



## Comparison between self-esteem, anxiety and depression in mothers with adequate and inadequate of postpartum breastfeeding

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### ABSTRACT

The purpose of this study was to determine the difference between self-esteem, anxiety and depression in mothers with adequate and inadequate of postpartum breastfeeding. The research method was casual-comparative and the statistical population was consisted of all mothers with postpartum adequate and inadequate of lactation who referred to Gorgan Health Center No. 3.100 mothers with postpartum adequate lactation and 100 mothers with postpartum inadequate lactation were chosen and have responded to the Beck's depression questionnaire (1996), anxiety questionnaire (1990) and Rosenberg's self-esteem test (1965). Data analysis was performed by using statistical software. The results of analysis of variance showed that depression and anxiety in mothers with adequate lactation is less than mothers with inadequate lactation and self-esteem in mothers with adequate lactation is higher.

**Keywords:** self-esteem, anxiety, depression, lactation adequacy.

## 1. Introduction

Breast milk is the most appropriate food for infant feeding, and its beneficial effects on the health of the child and mother, reducing child mortality, satisfying the emotional needs of the mother and the child, as well as economical saving in the household and community dimensions (Fisher, 2000). The human milk contains substances that are quality and quantity absorbable for infant, providing energy and child growth (Hockenberry, 2007).

What is important is sucking correctly and repeatedly milk in the first days and in good condition, calming and not worrying of the mother, previous birth history and successful lactation history, husband and wife support, and ensuring economic and job security can have an effective role in the continuation of lactation. However, the lack of maternal and infant absence, late breastfeeding, lack of onset of topical nutrition, the lack of maternal and neonatal withdrawal, cesarean delivery, and the absence of all of the above factors can lead to the discontinuation of appropriate lactation (Bowling et al. 2007). Undesirable mental status, anxiety and depression in mothers can lead to inadequate postpartum breastfeeding.

One of the factors that can affect people's health is choosing the type of health behavior that results from self-esteem (Schafer E, Schafer RB, Kerth PM, Bose J, 1999). Self-esteem emanates from the difference between self-perceived (an objective image of oneself) and the ideal itself (which one knows or wants to love), so that the difference and the high distance between them leads to low self-esteem and the difference and low distance indicate high self-esteem (Baharestan, Shariati and Taghizadeh, 1998). Glaser (1993) states that people with low self-esteem have more health problems than those with high self-esteem. The results of other studies showed that there is a significant relationship between self-esteem and health behaviors (Torres R, Fernandez F, Maceira D, 1995). Therefore, the researcher in this study seeks to make a comparison between self-esteem, anxiety and depression in mothers with adequate and inadequate of postpartum breastfeeding.

## 2. Literature Review

Breastfeeding is one of the goals of the World Health Organization and emphasizes the breastfeeding in the early postpartum and at least 6 months postpartum (Kyle, 2008).

Some of the factors that can lead to inadequate postpartum breastfeeding are the anxiety and depression of the mother. Anxiety is common in modern society and research shows that a high level of anxiety can effect on physical and mental health (Khoury & Sharma, 2015). In the past two decades, anxiety and worry have been increasing, which can cause serious and irreparable complications in people's health (Moradi, 2011).

As much as the anxiety and psychological pressure on individuals may vary due to different social situations, their facilities, abilities, skills and capabilities to cope with this anxiety can also reduce or increase the harmful effects of anxiety on their organism and reduce or increase the possibility of developing physical abnormalities in them. For example, at higher levels of anxiety, it appears that psychological outcomes for people with lower social status are more severe than those who have a higher social status. Also, the effect of the distribution of positive experiences

(pleasant feelings such as happiness, serenity, arousal, attention, etc.) and negative (such as turbulence, loneliness, fatigue, etc.) as factors affecting the reduction or increase of harmful effects of anxiety, (Cochrane, translation of Najarian and Barati, 2007).

One of the most common psychological injuries is depression. According to the World Health Organization, more than 350 million people worldwide suffer from this disorder. In 2000, depression was ranked fourth in terms of the burden of illness and is expected to be ranked first among all age groups by 2030 (Mathers, Fat, Boerma, 2008).

Considering the high prevalence of depression and the significant economic and health burden associated with this disease, it is necessary to study the corrective risk factors associated with this disorder (Sanchez et al., 2009).

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One of the factors that can affect people's health is choosing the type of health behavior that results from self-esteem (Schafer E, Schafer RB, Kerth PM, Bose J, 1999). Glaser (1993) states that people with low self-esteem have more health problems than those with high self-esteem. The results of other studies showed that there is a significant relationship between self-esteem and health behaviors.

Breastfeeding with supplementary nutrition is one of the most effective ways of achieving the eight Millennium Development Goals for poverty reduction, hunger, malnutrition and one of the most precious and easy opportunities to help children grow wild.

However, some mothers do not breast feed their baby or discontinue their exclusive breastfeeding earlier than 6 months of age and use alternative breastfeeding. Based on the results of various studies, both mother and infant absence, lack of onset of supplementary nutrition and the lack of simultaneous clearance of mother and infant are as factors of non-continuation of breastfeeding (Ziaei and Ghanbari, 2012).

Breastfeeding is the best choice for nursing infants. Although feeding begins in most cases with breastfeeding, but sometimes continuing of breastfeeding is overlooked. In this context, identifying the factors associated with the continuation of breastfeeding in mothers is important (JafariAsl and FadakarSoghe, 2014). In general, breastfeeding all over the world will continue to be the preferred option until the age of 2 with supplementary foods. Infant feeding is up to the age of 6 months. Breastfeeding in addition to the positive effects on the child and the mother and due to do not using of milk powder has obvious effects on the economy of the family and society (Kyle, 2008).

Considering the importance of breastfeeding in child feeding, identifying effective factors in the inadequacy of mothers in postpartum lactation is very important. This research can help to identify and resolve possible causes from the point of view of psychological and mental health issues of mothers including depression, anxiety and self-esteem due to inadequate breastfeeding in mothers.

According to the mentioned content, the present research will answer the question as to whether the self-esteem, anxiety and depression in mothers with adequate and inadequate of postpartum breastfeeding who referred to Gorgan Health Center No. 3? So the research hypothesis is:

"There is a difference between self-esteem, anxiety and depression in mothers with adequate and inadequate of postpartum breastfeeding."

### 3. Methodology

The research method is practical in terms of its purpose. Based on the method of collecting the data, the research method is descriptive post-event (casual-comparative).

The statistical population of this study was all postpartum mothers referring to Gorgan Health Center No. 3. In this research, by selecting the appropriate sampling method, 100 mothers with postpartum adequate lactation and 100 mothers with postpartum inadequate lactation will be selected. The adequacy of lactation is determined by the nutritional status, infant weight gain and drawing of its growth curve. The research tools were Beck's depression questionnaire (1996), anxiety questionnaire (1990) and Rosenberg's self-esteem test (1965).

### 4. Finding

Regarding the fact that it is comparing of three variables in the two groups, multivariate analysis of variance (MANOVA) was used.

**Research hypothesis:** There is a difference between self-esteem, anxiety and depression in mothers with adequate and inadequate of postpartum breastfeeding.

In order to be able to use parametric statistical tests, first the normalization or non-distribution of variables should be examined.

**Table 1:** Kolmogorov Smirnov normality test

variables	The statistics	Degrees of freedom	Significance level
Self-esteem	0.061	200	0.98
Anxiety	0.058		0.121
Depression	0.055		0.200*

According to the above table, because of the obtained significance level, the self-esteem, anxiety and depression variables are more than 0.05, with 95% confidence, the null hypothesis is not rejected and the assumption of the normal distribution of variables is accepted.

### Tests of variance of groups

**Table 1:** Test of variance analysis of two groups

variables	F	Degrees of freedom 1	Degrees of freedom 2	Significance level
Self-esteem	0.061	1	198	0.175
Anxiety	0.058			0.495
Depression	0.055			0.317

Table 2 shows that, since the significance level is greater than 0.05, the variance of the two groups is identical, therefore, variance analysis can be used.

**Table 3:** Multivariate Test Results

	amount	F	Degree of freedom of hypothesis	Degree of Freedom of Error	Significant
Pillai	0.119	8.805 <sup>b</sup>	3.000	196.000	0.000
Wilks Lambda	0.881	8.805 <sup>b</sup>	3.000	196.000	0.000
Hotelling effect	0.135	8.805 <sup>b</sup>	3.000	196.000	0.000
Roos's Big Root	0.135	8.805 <sup>b</sup>	3.000	196.000	0.000

Regarding the effect of the group, it can be seen that the values of F group in each of the four tests are less than 0.05 in the error level. Therefore, it can be said that there is a significant difference between at least one of the variables in mothers with and without lactation adequacy.

**Table 4:** Multivariate analysis of variance

The dependent variable	Sum of squares	Degrees of freedom	Mean of squares	F	Significant	R <sup>2</sup>
Self-esteem	92.480	1	92.480	6.097	0.014	0.030
Anxiety	1081.125	1	1081.125	14.803	0.000	0.070
Depression	551.120	1	551.120	6.966	0.009	0.034

Considering the significant levels are above 0.05, self-esteem, depression and anxiety have significant difference in mothers with adequate and inadequate of lactation.

By considering the averages, we conclude that depression and anxiety in mothers with adequate lactation are less than in mothers with inadequate lactation. Meanwhile, self-esteem in mothers with adequate lactation is more than in mothers with inadequate lactation.

## 5. Discussion & Conclusion

The purpose of this study was to determine the difference between self-esteem, anxiety and depression in mothers with postpartum adequate and inadequate of lactation who referred to Gorgan Health Center No. 3.

As it is seen in the statistical findings, depression and anxiety in mothers with adequate lactation are less than in mothers with inadequate lactation. Meanwhile, self-esteem in mothers with adequate lactation is more than in mothers with inadequate lactation. The results are consistent with the findings of Norozi (2014), Ziaei and Ghanbari (2012), RostamNejad et al. (2004), and Mohammadi et al. (2004).

The mother's milk is naturally rich in essential fatty acids. These materials meet most of the important physiological functions in the baby's body, especially the health of its brain cells and their growth and development, and accelerates the development of understanding and knowledge during infant growth.

Babies who eat their mother's milk are less likely to have ear, respiratory, and gastrointestinal infections, which are due to antibodies transmitted from the mother to them. In addition, lactation also reduces the risk of other diseases, such as childhood diabetes, Crohn's disease and lymphoma. There should always be moments in the home for good mental conditions to have a lot of milk. With increasing maternal anxiety and depression and reduced self-esteem, the production of milk that is subjected to neural reflexes is reduced, so that the child is starved in the inadequacy of lactation. Depressed and anxious mothers have low self-esteem, low confidence in their maternal capacity, inadequate association and inferiority to the infant, and having negative feelings and dissatisfaction with breastfeeding, and the combination of these factors reduce lactation adequacy.

Therefore, considering that according to the results of the research, depression and anxiety in mothers with adequate lactation are less than in mothers with inadequate lactation, proper workshops and training classes for anxiety and depression during pregnancy are recommended. Meanwhile, mothers can get information from their counselors about their mental health and depression and anxiety to improve breastfeeding by improving their mental health.

Also, considering that according to the results of research, self-esteem in mothers with adequate lactation is more than in mothers with inadequate lactation, strategies should be considered to increase the self-esteem of mothers during pregnancy. These strategies could include counseling in order to understand the concept of self-esteem or to hold courses and workshops for mothers in order to improve the adequacy of breastfeeding.

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