com
Institution: Taipei Medical University

Additional Author: Yea-Jyh Chen
Address: P.O. Box 9600
Morgantown, West Virginia 26506
United States
Ph: 2164038082
Fax:
Email: yxc48@case.edu
Institution: West Virginia University

Presentation Preference: Student poster submission

Abstract Categories:
Research Interest Groups (RIGs): Parent-Child
Research Interest Groups (RIGs): Qualitative

Abstract:
Introduction: Being a mother was assumed to be a happy life event while happiness could be used as an indicator of quality of life. Happiness was also found to be negatively related to depression. However, how postpartum mothers experienced happiness was not studied. The
The purpose of this study was to explore postpartal mothers' experience of happiness. Research question of the study was "How do mothers experience happiness during postpartum?"

**Method(s):** Data from 151 (response rate 61.1%) Chinese new mothers who responded to a question asking about their happiest event during one year postpartum in a study about maternal health in Taiwan were analyzed. 49.6% of mothers were primiparous, 70.7% worked full-time, and 95.9% received cultural postpartum care. Data were analyzed using thematic content analysis and in Chinese to have a better and correct understanding. Three researchers who were nursing faculties in maternity bracketed the participants’ own words to meaning units in words, phrases, or sentences. Constant comparative procedure was used until an achievement of consistence. Using an open-ended question rather than in-depth interview for data collection was the limitation of the study.

**Results:** Two themes and seven categories were emerged from the analysis. Overall, new mothers’ happiness can be described with interconnectedness and fulfillment. The baby was the center of the experience; the family was included and changed together with the new mother. During postpartum, mothers feel the “existence and growth of the baby,” “bidirectionally interact with the baby,” and “bond with the baby.” The baby is the main element “connects everybody in the family,” is “integrated into the family,” and is an “extension of the mothers’ life.” Mothers felt “self-achieved” because of being approved and taken care of by others and feeling competent in maternal role.

**Discussion & Conclusions:** Findings of this study extend our knowledge of postpartum experience. Unition of family is a crucial value and belief of Chinese and a source of happiness for mothers. Mothers’ experience of happiness was similar to their experience of becoming a mother. Emphasis on positive feelings such as happiness may improve mothers’ quality of life and may decrease the incidence of postpartum depression.

**Abstract History:**
This abstract has not been presented or accepted for presentation in whole or in part at the SNRS or other scientific meeting.

**Financial Disclosure:**
No, I (or a member of my immediate family) have not received something of value* from or own stock (or stock options) in a commercial company or institution related directly or indirectly to the subject of my presentation.

**FDA Disclosure:**
I will not be describing any pharmaceutical and/or medical device.

**Non-Exclusive License:**

Submitted by:
chingyuad@gmail.com