

“Anxiety in primi pregnant mothers”.

Mrs.Vruti Patel , Assistant Professor,, Sumandeep Nursing College' Sumandeep Vidyapeeth deemed to be University,Gujarat, India.

Abstract:

BACKGROUND: Prenatal anxiety is a normal and natural experience. It can affect a person's feelings, thoughts, behaviour, and physical well – being. The majority of maternal deaths are due to haemorrhage, infection, unsafe abortion, and eclampsia which is due to knowledge deficit and anxiety. **METHOD:** The research approach was an exploratory approach. The study was conducted using the Univariant descriptive design which include 150 respondents from the outpatient department of the Dhiraj general hospital, Piparia, Waghodia. Nonprobability convenient sampling technique was used. The data was collected by using standardized Zung anxiety rating scale. The data was tabulated and analyses in term of objectives of the study, using descriptive and inferential statistics. **RESULT:** With regards to the assessment, out of 150 primi pregnant mothers 23 (15%) having normal range of anxiety, 102 (68.0%) having mild to moderate anxiety levels, 20 (13.3%) mothers having severe anxiety level, 5 (3.3%) having extreme anxiety level. The association is done between anxiety level among primi pregnant mothers and demographic variable. So hypothesis H1 is rejected and conclude that there is no significant association between anxiety level among primi pregnant mothers and demographic variable. The purpose of the study is to assess the level of anxiety among 150 primi pregnant mothers. The findings of the study concluded that there is no significant association between anxiety level of primi pregnant mothers and demographic variable.

Key Words: Primi pregnant mothers, anxiety level, Standardized Zung anxiety rating scale.

INTRODUCTION:

Childbirth is one of the greatest events in every woman's life, especially among primi pregnant mothers. Having had fantasies about pregnancy and motherhood when confronted with the reality many of them doubt their ability to cope with this great event in their lives. Many of the mothers do not know about what changes takes place and their role in the presence of childbirth. At this time, the mother to needs lot of help for the realization and acceptance of childbirth as a normal physiological phenomenon¹.

Pregnancy is the time during which one or more off spring develops inside a woman. It usually lasts around 40 weeks from the LMP and ends in Childbirth Pregnancy is a wonderful period in a women's life and she spend each and every day in pleasant anticipation, waiting to hold her bundle of joy in her arms. Even though it is a time of great happiness and fulfilment of the life, pregnancy causes a lot

of mental conflicts and feelings which is a natural trend of this period. However, in some women these feelings are more intense and lead them to childbirth anxiety².

STUDY OBJECTIVES:

- To find out the level of anxiety among primi pregnant mothers.
- To suggest the suitable measures for reducing anxiety among primi pregnant mothers.
- To associate the level of anxiety with demographic variables.

MATERIALS & METHOD:

❖ Research design

- The research design used was Univariant descriptive design

❖ Research Setting

- Primi pregnant mother from a selected Dhiraj Hospital, Vadodara

❖ Sample

- 150 Primi pregnant mother

❖ Inclusive Criteria

- Primi pregnant mother who attending OPD of Dhiraj hospital.
- Mothers who are willing to participate of Dhiraj hospital.
- Mothers who having previous history of stress disorders.

❖ Exclusive Criteria

- Mothers who are having any Obstetric and medical complications
- Mothers who are admitted in labour room with more than 7 cm cervical dilatation.
- Mothers who are receiving sedative or analgesics drugs.

❖ Description of tools

➤ Section-1 Demographic variable

- Demographic variables are, age, educational status, type of family, monthly family income, occupations, and trimester

➤ **Section-2 Zung anxiety rating scale**

- Zung anxiety rating scale was used to assess anxiety among primiparous women's.

➤ **SCORING PROCEDURE:**

- Scoring for anxiety assessment if mother having,
 - If anxiety is present for a little of time score is 1.
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 - If anxiety is present for some of the time score is 2.
 - If anxiety is present for good part of time score is 3.
 - If anxiety is present for a most of the time score is 4

❖ **Scoring Interpretation**

- Normal range of anxiety : 20-44
- Mild to moderate range of anxiety : 45-59
- Severe range of anxiety : 60-74
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- Extreme range of anxiety : 75-80
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❖ **Reliability**

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The reliability of tool established by using split half method Spearman Brown Prophecy formula ($r=0.75$) reliability test.

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❖ **Data collection procedure**

The data for main study was collected from 150 primiparous mothers who are attending at Dhiraj hospital Vadodara who fulfilled the inclusive criteria by convenient sampling technique and the Zung anxiety rating scale was used to assess the anxiety level among primiparous mothers who are attending at Dhiraj hospital, Vadodara.

The data for main study was collected on 25/2/19, 26/02/19, 27/03/19, 28/03/19 01/03/19 and 02/04/19, Consent was taken from the participants and the primiparous mothers was assessed by using the standardized Zung anxiety rating scale followed by administration of "suggested some suitable measures to primiparous mothers."

DISCUSSION:

The present study was conducted to assess the anxiety level among the primiparous mothers. In order to achieve the objectives of the study, a descriptive survey design was adopted. Nonprobability Convenient sampling technique was used to select the sample. The data was collected from 150

respondents by using standardized zung anxiety rating scale. The findings of the study have been discussed with reference to objectives, hypothesis, and with the findings of other studies.

ANALYSIS:

Data were verified prior to computerized entry. The Statistical Package for Social Sciences (SPSS version 20.0) was used. Descriptive statistics were applied (e.g., mean, standard deviation, frequency and percentages). Test of significance (chi square test) was applied to test the study hypothesis.

FINDINGS:

❖ Section A: Frequency and Percentage distribution of samples according to their demographic characteristics.

n =150

Sr no.	Demographic variable	Categories	No of respondents in frequency	No of respondent in percentage
1.	AGE IN YEARS	18-22	53	35.3%
		23-27	60	40%
		28-32	35	23.3%
		33-34	02	1.33 %
2.	EDUCATIONAL STATUS	Illiterate	16	10.66%
		Up to 10th	98	65.33%
		Up to 12th	35	23.33%
		Graduate	1	0.66%
		Post graduate	0	0
3.	TYPE OF FAMILY	Nuclear	22	14.66%
		Joint	128	85.33%
4.	FAMILY INCOME MONTHLY	Below 5000	40	26.66%
		5000-10,000	93	62%
		10,000-20,000	17	11.33%
		20,000-30,000	0	0
		Above 30,000	0	0
5.	OCCUPATION	Housewife	146	97.33%
		Health professional	3	2%

		Other Occupation	1	0.66%
6.	TRIMESTER	1 st trimester	56	37.3%
		2 nd trimester	46	30.6%
		3 rd trimester	48	32%
7.	PREVIOUS HISTORY OF STRESS DISORDER	Posttraumatic stress disorder	0	0
		Acute stress disorder	0	0
		Anxiety disorder	0	0
		None	150	150%

Majority of (40%) primi pregnant mothers were in the age group of 23-27 years and minimum (1.33%) were in the group of 33-35 , (23.3%) in the age group of 28-32 and (35.3%) in the age group of 18-22yrs. Majority of them (65.33%) primi pregnant mothers were up to 10th minimum (0.66%) were up to graduate, illiterate are (10.66%) and up to 12th are (23.33%). Majority of (85.33%) primi pregnant mothers belongs to joint family were nuclear family are (14.66%).Majority of (62%) were having 5000-10,000 family monthly income, minimum (11.33%) having 10,000-20,000 and below 5000 (26.66%).Majority Of (97.33%) women's are housewife's and minimum (0.66%) are other occupation and (2%) are health professional. None of them having a history of stress disorder (100%).

Section - B

7. Frequency and percentage distribution of respondents according to Anxiety level of primi pregnant mothers.

In this study it highlights that the out of 150 primi pregnant mothers, Normal range having (15%), mild to moderate anxiety level having (68.0%), marked to sever anxiety level having (13.4%) and extreme anxiety level (3.6%).

8. To suggest the suitable measures for reducing anxiety among primi pregnant mothers.

In this study 150 primi pregnant mothers were selected. Out of 150 primi pregnant mothers 102 were found to be mild to moderate anxiety level, 23 mothers were found to be normal range, 20 of them found to be marked to sever anxiety level and 5 were found to be extreme anxiety level. The mothers were provided with some suitable measures thereby, they decrease the anxiety level during their pregnancy. It is suggested that mothers should avoid late pregnancy, because risk increases after age of 30 and create delivery complications.

Family members should have good relationship with the pregnant mothers, which can reduce the level of anxiety during pregnancy. Pregnant mothers are suggested to adopt to relaxation therapies such as yoga, meditation. Counselings should be suggested for the pregnant mothers regarding the diet, importance of periodic check-up and about child bearing practice.

9. RECOMMENDATIONS:

▪ **Based on the findings of the present study recommendation offered for the future study:**

The comparative study can be conducted between primi pregnant mothers and multi pregnant mothers.

10. CONCLUSION:

- The purpose of the study is to assess the level of anxiety among 150 primi pregnant mothers. The findings of the study concluded that there is non-significant association between anxiety level of primi pregnant mothers and demographic variable. .

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