



## PSYCHOLOGICAL WELLBEING AMONG ANTENATAL MOTHERS IN SELECTED COMMUNITY HEALTH CENTRE OF DEHRADUN, UTTARAKHAND

### Nursing

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### ABSTRACT

Pregnancy is full of new changes, responsibilities, new roles, joy so it is very important to look at the mental health and psychological wellbeing during pregnancy as the physical health of the mother, so that mother will be in the best position to manage the challenges of pregnancy. Pregnancy is not always associate with happiness it could be stressful for the mother if she does not understands and not ready to accept the big change of her life. Or sometimes the big change affect the psychological health of the mother.

**Methodology:** The research design was adopted in this study descriptive research design. Purposive sampling technique was adopted to include 109 antenatal mothers in community health center of Doiwala, Dehradun, Uttarakhand India. Data were collected by administering socio-demographic proforma, structured questionnaire of psychological wellbeing and structured questionnaire on associated factor of psychological wellbeing among antenatal mothers. The data were analyzed using descriptive and inferential statistics.

**Results:** The study findings revealed that there was positive psychological wellbeing (81.09%) of antenatal mothers of the community health centre.

**Conclusion:** The study concluded that the antenatal mother of community health Centre who had a poor lifestyle, low self-esteem about their pregnancy, and interpersonal relationships was affected with peer group or relatives, less personal growth according to the time were having less psychological wellbeing.

### KEYWORDS

Antenatal Mothers, Psychological well-being, community health Centre.

### INTRODUCTION

The woman is a beautiful creature of God, a woman plays several roles during the duration of her life, she is someone's affectionate sister, someone loving daughter, someone's supportive wife, someone's protective mother someone's sweet wielding grandmother maybe even a mother-in-law or a great aunt. Most importantly she is someone's. But even with these roles, she plays in her life, she becomes a purpose in everyone's life.

Every woman's life depends on her reproductive phase of the cycle which started from menstruation and ends with menopause. This is understood by biology, ovulation did every month due to the release of the egg from the ovary. Where it travels into the fallopian tube and may get fertilized by sperm and implants in the lining of the uterus. To become motherhood is a choice, women make every day to put someone else's happiness and wellbeing ahead, and becoming a mother is a great blessing.

Pregnancy brings a lot many changes in women's life not only physical but also emotional and psychological which started from the conception of the pregnancy only.

### 2. Objectives

1. To assess the psychological wellbeing of antenatal mothers in selected community health centre of Dehradun Uttarakhand.

### 3. Methodology

In order to achieve the objectives of the study, evaluative approach (quantitative) was used. Descriptive research design cross sectional was adopted. A total of 109 antenatal mothers from community health centre of Doiwala were selected through consecutive sampling technique.

**4. Results:** Table 1 represent Overall mean of psychological wellbeing of antenatal mothers was 68.12±6.04 and the overall mean percentage was 81.09%, which shows that presence of good psychological wellbeing of antenatal mothers.

**Table 1. Range, Medium, Mean ±SD and Mean Percentage of psychological wellbeing score of pregnant mothers**

| Psychological wellbeing score |        |            |                 |
|-------------------------------|--------|------------|-----------------|
| Range                         | Median | Mean±SD    | Mean Percentage |
| 52-84                         | 68     | 68.14±-6.6 | 81.09%          |

**Table 2. Range, Mean, Mean percentage of psychological wellbeing of antenatal mothers (n= 109)**

| S.N. | Domains               | Max. Score | Range | Mean±SD     | Mean%  |
|------|-----------------------|------------|-------|-------------|--------|
| 1    | Autonomy              | 18         | 11-18 | 15.28 ±1.72 | 84.38% |
| 2    | Environmental mastery | 16         | 5-16  | 11.73 ±1.88 | 73.37% |
| 3    | Personal Growth       | 14         | 5-14  | 7.87 ±1.55  | 56.21% |
| 4    | Positive relation     | 13         | 8-13  | 10.15± 1.38 | 78%    |
| 5    | Self acceptance       | 15         | 8-15  | 12.37 ±1.82 | 82.4%  |
| 6    | Life style            | 15         | 7-15  | 10.73 ±1.83 | 71.46% |

Data represent in table 2 shows that Domain wise mean, which suggest that mean psychological wellbeing of pregnant mothers score in domain 1 (Autonomy) was higher (15.19±1.71) than other domains; whereas mean score in Domain 3 (personal growth) i.e. 7.87±1.54 showed that personal growth were weak among subjects as compared to others domains.

### 5. DISCUSSION

**Overall mean wise and domain wise psychological well being antenatal mothers in community health centre.**

Findings of the investigation revealed that on the basis of overall ± S.D and domain wise mean the psychological wellbeing was positive who are having good family support, partners relation as compare to those who did not having good partner support.

The present study finding shows that there was positive psychological wellbeing (81.09%) of antenatal mothers in selected community health centre.

The finding was similar to the study conducted by **Dr. Anuchitran Radhakrishnan (2016)** which reveal that psychological wellbeing of antenatal mother in selected maternity hospital shows that 97% of mothers had normal psychological wellbeing.

Similar finding were supported by **Prof. linas Rowas MD et al.** in 2017 conducted a study on the expectation and well-being of mother to be, with the aim of determine pregnant women's emotional status and expectation, the participants were 66 pregnant women in Siauliai women's and child clinic, the result shows that majority of mothers (66.3%) having intense fear of giving birth and after comparing the fear with multigravida and primigravida, primigravida had more fear comparatively.

## 6. CONCLUSION

Based upon the outcome of the investigation following conclusion were drawn Psychological wellbeing was good in those antenatal mothers who having good support from family members and having good economical condition, furthermore the antenatal mothers faced number of psychological problem and were having difficulty, those problem were related to physical and psychological like low mood, crying spills, decreased sleep pattern, restlessness, and hypertension too. Their altered social and psychological aspect affect the psychological wellbeing.

## 7. NURSING IMPLICATIONS

Although the current trends in nursing speak much more about comprehensive care, holistic approach etc., in the previous nursing curriculum very little emphasis is given regarding the psychological aspects in the care of antenatal mothers but in the existing nursing curriculum of post graduate, psychology of antenatal mothers was added to draw the attention toward the process and various problem associated with in pregnancy but its need to add it in the graduate and under graduate programme also.

## 8. LIMITATIONS

1. It was a descriptive study only, thus no intervention were given and individual were not followed up again.
2. The study was limited up to community health center only.

## 9. RECOMMENDATIONS

A similar study can be done with a large number of sample for getting better rationalization of the findings.

Alike investigation can be conducted at broader level to assess the psychological well-being of antenatal mothers regarding finding of other conditions among antenatal mothers.

An interventional study can be done on providing information about health in relation to activity and enhance the psychological well-being of antenatal mothers.

Training of village health worker and community health workers regarding care of antenatal period including identification of health problem and taking necessary steps to solve them can be of great help in improving the psychological well-being of antenatal mothers. This calls for nurse educators and students to be included in the training of health workers and family member.

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