

Stress in Pregnant Women: A Psychological Study

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Abstract: The changed socio economic conditions have widened opportunities for women's education and employment and have provided them with new avenues to express and assert their equality. By working outside the home women are exposed to the world outside. Every day they have new experiences and face new situations. Their mental horizons are widened. As more and more women enter the work force they are increasingly exposed not only to the same work environment as men, but also to unique pressure created by multiple role and conflicting expectations. All these problems of working and nonworking women can increase in future which can badly affect their lives. The main purpose of the research was to find out the difference in stress among pregnant women. The total sample was consisted at 160 pregnant women. The research tool use were A to Z stress scale developed by Kazi. To find out the results, various statistical methods were applied which included mean, standard deviation, L.S.D. and 'f' test. The result indicates that there is 0.01 level significance difference of stress among pregnant women. Working women are high on stress than nonworking women.

Keywords: socio economic conditions, employment, pregnant women, stress

INTRODUCTION

Stress is an all-pervading phenomenon in life. It is necessary and useful for personality growth when in optimum quantity. When this optimum level, which varies from person to person, is exceeded, the costs are experienced in the form of health problems and illnesses besides many other consequences [9-10]. Compilations at studies on stress-health relationship indicate that this area has been studied for long [1-2].

What exactly is stress? It's our body and mind's natural physiologic reaction that enables us to understand, organize and respond and adapt to change. In fact, stress gets the credit for many survival mechanisms all take for granted like our fight or flight response and our ability to solve problems quickly. It helps us focus for final exams, escape from dangerous situations, survive in extreme conditions and react to surprises and unpredictable circumstances. Stress itself is neither good nor bad. While some situations create more stress for longer periods of time, the physical and mental responses both good and bad stress generates are remarkably the same women all over the world do these things every day and most are fine [3].

In common parlance stress is expressed when an individual becomes incapable to cope with the demands of environment, which results in pressure and strain, brings the person to feel tense and uncomfortable. In a stressful situation the individual is threatened beyond his capacity to endure. Then he adopts some coping strategies to manage his behaviour as the situation demands. No doubt, that stress is a common cold modern living, which is a prominent

feature of each and every work field. Stressful events lead to disruptive and pathological states that invariably impair performance[4]. According to Burke and Weir stress exists as a real problem in work world with serious implications for the health and well being [5].

In recent years the role and status of women have been tremendously changed. With the advent of female education and more liberty for their rights and privileges, women's attitude towards their stereotyped role is changing and their participation in education and work place is increasing day by day. It has made them incumbent of increased socio-familial roles than they were having in past. Women who work outside the home are required to make many socio-familial adjustments that can contribute to stress and anxiety. In a study of life stress and mental health of working and nonworking women. Ojha and Rani observed that the stress experienced by working women was significantly higher than nonworking women [6].

Work stress during pregnancy for many people, work is a gratifying and rewarding undertaking whether you have got a passion for it. You are fascinated by finance, or tickled by teaching, your job gives you the opportunity to do something you love for at least like with the added bonus of a paycheck that comes along with it. But no matter what line of work you are in most jobs involve their share of stress especially when the economy gets tough. You may be working overtime to compensate for your company's recent layoffs or worrying about whether your job is secure - or you may just have a work situation (or boss) that doesn't seem child-friendly (even if your child is still to be). Add to

these worries the apprehension you may feel about having a baby, and you have got your self a recipe for some serious work stress during pregnancy. Pregnancy is a time of many changes, emotions and the life your family are changing. Feeling stressed is common during pregnancy. But too much stress can make you uncomfortable. Stress can make you have lose your appetite or overeat.

Objectives

There are three main objectives studied in this paper.

1. To check the mean difference of stress in private and Government hospital among pregnant women.
2. To check the mean difference of stress in working and nonworking pregnant women.
3. To check the internal effect of stress in to context of types of hospital and working status among pregnant women.

Hypothesis

Following hypothesis is formulated on the basis of the above aims :

1. There will be no significant difference of stress in private and Government hospital among pregnant women.
2. There will be no significant difference of stress in working and nonworking pregnant women.
3. There sill be no significant difference in internal effect of stress in the context of types of hospital and working status among pregnant women.

METHODOLOGY

Sample :

First of all 200 pregnant women were selected out of them 160 were selected. In 160 there were 80 Private hospital and Government Hospital taken in treatment were taken as sample. In which 40 working and 40 nonworking pregnant women. Selected from different area's hospital of Rajkot city (Gujarat). In present study one inventory used in research.

Research Tools :

For this purpose the following test tools were considered with their reliability, validity and objectivity mentioned in their respective manuals. In present study one questionnaires used in this research.

A to Z Stress Scale : A to Z stress scale developed by Kazi [7], it consists of 30 items, which measured in stress among pregnant women. This is 2 point scale. The reliability of scale is 0.91 (inter rater) and validity of the scale used in cronbach method is 0.82.

Procedure of Data Collection :

According to purpose of present study, investigator explained the purpose of the study of the subjects. The whole procedure of filling the inventory was explained to them fully and clearly. The instructions given on the questionnaire were explained to them. It was also made clear to them that scores

would be kept secret. It was checked that none of the subjects left any questions unanswered or that no subject encircled both the answers given against question.

Research Design :

The purpose of this research to a study of stress among pregnant women. For these total 160 pregnant women were taken as a sample. which as under.

N = 160 (2 x 2)			
	A ₁ (80)	A ₂ (80)	Total
B ₁	40	40	80
B ₂	40	40	80
Total	80	80	160

A = Hospital
 A₁ = Government Hospital
 A₂ = Private Hospital
 B = Working Status
 B₁ = Working Women
 B₂ = Nonworking women

Data collected were analyzed by appropriated statistical technique. To study the influences of dependent variables under investigation in stress. ANOVA has been used.

RESULT AND DISCUSSION

According to ANOVA table of stress (Table-1) we said that the 'f' value of hospital types variable was 38.39. The mean of A₁ (Government Hospital) received 67.47 and A₂ (Private Hospital) received 90.81. The 'f' value of hospital types variable was significant at 0.01 level. So we can say that the first hypothesis was not accepted because significant difference can be seen. The 'f' value of working status was 23.34. The mean of B₁ (Working) received 88.26 and B₂ (Nonworking) received 70.01. The 'f' value of working status was significant at 0.01 level. So we can say that the second hypothesis was not accepted because significant difference can be seen. The 'f' value of A x B (Types of Hospital and Working Status) was 61.58 both are significant at 0.01 level. The mean of A₁B₁ was 76.88, A₁B₂ was 58.05, A₂B₁ was 99.63, A₂B₂ was 81.98. It means third hypothesis not accepted because significant difference can be seen.

Table-1 : ANOVA Table of Stress Variables of Hospital Types and Working Status.

Variables	SS	df	M.S.	f
A _{SS}	21885.55	1	21885.55	38.39**
B _{SS}	13304.25	1	13304.25	23.34**
A x B	35103.63	1	35103.63	61.58**
W _{SS}	88934.81	156	570.09	-
T _{SS}	159228.24	159	-	-

* P< 0.05, ** P<0.01, N.S. Not Significant

Table-2 : Showing the Mean and f Value of Hospital Types Variable (Stress)

Sr. No.	Variables	N	Mean	f
1	A ₁	80	67.47	23.34
2	A ₂	80	90.81	

* P< 0.05, ** P<0.01, N.S. Not Significant

Table-3 : Showing the Mean and f value of Working Status Variables (Stress)

Sr. No.	Variables	N	Mean	f
1	B ₁	80	88.26	18.25
2	B ₂	80	70.01	

* P< 0.05, ** P<0.01, N.S. Not Significant

Table-4 : Showing the Mean and f Value of Types of Hospital and Working Status Variables (Stress)

Variables	N	Mean	
		A ₁	A ₂
B ₁	40	76.88	99.63
B ₂	40	58.05	81.98

This studies result shows private hospital women more stress than government hospital. The mean difference was high in private hospital women and law score is government hospital women. This studies result reasons was higher stress private hospital than government hospital because nuclier families and one persons finding care of all members with shows the situations for women and his husband but opp. to result other studies. Nonworking women as a compare more stress than working women. That working women's life is very hard, time is not available have working women and our status is vary hardly working with taken family's member and care with children. This result is supported by Janet A. Dipietro studies [8] and other research.

CONCLUSION

It was concluded from this study that stress is in private working and nonworking pregnant women compared to government working and nonworking pregnant women. This studies result, reason of over

load working with economic status for women so we can see. These studies affected different at other studies.

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