A Descriptive Study to Assess the Prevalence of Stress and Anxiety Among Antenatal Mothers

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Abstract- Pregnancy and childbirth involves mixed emotions, where the mother is filled with the happiness of having a baby but also has apprehension about the process of childbirth.Stress during pregnancy is defined as the imbalance that a pregnant woman feels when she cannot deal with demands and worries.Worldwide, stress is a very common mental health problem among women during their time of pregnancy. Pregnancy-related anxiety (PRA) has been strongly linked to preterm births, pregnancy complications and negative infant outcomes. So the present study aimed to assess the prevalence of stress and anxiety among antenatal mothers.A total of 150 antenatal mothers who attended antenatal OPD were selected by using convenience sampling technique. Stress was assessed by Pregnancy Stress Rating Scale (PSRS,1986) and Anxiety was assessed by Prenatal anxiety scale (PrAS,1983). Results revealed that 48% of antenatal mothers had severe level of stress,38.6% had moderate level of stress and 13.3% had mild level of stress. In case of pregnancy related anxiety ,61% of antenatal mothers had severe anxiety,32% had moderate anxiety and 7% had mild anxiety.

Keywords: Pregnancy, Stress, Anxiety

INTRODUCTION

Pregnancy and childbirth are the special events in women' s live and indeed in the lives of their family. Becoming a part is perhaps the most important life event one will ever go through. Pregnancy and childbirth involve mixed emotions, where the mother is filled with the happiness of having a baby but also has apprehension about the process of childbirth. It is clear that that psychosocial, cultural and environmental stressors experienced during gestation can be detrimental to pregnancy and maternal and fetal health, and recent studies suggest that prenatal stress can have consequences that span generations. Prenatal stress can range from severe to moderate to mild .Stress is a complex pattern of a reaction of the human physiology to a demanding situation. It is a process in which we perceive and deal with threats and challenges around us. Even though pregnancy is often considered as an exciting time, it has a stressful journey in a productive woman's life that needs a significant emotional adjustment. Stress during pregnancy is defined as the imbalance that a pregnant woman feels when she cannot deal with demands and worries. Worldwide, stress is a very common mental health problem among women during their time of pregnancy. Pregnancy-related anxiety (PRA) has been strongly linked to preterm births, pregnancy complications and negative infant outcomes in research from many high-income countries.

NEED FOR THE STUDY

Antenatal mood disorders are common and are associated with adverse pregnancy outcomes, although the relationship between stress and prenatal maternal mood is still under investigation. Between 8% and 13% of women are diagnosed with anxiety or depressive disorders during pregnancy (WHO,2017). In India 52.3% of antenatal mothers experiencing the stress and anxiety during their pregnancy (Centers for Disease Control and Prevention,2021). The descriptive study conducted at Bangalore, Southern India reported that out of 380 pregnant women, 195 (55.7%) were found to have pregnancy-related anxiety. Lower socioeconomic status, low social support and depression emerged as significant determinants of anxiety (Anita Nath2021).
A descriptive study to assess the Prevalence of Pregnancy Related Anxiety in Pregnant Women in Southern Fringes of Pune, India Out of 70 pregnant women, 78.57% pregnant women had Pregnancy

related Anxiety, 33 %pregnant women had mild Anxiety while 32 % women had moderate and 5% were suffering from severe Anxiety. (Vijaya Bagade, 2021)

With above findings and also during clinical exposure the researcher found that many antenatal mothers was afraid and worries regarding their body image, growth of baby, minor ailments of pregnancy etc, it may leads to stress and anxiety. So the main focus of the present study was to assess the prevalence of stress and anxiety among antenatal mothers.

STATEMENT OF THE PROBLEM

A descriptive study to assess the prevalence of stress and anxiety among antenatal mothers in Rajiv Gandhi Government Women and Children Hospital, Puducherry.

OBJECTIVES

- To assess the level of stress among antenatal mothers.
- To assess the level of anxiety among antenatal mothers.

METHODOLOGY

A descriptive survey design was adopted to the present study. This study conducted at Rajiv Gandhi Government Women and Children Hospital, Pondicherry. A total of 150 antenatal mothers who attended antenatal OPD were selected by convenience sampling technique. Researcher explain the study purpose and informed consent was got from the antenatal mothers. Stress was assessed by Pregnancy Stress Rating Scale (PSRS,1986) and Anxiety was assessed by Prenatal anxiety scale (PrAS,1983). Demographic and clinical variables variables were collected by using socio-demographic perform. The collected data was analyzed by using descriptive analysis.

RESULT

Section A: frequency and percentage distribution of demographic variables

N=150

Demographic Variables		
	No.	Percentage
Region		
Urban	99	66
Rural	51	44
Education		
Primary	0	0
Middle school	20	13.3
High school	30	20
Higher secondary	50	33.3
Undergraduate	45	30
Postgraduate &above	5	3.3
Religion		
Hindu	80	53.3
Christians	65	43.3
Muslims	5	3.3
Type of pregnancy		
Planned	104	69.3
Unplanned	46	30.6
Family		
Nuclear family	93	62
Joint family	55	36.6
Extended joint family	2	1.3
Income per month		
Rs 10000-20000	73	48.6
Rs 20001-30000	31	20.6
Rs 30001-40000	24	16
>Rs 4000	22	1.6
Working pattern		
Skilled	12	8
Unskilled	22	14.6
Housewife	116	77.3

Above table shows that,66% of antenatal mothers belongs to urban region,33.3 % of the mothers were studied higher secondary,53.3 of the mothers were belongs to Hindu religion, 69.3% of mothers had planned their pregnancy,62% living in nuclear family and 48.6% of the antenatal mothers family income was Rs 10000-20000, 77.3% of the antenatal mothers were housewives.

Section B: frequency and percentage distribution of Clinical variables

N=150

Clinical Variables	No.	Percentage
AGE in years		
18-22	28	18.6
23-26	88	58.6
27-30	12	8
31-34	22	14.6
35 & above	0	
Weight in kg		
Below 46	0	0
46-55kg	0	0
56-65kg	136	90.6
66-75kg	14	9.3
Above 75kg	0	0
Height		
130-140 cm	0	0
141-150 cm	24	16
151-160 cm	96	64
161-170 cm	40	26.6
BMI		
<18.5-Underweight)	6	4

18.5-24.5- Normal	104	69.3
25-29.9 -Overweight	40	26.6
>30-Obese	0	0
Gravida		
Primigravida	104	69.3
Multi gravida	46	30.6
Gestational week		
32-34wks	141	94

34-35wks	9	6

Above table shows that ,58.6 % of antenatal mothers were in age group of 23-26 years, 90.6% of mothers were in 56-65kg, 64% of mothers had height of 151-160cm and 69.3 of mothers had normal BMI. In regard to gravida 69.3% of mothers were primi and 94% of mothers between 32-34weeks of gestation.
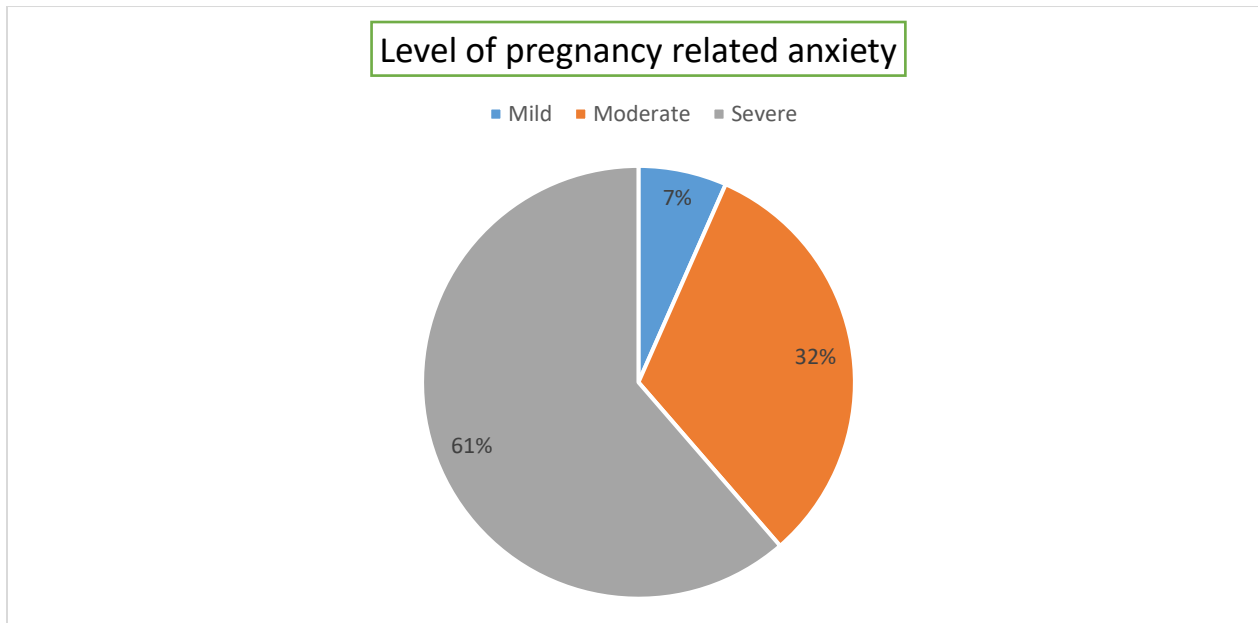
Section C-Level of Pregnancy related Stress

N=150

	Mild	Moderate	Severe
PRE TEST N	20	58	72
PRE TEST %	13.3	38.6	48
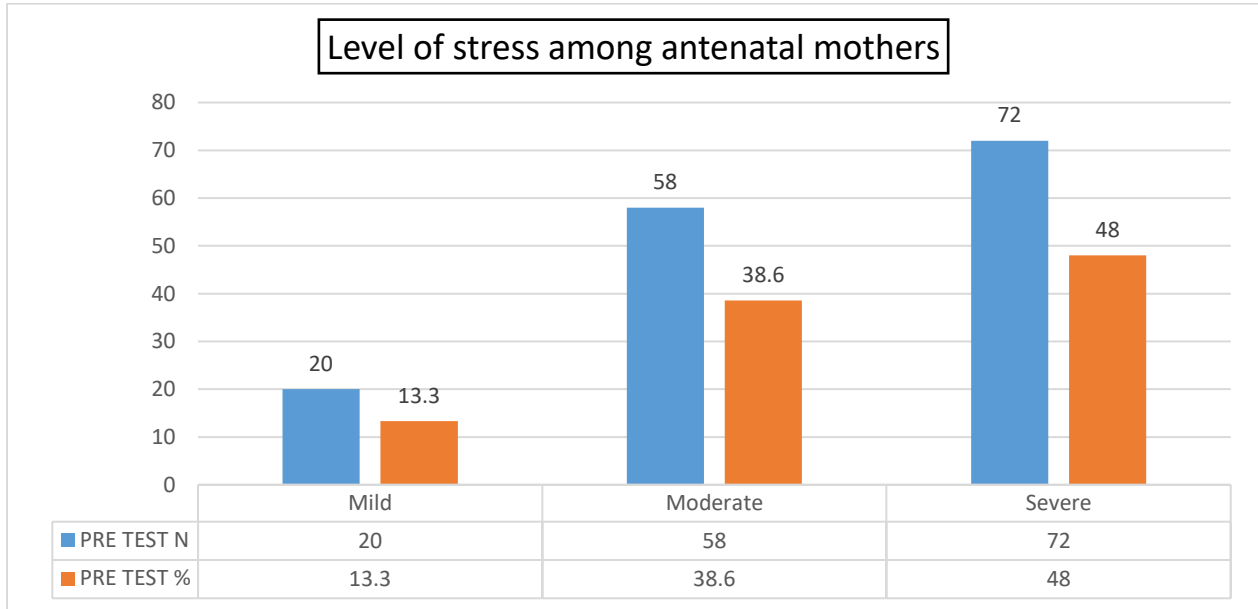
Section-D: Level of pregnancy related anxiety

N=150

Above figures shows the level of Stress and Anxiety among antenatal mothers, which revealed that 48% of antenatal mothers had severe level of stress,38.6% had moderate level of stress and 13.3% had mild level of stress. In case of pregnancy related anxiety ,61% of antenatal mothers had severe anxiety,32% had moderate anxiety and 7% had mild anxiety.

DISCUSSION

Stress during pregnancy may lead to several problems to their mother and unborn child. Stress reacts physically, mentally and emotionally to the various conditions. The present study was conducted among 150 antenatal mothers. Convenience sampling technique was used to select the antenatal mothers.

The present study revealed that the level of Stress and Anxiety among antenatal mothers, which revealed that 48% of antenatal mothers had severe level of stress,38.6% had moderate level of stress and 13.3% had mild level of stress. In case of pregnancy related anxiety ,61% of antenatal mothers had severe anxiety,32% had moderate anxiety and 7% had mild anxiety.

The present study findings was supported by

Gayathri Krishna (2021) conducted a study to assess the Stress among Antenatal Women Admitted for Safe Confinement at a Tertiary Level Hospital, Thiruvananthapuram, Kerala.The result shows that only 1% of antenatal woman had no stress, 73.33% had mild stress, 26.66% had moderate stress and remaining 1% had severe stress.

Binita sakota et.al(2019) conducted a descriptive cross-sectional study to identify the Prenatal anxiety among 337 Pregnant Women visiting the Antenatal Care outpatient department Paropakar Maternity and Women's Hospital,Thapathali, Kathmandu, Nepal. Prenatal Anxiety Scale was used for data collection. The findings revealed that 39.5% were Primigravida, less than 50% of respondents had minimal anxiety, 42.1% had mild to moderate anxiety and least (16.9%) of the respondents had severe anxiety.

CONCLUSION

Pregnancy is a time of increased vulnerability for the development of stress and anxiety disorders. Correctly identifying the women at risk of suffering from antenatal stress and anxiety would give us opportunity to target those women who would benefit from preventive and supportive interventions and allow us to follow them up during course of their pregnancy and recognize earlier symptoms of stress and anxiety.

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