

Role of Psychological Intervention in Anxiety During Puerperium Stage

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Abstract

The present research is an attempt to explore the anxiety level in female participants in puerperium stage (the recent four months after the child birth) after applying the state and trait anxiety. The initial sample was 200 female participants in the age range of 20-30 years out of these those having high anxiety were given psychological intervention in the form of counseling and post-test scores were obtained. After the counseling schedule is over the post test condition was taken and thus the results were analysed using t test and are discussed. The findings suggests that there is an impact of counseling on females having anxiety during puerperium stage and thus counseling helped in reducing the anxiety level during this stage.

Keywords: Puerperium, State anxiety, Trait anxiety, Counseling

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