

**Social Support, Quality of Couples Relationship and Perceived Post-Natal Depression
among Public Primary School Teachers in Ibadan North Local Government Area, Oyo
State**

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Certification

This is to certify that Toluwalope O. KING with matriculation number LCU/PG/002204 carried out this research work entitled “Social Support, Quality of Couples Relationship and Perceived Post-Natal Depression among Public Primary School Teachers in Ibadan North Local Government Area, Oyo State” in the Department of Arts and Social Science Education, Faculty of Education, Lead City University, Ibadan, Oyo state, for the award of Master Degree (M.Ed) in Guidance & Counselling and that this has not been previously submitted.

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Dedication

This research work is dedicated to the Almighty God, my all in all.

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Abstract

This study therefore investigated the relationship between social support and quality of couples relationship and post-natal depression among public primary school teachers in Ibadan North

Local Government area, Oyo state. This study examined the relationship the three variables as it had not been done before and made use of the middle-range biological theory, the social capital theory and the operant conditioning theory. The research design used was descriptive survey; the population of 600 teachers in public primary schools were used. The total population from each public primary school at Ibadan north Local Government was used, the schools were 73 in number. The researcher made use of the research instrument SSCRPND1. The Questionnaire had four (4) subscales: the knowledge of post-natal depression (0.80), the EPDS (0.87), MSPSS (0.94) and CSI (0.84). Descriptive statistics, including frequency count, percentages, mean, and standard deviation, were utilized to answer the research questions. Inferential statistical tools of the Pearson's product moment correlation and multiple regression analyses were used to test the hypotheses at 0.05 alpha levels. The Pearson's correlation coefficients obtained were ($r = -0.141$) and ($r = -0.149$) and the p values were ($p = 0.012$) and ($p = 0.014$) which suggested that the correlation between social support and postpartum depression, couples relationship and post-natal depression were not statistically significant. In conclusion both social support and couples relationship have a strong relationship with post-natal depression in the lives of the teachers of public primary schools of Ibadan North Local Government area, Ibadan. It is recommended among others that, awareness should be created in schools all over the nation about PPD, its effects and its preventive measures.

Keywords: Couples Relationship, Social Support, Perceived Post-Natal Depression, Public Primary School Teachers.

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List of Acronyms

Abbreviation	Meaning
SSCRPPDQ	Social Support, Couples Relationship and Perceived Post-Natal Depression Questionnaire
PPD	Post-Natal Depression
EPDS	Edinburgh Post-Natal Depression Scale
MSPSS	Multidimensional Scale of Perceived Social Support
CSI	Couples Satisfactory Index

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