

47<sup>th</sup> world congress on

# NURSING AND HEALTHCARE

August 22-23, 2018 Singapore

## The relationship between the expectation gap of postpartum support and the maternal self-efficacy in primiparas

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**Introduction & Aim:** It has been proved that maternal self-efficacy was a significant predictor of parental behavior and evidence has shown that social support was also associated with maternal self-efficacy. However, few studies explore the relationship between the expectation gap of postpartum support and the maternal self-efficacy in primiparas. The purpose of this study is to investigate the relationship between the expectation gap of postpartum support and the maternal self-efficacy in primiparas.

**Method:** This study was a cross-sectional questionnaire survey which assessed 99 primiparas from a maternity hospital. Chinese version of postpartum support questionnaire and Chinese version of maternal self-efficacy questionnaire were administered to evaluate participant maternal self-efficacy and postpartum social support, respectively.

**Findings:** The mean score of primipara maternal self-efficacy was  $75.69 \pm 11.16$  and the mean score of the expectation gap of postpartum social support was  $33.18 \pm 25.4$ . The postpartum social support expectation gap had a negative relationship with the maternal self-efficacy score ( $r = -0.347$ ,  $P < 0.001$ ).

**Conclusion:** The expectation gap of postpartum support of primipara was associated with the maternal self-efficacy. It is important to evaluate the social support of primipara and provide targeted social support which can improve the maternal self-efficacy of primiparas.

### Biography

Jiadai Hu has her expertise in evaluation and passion in improving the health and well-being. She was a midwife during her undergraduate period in Southern Medical University (Guangzhou, China). She is pursuing her bachelor's Degree in the Department of Nursing, Sichuan University. Her research orientation is nursing education.

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