

PERSONAL HYGIENE AMONG PREGNANT WOMEN

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Abstract: Hygiene is important to all human being. It directly influence the health of a person. In that case, one should know the importance of hygiene during the time of pregnancy. Pregnant women to take proper care of her health as it not only helps her to stay fit but also keeps her baby healthy. From a healthy diet to keeping herself clean. She need to take proper care of everything. Not only the food that affects the baby in the womb. The excess of fluid in the mother's body too affects the baby. Also, the pregnant women should not get gloominess because it affects the child so, it will not develop the child anymore physically and mentally. To give up a healthy baby, the women should intake healthy food and also she should overcome the depression comes during her pregnancy. Personal hygiene is the vital factor for healthy pregnancy.

Key words: hygiene, personal hygiene, pregnant women, baby, health, Nutrition

INTRODUCTION

Personal cleanliness and hygiene is a practice women should follow at any time, especially during pregnancy. Any infection might catch during the pregnant women may directly affect her baby in the womb. During pregnancy hygiene must be of utmost importance because at the point in time it's not just about her health but about her unborn baby too. Improper hygiene can lead to infections which the baby can acquire through the mother.

The activity which aims to achieve better health or wellbeing in a community is referred as health promotion. It includes the individuals to control and change their lifestyles which help to improve the health. To preserve the health hygiene is a good practice. According to World Health Organization (WHO) Hygiene refers to conditions and practices that help to maintain health and prevent the spread of diseases. Through cleanliness an individual care for his own bodily health and well-being. It is referred as personal Hygiene. So it is very important to maintain personal hygiene during pregnancy.

HEALTH PROMINENCE DURING PREGNANCY

Before and after birth of their babies, the women should care for their health and their babies too. Then they should be aware of good nutrition, good hygiene, breast feeding and immunization.

Good Nutrition:

Good Nutrition is important for pregnant women, a pregnant women should eat difference kinds of food. They are main foods, glow food and go foods. The pregnant women has too eat well, it means eating variety of foods. So that she can get all the right nutrients. The women who are breast feeding need to eat more than usual. Through this, she can get enough energy and strength. These helps their babies grow.

For most normal – weight pregnant women the right amount of calories is: About d 1,800 calories per day during the first trimester. Amount 2200 calories per day during the second trimester. About 2400 carries per day during the third trimester. By the reason nauseated, the pregnant women do not eat enough food even though they are not feeding well. Poor Nutrition leads to danger during the period of pregnancy. It can be the causes of tiredness, weakness, infections and other serious health problems. Also. It increases the chances of a baby or mother death during or after the birth.

Main food (Carbohydrates)

The main food gives energy to the pregnant women. It includes rice, wheat, maize, millet, cassava, bread fruits, dairy, milk, fruit juice potatoes.

Grow foods (Proteins)

Pregnant women should eat well cooked food of proteins. The grow food contain protein, which is needed for the growth of baby. Some grow foods are beans, peas, soybeans, eggs, cheese, nuts and seeds, cereals, meat and fish.

Go food (Sugars and fats)

It contains sugars and fats which give the energy to pregnant women foods that are high in sugar are fruits and honey. High fats are in peanuts, sunflower, eggs, vegetables oils, butter, avocados, and fish. The pregnant women should take natural go foods not packaged.

Glow foods

It contains vitamins and minerals, which help the body, prevent from high infections and keep the eyes, skin and bones healthy and strong. The pregnant women have to eat as many varieties of fruits and vegetables as they can. The pregnant and breast feeding women have to need more of five vitamins and minerals than others. They are iron, folic acid, calcium, iodine and vitamins and minerals every day. The baby needs them to glow and be healthy and to prevent birth defects.

HYGIENE DURING PREGNANCY

The Pregnant women should be careful about personal hygiene. Pregnancy women sweat more and have more vaginal discharge than non – pregnant women due to hormonal changes. They may be weaker to infection by germs in the environment. Poor hygiene leads to infections and illnesses that can be passed on to their baby also. To prevent from infections the pregnancy women should follow some important ways for their happy pregnant.

Hand wash

There are number of viruses can infect the body of pregnant women. The cytomegalovirus or (CMV) is more dangerous that spreads through the pregnant body. That can affect the cognitive health, hearing and vision of the baby. To prevent infections, the pregnant women are advised to wash their hands with warm water and soap for at least 20 seconds especially after using the toilet, cooking and cleaning and gardening

DENTAL HYGIENE

Care of Teeth

During pregnancy, the women have occurred bleeding and sensitive gums. This is called “pregnancy Gingivitis. There are 50% of all pregnant women was attended pregnancy gingivitis. During pregnancy, increased hormones can also affect the body’s response to plaque (the layer to germs teeth) If the mother’s intake of calcium is inadequate during pregnancy, calcium supporting mothers bones and her teeth will provide the calcium, to her growing baby. This calcium loss is quickly made up after breast feeding is stopped. Gum problems, vomiting, cravings for sugary foods, retching while brushing teeth are the causes of dental health problems.

Swelling

The swelling or edema, is from excess fluid that collects in body tissues. During pregnancy, ankles and feet will be swelling because of retaining more water. It may be serves for women with excessive amniotic fluid. Edema also tends to be worse at the end of the and during the summer. Facial swellings, puffiness around her eyes, more than moderate swelling of her hands and excessive or sudden swelling of her feet or ankles are the signs of preeclampsia. Some tips to reduce swelling.

- Should put feed up whenever possible
- Should not put cross legs or ankles while sitting but legs should stretch frequently.
- Should have a frequent walk.
- Should drink plenty of water.
- Exercise regularly.
- Eat a healthy diet and limit junk food.

Bond with Baby

The bond between a woman and her fetus is often conceptualized by health professionals in terms of maternal fetal attachment or prenatal attachments during this process, pregnant women experiences fillings and emotions for her fetus, she also interacts with her fetus and develops a maternal identity. Social and Relationship support during pregnancy.

Social support from a relationship, such as the father – to – be or the pregnant woman’s mother, influences maternal - fetal bonding. Studies have reported higher levels of maternal attachment in women with a positive and satisfying relationship with the father-to-be, attachment to a significant other chartered by high levels of emotional closeness and intimacy in family relations.

GLOOMINESS IN PREGNANT WOMEN AND MOTHERS

Gloominess is a state of low mood which can be treatable. While pregnant women having this gloominess, they are at risk of having a miscarriage, delivering their baby before their due date (Preterm), or having a baby who is too small (low birth weight) and also during the weeks and months after having a baby. About 6% of women, who are pregnant, will experience this at some time during their lives. Gloominess during these times can be confused with the symptoms of pregnancy or with the ‘baby blues’ that many women experience right after birth.

Some of the signs of gloominess are changes in appetite and insleep, Fatigue or lack of energy, feelings of great sadness, hopelessness or crying for no reason and feeling little interest or pleasure in things.

MOTHER’S GLOOMINESS AFFECTS HER CHILD

If mother’s gloominess is not treated, the child will be affected Gloominess can cause mother inconsistent with the way they care for their children and they may be loving one minute and withdrawn the next. Also they may not respond at all to their children’s behavior or they may respond in negative way. This affects the child in many ways regarding their growth and development even in their future too.

CONCLUSION

Personal Hygiene is more essential for a pregnant women because at the point in time is not for the health of women but for the urban baby too Improper hygiene can lead to infections which the baby can acquire through mother. To avoid the infections, women should intake healthy foods and she should be hygiene to give birth a healthy child. The relationship between the mother and her child would be strong enough it she is healthy. She should overcome the gloominess sad, anger and so on to avoid her child from negative environment.

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