University Teknologi MARA

Android Application for Postpartum Practices

Nadhrah Abdul Hadi

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ABSTRACT

Postpartum is related with the period after the birth of a child. It marks a meaningful event in the life of the woman who has given birth because it involves tremendous social role, physiological, psychological, and physical adjustment. One of the main problems that occur for new mothers is lack of knowledge about postpartum practices that involves taking care of themselves and their babies. It would be beneficial if this information can be available anytime and anywhere at the end of their fingertips. Thus, this project develops a mobile application that provides relevant information for mothers on how to take care of their health and their babies during their first 60 days of confinement. Interviews have been conducted with two experts in this area to acquire the information and knowledge. This application has been developed using Android Studio. The accuracy of the information in this mobile application was evaluated by the medical expert. The interface of this mobile application was evaluated by the HCI experts. The usability of this mobile application was tested by users with and without children. This mobile application can be installed and be used easily by anyone who wants to gain more knowledge about postpartum practices. The users are satisfied with the usability and information provided by this application.

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CHAPTER 1

INTRODUCTION

Postpartum is related with the period after the birth of a child (Oxford Advanced Learner's Dictionary, 2015). Fadzil, Shamsuddin and Wan Puteh (2015) stated that the postpartum period marks a meaningful event in the life of any women, especially for the woman who has given birth for the first time (World Health Organization, 1998) because it involves tremendous social role, physiologic, psychological, and physical adjustment (Scand, 1992). Unfortunately, depression following childbirth or postpartum depression is increasingly known as a unique and serious complication of childbirth, with an estimated occurrence in the 12-month postpartum period of up to 21.9% (Afridi, Batool, Jabbar, Hassan & Shinwari, 2014). Furthermore, the postpartum period is often a stressful time for new mothers (Verbiest, McClain, Stuebe & Menard, 2016). Hence, Guerra-Reyes, Christie, Prabhakar, Harris and Siek (2016) agreed that postpartum information needs focused on infant care, specifically breastfeeding, and managing feelings of failure, stress, lack of experience, and lack of knowledge (Kanotra et al., 2007; Cheng et al. 2006; Sword & Watt 2005). Furthermore, most of the available mobile applications only focus on pregnant mothers but not for postnatal mothers.

1.1 Research Idea or Background to the Problem

Applying mobile phones in healthcare is increasingly prioritized to strengthen healthcare systems (Lund, Nielsen, Hemed, Boas, M., Said, A., Said, Makungu & Rasch, 2014). Furthermore, mobile phones or tablets have become useful tools for pregnant women (Sinthanayothin, Bholsithi, Wongwaen & Xuto, 2014). One of the examples of mobile applications is "Z-