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).
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.
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.
Setting

- Control Group
  - An alternative high school offering classes to pregnant and parenting adolescents.

- Intervention Group
  - A teen parenting support group.
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.
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).
“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 ($t = -0.819$, 100 df, $p > 0.05$).

- Maternal Attachment: Using independent samples $t$-test, the difference was not significant ($t = -0.274$, 99 df, $p > 0.05$).
There will be a significant difference in the level of knowledge of mothers who participate in Baby Basics 101© versus 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 df, $p < .005$).
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.
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.
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.
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.
References


