



A STUDY OF AN ANXIETY AND NEUROTICISM AMONG PREGNANT WOMEN IN RELATION TO THEIR PHYSICAL SYMPTOMS

Kalpana P. Joshi

Department of Human Development
Sewadal Mahila Mahavidyalaya, Nagpur.

ABSTRACT

Pregnancy plays an important role in the fulfillment of femininity of women. For the first pregnancy it is new situation for the women. Naturally, when new situation arises anxiety starts in the form of breathlessness, palpitation loss of appetite, perspiration, sleeplessness etc. It is also true in case of pregnancy because such symptoms are commonly seen in the pregnancy, specially in first-pregnancy. Pregnancy is a period of excitement expectancy and a bit of fear and nervousness, anxiety and neuroticism for the future mother. It should be an exciting experience, and for that love and consideration of the family as well as knowledge of what changes are taking place in the body and what to expect, is important.

Keywords: Pregnancy, Anxiety, Neuroticism, Nervousness, Excitement.

INTRODUCTION

Pregnancy is the term applied to the period in the female reproductive cycle, which is occupied by growth and development of the new organism with in the body of the mother. Just as the prenatal period is the individuals development from conception till birth, pregnancy refers to the same period in the relation to changes in the mothers.

Pregnancy is a period of excitement expectancy and a bit of fear and nervousness, anxiety and neuroticism for the future mother

It should be an exciting experience and for that love and consideration of the family as well as knowledge of what changes are taking place in the body and what to expect, is importance.

Mother hood as a great responsibility. It is women's highest crown of honour. The child should be safe guarded even from the time it is conceived in the womb. Therefore, maintenance of good health throughout the period of pregnancy is important, especially in these days of stress and strain. Therefore pregnant



women's relations to her husband, Mother, father and others must be healthy and the atmosphere in the home should be always cheerful. The common symptoms observed in pregnant women are- Psychosis during pregnancy, Morning sickness, Headache, Frequently urinary, Itching of skin, Giddiness and fainting, Swelling on body, Heart burn, Backache, Breathlessness and Palpitation, Constipation, piles, Bleeding, Blood pressure, Fatigue, Perspiration, Moodiness, Like and dislike with regard to food.

PURPOSE OF STUDY

Pregnancy plays an important role in the fulfillment of femininity women, for the first pregnancy it is new situation for the woman. Naturally. When new situation arises anxiety starts in the form of breathlessness, palpitation, loss of appetite, perspiration, sleeplessness etc. It is also true in case of pregnancy because such symptoms are commonly seen in the pregnancy, specially in first-pregnancy. If the intensity of anxiety becomes high,

then it will give birth to some mental illness like neurosis, which affects the mental health of mother as well as developing child. We know very well that healthy mother will deliver happy child and that a worried mother will deliver a nervous child. Therefore right information at right time can save grave of mental problems. So it is very essential to find out the severity of physical as well as psychological problems in the pregnancy. Here the aim of this investigation is to study the psychological problems such as anxiety and neuroticism in the pregnancy.

OBJECTIVES

The specific objectives set for the present investigation are-

- 1) To study the anxiety among pregnant women.
- 2) To study the degree of neuroticism among pregnant women.
- 3) To study the anxiety and neuroticism among pregnant women in relation to their physical symptoms.



- 4) To study the anxiety and neuroticism among married but not pregnant woman in relation to the pregnant woman.

HYPOTHESIS

The present investigation has been designed to find out the anxiety and neuroticism among pregnant women in relation to their physical symptom, and in relation to normal women. And comparison to first and multi time pregnant women. It may be presumed that----

- 1) Pregnant women may show the psychological problem such as anxiety and neuroticism compared to the normal women.

SAMPLE

The Sample consisted of 100 women were taken belonging to 18 to 40 years age group as a variable.

Pregnant women

50 Pregnant women selected from various general hospital of Akola city. These women are treated as experimental group and known as dependent variable.

Normal women

50 married but not pregnant women were randomly selected for the purpose of this study and is known as control group which is independent variable.

The information required for the present investigation consisted of

- 1) General information
- 2) Obstetric history about pregnancy.
- 3) Symptoms occurred during pregnancy

To obtain the above information following materials were used.

METHOD AND MATERIALS

The information required for the present investigation consists of

- 1) General information.
- 2) Obstetric history about pregnancy.
- 3) Which symptoms occurred during pregnancy.

To obtain the above information following tools were used.

- 1) Questionnaire was used to obtain preliminary information's.
- 2) The following tests were administered to collect the data.



- 1) Sinha's manifest Anxiety scale.
- 2) IPAT Neuroticism Scale Questionnaire Hindi Version of Sechier and Cattell.
- 3) Interview :- Interview method was used to collect the woman's personal general information of the woman.

Questionnaire was used to obtain preliminary information.

Information regarding the anxiety and neuroticism were obtained by administering the test.

The Study was done on pregnant mothers in their last three months of pregnancy, they were questioned regarding their attitude to wards the baby. Their feelings to wards the coming baby and the degree of affection and their exceptions. Extreme reactions can produce physiological reactions which has far reaching consequences for the future of the baby.

CONCLUSION

From the given discussion it is concluded that the above stated hypothesis has been proved in the following manner.

The association of anxiety between pregnant and normal woman found out to be +.34. this concluded that above stated hypothesis have been proved the obtained associated is positive but low.

This may vary depending upon the environment and facilities available to the particular pregnant women. There is a significant association between anxiety and willingness for the pregnancy of the women other factors such as money, time, child rearing practice, needs and attitude of the other family members are also playing an important role in developing or decreasing in anxiety during the pregnancy.

The physical symptoms show the association with the anxiety and neuroticism among pregnant women. This hypothesis has been proved.

SUGGESTIONS

It is advisable that the severity of psychological problem such as anxiety and neuroticism should be found out with the help



of psychologists and should be properly treated with psychotherapy and counseling. Such guidance and counseling centre should be opened for this type of treatment, which could be given with the help of physicians.

This will help in giving the next generation physically and mentally healthy environment which would be the wealth of the nation.

Graph No. 1: Graph showing the frequency distribution of an anxiety scores for pregnant and normal women

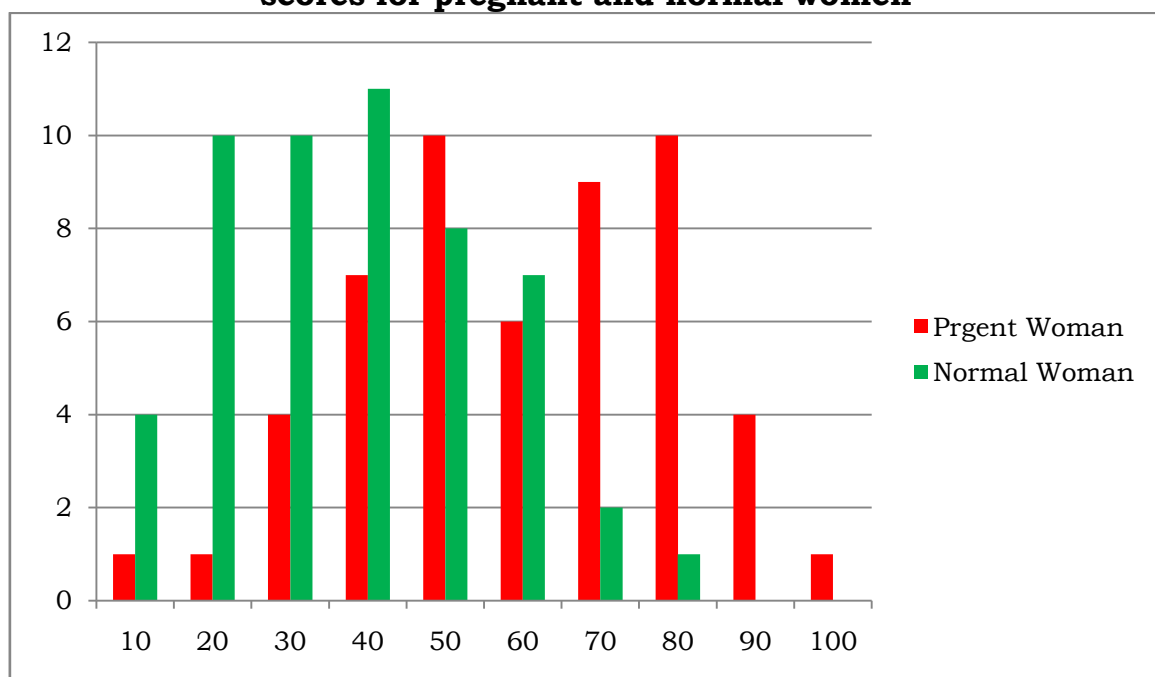


Table No. 1: The table showing the association of an anxiety scores between pregnant and normal woman by applying yule’s method of or association of attribute.

Variable		Obtained
association		
Anxiety	Pregnant Woman Normal Women	+0.34



REFERENCES

- 1) Ghosh S.: A dictionary of baby and child care 1979, Vikas publishing House. Pvt. Ltd.
- 2) Paranjape V.: Unpublished Dissertation Submitted to the university of Jabalpur. To study the relationship between creativity anxiety and sensation seeking.
- 3) Priest R. : Anxiety and depression practical quid to Recovery; 1983 P.G. Publishing Co-Pvt. Ltd. Singapore, Hongkong.
- 4) Rao V. And Gopalan C.: Nutrition status of pregnant women proceeding of list Asian Congres of Mutrition Hydrabad India.
- 5) Robinsom M.: Introduction to psychology TMM Edition, Tata mc. Grew Hill
- 6) Savrirayans : Child development Neelkantha publishers educational publishers Bombay.
- 7) Stemer H; and Gebser – I : Visiual anxiety; A condition of modern man Bell publishing Co. INC-750 third avenue New-York