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The effect of a maternal adjustment enhancement program on the childcare stress and parenting efficacy in the Chinese Korean Immigrant Primipara**Ju-Eun Song, Eun Ha Roh and Jeong-A Ahn**
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The child birth is considered as one of the most important transitional time in a woman's life, but it is considered as a hard time for the mother. Immigrant women usually experience the double trouble to become a mother after childbirth in the foreign country. Therefore, it is necessary to provide appropriate and effective nursing intervention programs to enhance the successful maternal transition and adjustment after childbirth for the immigrant mother. In this study, we developed the maternal adjustment enhancement program based on the transitional theory for Chinese Korean Immigrant Primipara and tested the effect on the childcare stress and parenting efficacy, which are the indicators of successful maternal transition. We analyzed the data using repeated measured ANOVA because our data were collected on the three repeated times, which were right after childbirth (T1), 4 weeks after child birth (T2) and 8 weeks after childbirth (T3). According to our study findings, there were significant interaction effects in the changing patterns of childcare stress and parenting efficacy between the experimental (n=20) and control group (n=25). In details, there were no significant score changes of study variables among three measurement times in the control group, while, in the experimental group, childcare stress was significantly decreased and parenting efficacy was increased from T1 to T3 as postpartum time passed by. From these results, it is suggested that health care professionals should apply this program to facilitate the successful transition of the Chinese Korean immigrant mothers.

Biography

Ju-Eun Song has completed her PhD from Yonsei University, South Korea. She is the Director of Research Institute of Nursing Science, Ajou University and the Chairperson of the Board of Education in the Korean Society of Women Health Nursing. She has published more than 46 papers in reputed international and Korean journals and has been serving as an Editorial Board Member of Asian Nursing Research and Korean Journal of Women Health Nursing. She has also been serving as a Reviewer of the SSCI journals, i.e., Nursing & Health Sciences and Journal of Korean Academy of Nursing.

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