

## A Descriptive Study to Assess the Maternal Anxiety During Pregnancy at a Selected Tertiary Care Hospital, Kelambakkam, Kanchipuram District, Tamil Nadu, India



### Nursing

KEYWORDS : Maternal , Anxiety, Pregnancy.

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### ABSTRACT

*A study aimed at assessing the maternal anxiety during pregnancy using a descriptive research design , the sample size consisted of 30 antenatal mothers in their third trimester, a research tool consisted of a structured interview schedule was used to elicit the demographic variables such as age, religion, educational status, occupation ,family income, type of family and State Trait Anxiety Inventory scale was used to assess the maternal anxiety, the study findings reveals that 73% of antenatal mothers had low State anxiety level and remaining 27% of antenatal mother had moderate State anxiety level. And 87% of antenatal mother had low Trait anxiety level,10% had moderate Trait anxiety level and only3% had severe Trait anxiety level.*

### INTRODUCTION:

When a woman is pregnant, she is experiencing one of the most memorable stages of her life. Along with joy and happiness, she has the added responsibility of taking care of the growing fetus and that care includes nutrition. The birth of the baby is one of life’s most wonderful moment. As pregnancy is a vulnerable period for both mother and fetus, it can be both exiting and anxious too .

**Hernandez-Martinez et al 2011**,in their study have described Pregnancy as a period of great joy which is also associated with stress both physically and psychologically. Even in healthy women, pregnancy may give rise to many anxiety. Evidences show that anxiety during pregnancy not only affects pregnant women’s health but also have an impact on labour outcomes such as preterm delivery, prolonged labour, caesarean birth, low birth weight babies. Study findings reveal a varied prevalence of pregnancy anxiety at different trimesters of pregnancy with high levels in first and third trimesters.

Anxiety is an emotion characterized by an unpleasant state of inner turmoil, often accompanied by nervous behavior, such as pacing back and forth, somatic complaints and rumination. It is unpleasant feeling , unrealistic fear ,worry and uneasiness dread over something unlikely to happen.

**Girija Kalaiyil et al 2013**, in their study identified the following pattern of distribution of anxiety among the pregnant women trimester wise. In the first trimester18.4% severe anxiety and 70% moderate anxiety were reported whereas during the second trimester 71% moderate anxiety and 29% severe anxiety an against 38% were anxiety in the third trimester were reported. The severe anxiety was related to child birth.

Many studies described anxiety relating to childbirth to be widespread among pregnant women. According to a survey by the University of British Columbia, Canada, surveyed 650 women at 35 and 39 weeks gestation, with low-risk pregnancies 25% of women reported high levels of childbirth fear, and this was positively correlated with anxiety, daily stressors, and less available help. “Fear of childbirth appears to be part of a complex picture of women’s emotional experiences during pregnancy.”

### TITLE:

A descriptive study to assess the maternal anxiety during pregnancy at a selected tertiary care hospital, Kelambakkam. Kanchipuram district Tamil Nadu,India.

### OBJECTIVES OF THE STUDY:

- To assess the maternal anxiety during pregnancy
- To associate the maternal anxiety during pregnancy with selected demographic and obstetrical variables.

### RESEARCH METHODOLOGY:

A quantitative approach with a descriptive design was used in the study. The study was conducted in a selected tertiary care hospital the population included the antenatal mothers in their third trimester. A convenience sampling technique was used to select 30 samples with the following inclusion criteria viz,, Antenatal mothers who are..... attending Obstetrical and gynecological outpatient department, willing to participate in the study, able to read and understand Tamil \English language.

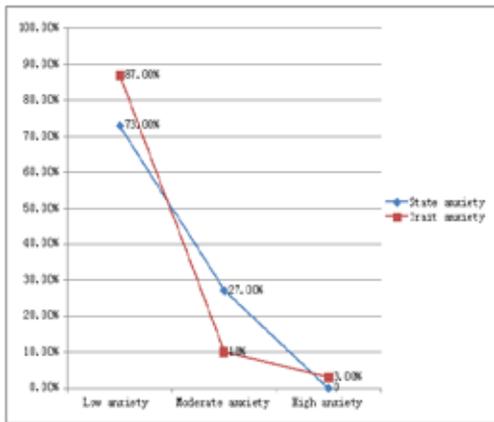
### RESEARCH TOOL

**SECTION-A:** A structured interview schedule was used to elicit the demographic variables such as age, religion, educational status, occupation ,family income, type of family and obstetrical variables such as gestational age at weeks, mode of delivery, gravid a and parity of the mother, sex of the baby, abortions.

**SECTION-B:** Dr. Charles D. Spielbergers State Trait Anxiety Inventory(STAI) form Y scale was used to assess the maternal anxiety.

### SCORING AND INTERPRETATION

S.NO	LEVELS OF ANXIETY	SCORING
1	LOW	20-40
2	MOERATE	41-60
3	HIGH	61-80



**Figure : 1** Frequency and percentage distribution of State and Trait Anxiety level of antenatal mothers during pregnancy.

#### RESULTS AND DISCUSSION:

The study findings reveals that 73% of antenatal mothers had low State anxiety level and remaining 27% of antenatal mother had moderate State anxiety level. And 87% of antenatal mother had low Trait anxiety level, 10% had moderate Trait anxiety level and only 3% had severe Trait anxiety level.

The study findings reveals that the State and Trait Anxiety levels of antenatal mothers was not significantly associated with the demographic variables such as age, educational status, occupation, family income and type of family.

#### CONCLUSION:

The study helps us to understand the maternal anxiety during pregnancy. It becomes necessary to reduce the maternal anxiety during pregnancy and also to educate the antenatal mothers about the various measures to relieve anxiety during pregnancy.

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