

An Intervention to Test the Adolescent Maternal Confidence Learning Model

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The Problem

- Motherhood is a rewarding, but for the adolescent, it can be a very challenging experience.
 - How mothers adjust is influenced by their confidence in their role (Mercer, 1995).
 - Maternal confidence has been identified in the literature as an essential variable in the adaptation to motherhood and to the maternal role (Mercer, 1986)
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Purpose

- The purpose of this research was to test the adolescent maternal confidence learning model with an educational intervention called Baby Basics 101©, in which group classes were taught during the last trimester of pregnancy through the first year of the infants life.
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Research Design

- This study was a quasi-experimental intervention with a comparative pretest/posttest design.
 - This design was structured with one treatment group and one control group.
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Setting

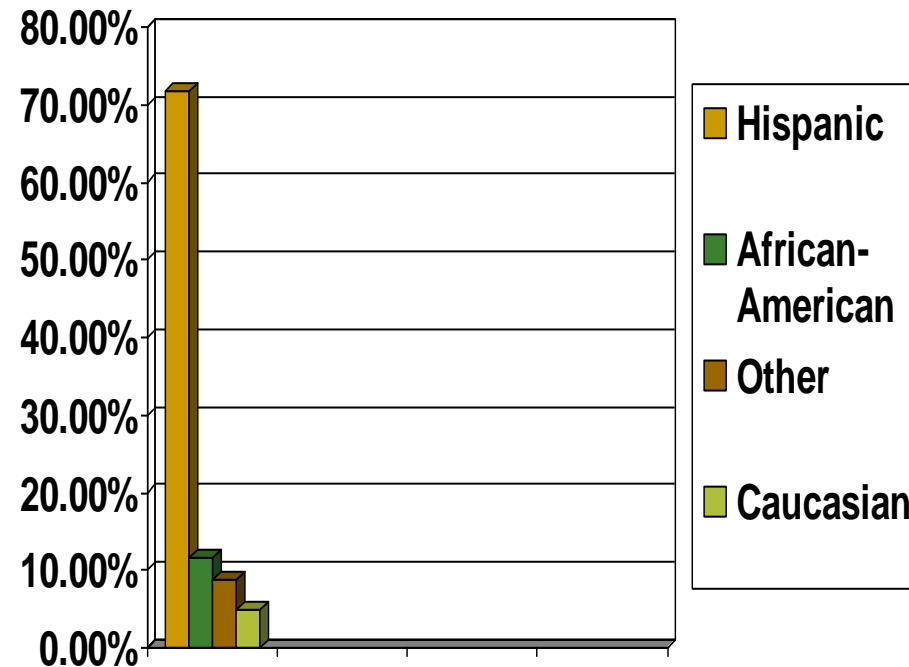
- Control Group
 - An alternative high school offering classes to pregnant and parenting adolescents.
 - Intervention Group
 - A teen parenting support group.
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Sample

- 102 participants
 - Control group (n=56)
 - Intervention group (n=46)
 - Mean age 17 (SD = 1.54) with a range of 13-20 years old.
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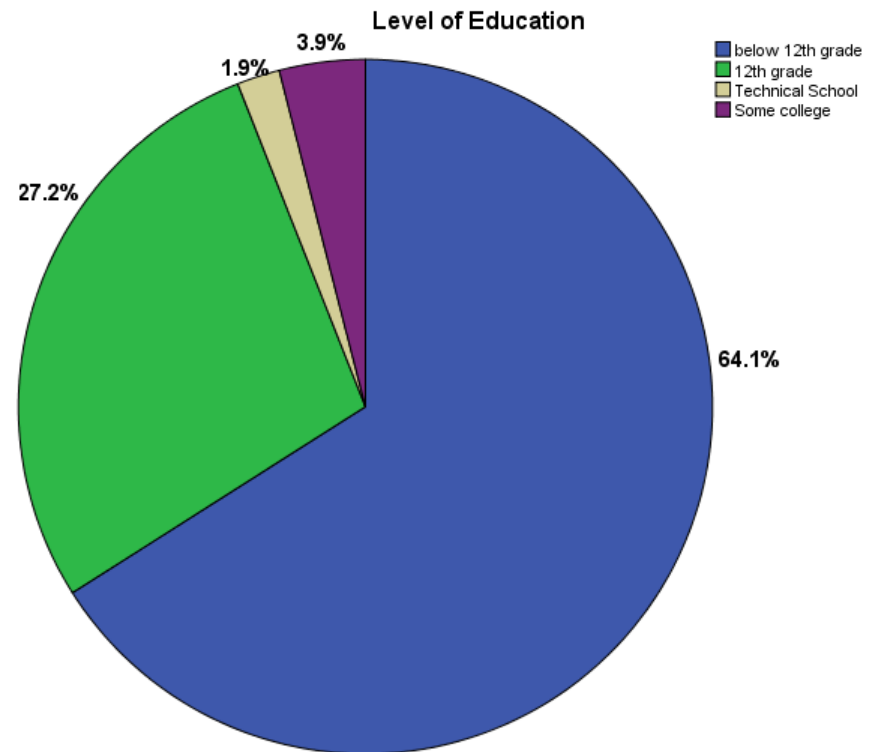
Ethnicity

- Hispanic n=74 (71.8%)
- African-American n=12 (11.7%)
- Other n=9 (8.7%)
- Caucasian n=5 (4.9%)



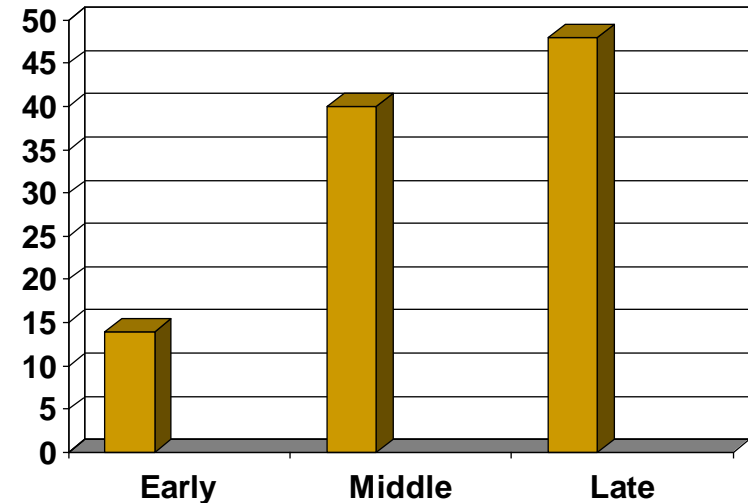
Education

- 64.1% (n = 66) < 12th grade
- 27.2% (n = 28) 12th grade
- 1.9% (n = 2) Tech school
- 3.9% (n = 4) some college



Stages of Adolescence

- Early adolescence (13-15 year olds) - 13.7% (n = 14)
- Middle adolescence (16-17 year olds)- 39.2% (n = 40)
- Late adolescence (18-20 year olds)- 47.1% (n = 48)



Analysis of Data

“There will be significant differences in the maternal confidence or maternal attachment of mothers in early, middle, or late adolescence both pre-intervention and post-intervention.”

- Maternal Confidence: There were no statistically significant differences between group means as determined by one-way ANOVA ($F(1, 100) = .671, p = .414$)
 - Maternal Attachment: There were no statistically significant differences between group means as determined by one-way ANOVA ($F(2, 98) = 1.633, p = .201$).
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“There will be a significant difference in the maternal confidence or maternal attachment of mothers who participate in Baby Basics 101© verses those mothers who do not participate”

- Maternal Confidence: Independent samples *t*-test the difference between mothers who participated in Baby Basics 101© and the control group was not significant ($t = -.819, 100 \text{ df}, p > .05$).
 - Maternal Attachment: Using independent samples *t*-test, the difference was not significant ($t = -.274, 99 \text{ df}, p > .05$).
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“There will be a significant difference in the level of knowledge of mothers who participate in Baby Basics 101© verses those mothers who do not participate”

- There was a significant difference in the level of knowledge of mothers who participated in Baby Basics 101© versus mothers who did not participate ($t = -4.05, 86.81 \text{ df}, p < .005$).
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Implications for Nursing

- Adolescent moms are eager to learn.
 - Baby Basics 101© was designed for adolescent mothers .
 - When nurses use developmentally appropriate teaching tools, knowledge will increase.
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Limitations of the Study

- Small effect sizes for maternal confidence and maternal attachment.
 - Groups for early, middle and late stages of adolescence were uneven.
 - Use of self-reported data with regard to maternal confidence and maternal attachment.
 - Length of time between the pre and post-testing.
 - Control group (n=56) and intervention group (n=46) did not have an equal number of participants.
 - Baby Basics Knowledge Survey had moderate reliability.
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Recommendations for Future Studies

- Future studies need to be conducted with more classes over a longer period of time to be able to adequately assess maternal confidence.
 - Increase the number of early adolescents between the ages of 11-15 years old.
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Conclusion

- Becoming a mother is one of the most important social roles in an individual's life. A mother's confidence in her ability to care for her infant is necessary for healthy transition to motherhood and a positive mother-infant relationship.
 - When nurses teach adolescent mothers using developmentally appropriate material, mothers will increase their knowledge of infant care.
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