



A QUANTITATIVE STUDY TO ASSESS PERCEPTION OF STRESS AMONG PRIMIGRAVIDA MOTHERS DURING PREGNANCY

Nursing

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ABSTRACT

Maternal stress during pregnancy is the one the cause of preterm labour and others complications. Some research studies suggest that a high stress levels can increase the mother's heart rate, blood pressure and produce chronic anxiety during pregnancy. It is clear that the perception of the birth has a powerful effect on women with a potential for long term positive and negative impact. Objectives of the study: To assess the perception of stress among primigravida mothers during pregnancy. A Quantitative Non-experimental study with Non probability convenient sampling technique was used for the sample. Study was conducted on 50 samples. Data collection tool contains items on the following aspects: 1) Demographic variables 2) structured stress scale was used to assess the perception of stress of primigravida mothers during pregnancy for data collection and the data were analyzed using descriptive statistics. Results: Assessment of perception of stress level revealed that majority 85% had mild level of stress, 9% of primigravida mothers had severe level of stress and 6% had moderate stress. The range was 32-59, Mean was 47.93, mean percentage was 59.9% and standard deviation was 0.04 for the perception of stress level. The findings showed that most of the primigravida mothers had mild level of stress perception during pregnancy.

KEYWORDS

perception of stress, primigravida mothers, pregnancy

INTRODUCTION:

Pregnancy is a personal and individual journey that is different for every woman. Even a normal pregnancy can result in some stress in women. As per research, there is an excessive secretion of hormones during pregnancy. This process creates emotional stress, which can be very severe. If a mother experience excessive stress or suffers from an emotional trauma, her baby may be born with certain defects, which may persist into adulthood and cause more complications.

Review of Literature:

A study was conducted on Maternal, obstetric variables, perceived stress and health-related quality of life among pregnant women in Macao, China. A cross-sectional, exploratory quantitative study was conducted in an antenatal clinic of a university-affiliated regional public hospital in Macao. A community-based sample (n=1151) of pregnant women in the second trimester of pregnancy were the samples. Perceived stress was measured using the Perceived Stress Scale, and health-related quality of life was measured using the standard Short Form-12 Health Survey. A multiple linear regression analysis revealed that pregnant women who were younger, single, divorced, separated or cohabiting had a lower level of education, worked long hours or who had an unplanned pregnancy with late initiation of antenatal care or poor physical or mental health-related quality of life had higher levels of perceived stress.

Problem definition: A quantitative study to assess perception of stress among primigravida mothers during pregnancy in selected hospital of Haryana.

Research approach: In this study, Quantitative (Non-experimental) research approach was used.

Research design: The research design for the study was descriptive survey design.

Research setting: The research study was conducted in the civil hospital of Gurugram, Haryana.

Population

In the study the population consists of all primigravida mothers attended antenatal clinic.

Sample: The present study was conducted among 50 primigravida mothers attended antenatal clinic in civil hospital, Haryana.

Sampling technique: In this study, non-probability convenient sampling technique was used for selection of samples.

Criteria for sample selection

INCLUSION CRITERIA

1. Primigravida mothers who are willing to participate in this study.
2. Primigravida mothers who are available during the period of data collection

EXCLUSION CRITERIA

High risk antenatal mothers

Data collection instruments

Tool: It consists of structured questionnaire schedule which has two sections:

Section-A: Demographic variables.

Section-B: structured stress scale used to assess the stress of primigravida mothers

Section A: Frequency and percentage distribution of demographic variables.

Table 1: Frequency and percentage distribution of demographic variables

N=50			
S.NO	Sample characteristics	Frequency	Percentage (%)
1.	Age (in years)		
1.1	18-20	14	28
1.2	21-25	24	48
1.3	26-30	8	16
1.4	More than 30 years	4	8
2.	Education		
2.1	No formal education	9	18
2.2	Primary education	7	14
2.3	Secondary education	22	44
2.4	Graduate	12	24
3.	Occupation of husband		
3.1	Unemployed	1	2
3.2	Self employed	3	6
3.3	Government	13	26
3.4	Private	33	66
4.	Family income(per month)		
4.1	<5,000	4	8
4.2	5,001-10,000	15	30
4.3	10,001-15,000	10	20
4.4	Above 15,000	21	42
5.	Family type		
5.1	Joint	10	20
5.2	Nuclear	34	68
5.3	Extended	6	12
6.	Nature of pregnancy		
6.1	Planned	38	76
6.2	Unplanned	12	24

Section B: Finding related to stress perception of primigravida mothers during pregnancy.

Table 2: Classification of primigravida mothers based on the perception of stress

S.No.	Parameters	Stress perception		
1.	Stress level	Mild	Moderate	Severe
		85%	6%	9%

Table 2: Assessment of stress level revealed that majority 85 % had mild level of stress, 9% had severe level of stress and 6% had moderate stress.

Table 3: Table showing the range, mean, mean percentage, and standard deviation for the perception of stress among primigravida mothers during pregnancy

S.No	Aspects	Max score	Range	Mean	Mean percentage	Standard deviation
1.	Stress Score	80	32-59	47.93	59.9%	0.04

Table 3: showed the range was 32-59, Mean was 47.93, mean percentage was 59.9% and standard deviation was 0.04 for the perception of stress among primigravida mothers during pregnancy.

DISCUSSION

The present study was designed to assess the perception of stress among primigravida mothers during pregnancy. In the study shows that majority 85% of primigravida mothers had mild level of stress, 9% had severe level of stress and 6% had moderate stress. The range was 32-59, Mean was 47.93, mean percentage was 59.9% and standard deviation was 0.04 for the stress level.

The findings of this study are supported with present study was published in international journal of nursing care in 2014 to investigate stress in antenatal women and its association with selected factors among antenatal women. Study Design: A descriptive survey design was used to identify the stress and its associated factors among (160) antenatal women aged 20-45 years. Results: The present study reveals no or mild stress level among antenatal women 107(66.9) and moderate to severe stress in 53(33.3%) of them. A statistically significant association was observed for gravida, education and monthly family income of antenatal women. Conclusions: Stress during antenatal period was observed among more than half the women. Stress was significantly associated with gravida, educational status and monthly family income.

CONCLUSION

In this study assessed perception of stress among primigravida mothers during pregnancy which shows that majority 85% of mothers had mild stress level. The maximum score was 80, range was 32-59, Mean was 47.93, mean percentage was 59.9% and standard deviation was 0.04 for the stress level.

Future scope

A study can be replicated on a large scale to generalize the findings. A similar study can be conducted to find the stress level during labour, stress effects on fetal outcome during pregnancy, comparative study on stress during pregnancy by using different stress related tools.

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