



“A STUDY TO ASSESS THE STRESS AND ANXIETY AMONG PRIMI ANTENATAL MOTHERS AT GOVERNMENT MATERNITY HOSPITAL, TIRUPATI”.

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ABSTRACT:

Anxiety, depression and stress in pregnancy are risk factors for adverse outcomes for mothers and fetus. Anxiety in pregnancy is associated with shorter gestation and has adverse implications for fetal neurodevelopment and child outcomes. Anxiety about pregnancy is especially potent. Chronic strain, exposure to racism and depressive symptoms in mothers during pregnancy are associated with low birth weight babies with consequences for infant development.

Key words: Assess, Stress, Anxiety, Primi, Antenatal mother.

INTRODUCTION:

Motherhood is the most desired aspect of womanhood. Almost every woman craves for that special moment where she is looking forward to express her motherly love to her baby and earn for the child's tender, immaculate love returns in its own way.

Pregnancy is a unique, exciting and often joyous time in woman's life, as it highlights the woman's amazing creative and nurturing powers while providing a bridge to the future. Pregnancy comes with some cost, however, for a pregnant woman needs to be a responsible woman so as to best support the health of her future child. The growing fetus (the term used to denote the baby to be during early developmental stage) depends entirely on its mother's healthy body for all needs. Consequently, pregnant women must take steps to remain as healthy and well-nourished as they possibly can. Of all the social roles that women have in their lifetime, motherhood is one of the most significant.

STATEMENT OF THE PROBLEM:

A STUDY TO ASSESS THE STRESS AND ANXIETY AMONG PRIMI ANTENATAL MOTHERS AT GOVERNMENT MATERNITY HOSPITAL, TIRUPATI”.

MATERIALS AND METHODS:

In the present study non experimental research approach was selected because it is most appropriate in the field of education for its practicability in real life situation. Selected population were Primi antenatal mothers who were attending the OPD of Government Maternity Hospital Tirupati. A sample of 100 Primi antenatal mothers who fulfilled the inclusion criteria were selected by non probability sampling technique. Data were collected from the sample by using standardized tools to assess stress and anxiety, collected data were tabulated and planned to analyse by using descriptive and inferential statistics. The independent variables considered by the investigator were age in years, religion, educational status, occupation, monthly income, type of family, history of menstrual cycle, area of living of primi antenatal mothers. The dependent variables were the scores on stress and anxiety among primi antenatal mothers

DESCRIPTION OF INTERVENTION:

Researcher framed an information booklet, to educate, primi pregnant women which consists of definition, causes, symptoms and prevention of stress and anxiety in pregnancy

RESULTS:**Distribution of demographic variables:**

SL.no	variables	classification	Frequency	Percentage
1.	Age in years	≤20	40	40.00
		21-23	25	25.00
		≥ 23	35	35.00
		Total	100	100.00
2.	Level of BMI	Under weight	3	3.00
		Normal weight	45	45.00
		Over weight	29	29.00
		Obesity	23	23.00
		Total	100	100.00
3.	Religion	Hindu	91	91.00
		Muslim	3	3.00
		Christian	6	6.00
		Total	100	100.00
4.	Area of living	Urban	60	60.00

		Illiterate	86	8.00
		Semi urban/ urban slum		6.00
		Rural	30	30.00
		Tribal	4	4.00
		Total	100	100.00
5.	Education of the participant	Primary	13	13.00
		secondary	25	25.00
		Higher secondary and intermediate	32	32.00
		Graduate & above	22	22.00
		Total	100	100.00
6.	Education of the spouse	Illiterate	13	13.00
		Primary	8	8.00
		Secondary	17	17.00
		Higher secondary & intermediate	17	17.00
		Graduate & above	45	45.00
		Total	100	100.00
7.	Occupation of the participant	Home maker	80	80.00
		Daily wage worker	2	2.00
		Agriculture	5	5.00
		Private employee	9	9.00
		Government employee	4	4.00
		Total	100	100.00
8.	Occupation Of the spouse	Daily wage worker	30	30.00
		Agriculture	9	9.00
		Private employee	56	56.00
		Government employee	5	5.00
		Total	100	100.00
8.	Age at marriage	≤18 years	17	17.00
		19- 20 years	38	38.00
		21-22 years	20	20.00

		>22 years	25	25.00
		Total	100	100.00
9.	Duration of marital life in years	1 years	58	58.00
		2 years	15	15.00
		3years above	27	27.00
		Total	100	100.00
10.	Type of family	Nuclear family	33	33.00
		Joint family	67	67.00
		Total	100	100.00
11.	History of menstrual cycle	Regular	62	62.00
		irregular	18	18.00
		Total	100	100.00
12.	Total family income per month in rupees	≤10000	21	21.00
		10001-20000	40	40.00
		20001- 30000	25	25.00
		30001- 40000	7	7.00
		>40000	7	7.00
		Total	100	100.00
13.	Exposure to mass media	Television	53	53.00
		Listening music	45	45.00
		Reading news paper	2	2.00
		Total	100	100.00

- ❖ Out of 100 primi antenatal mothers 35% were aged above 23 years 25% were 21-25 years and 40% were <20 years of age group. Based on BMI 3% were underweight, 29% overweight, 23%obesed and only 45% were normal weight.
- ❖ Among total group majority 91% were Hindus and 60% were living in urban areas.
- ❖ Among the sample majority 32% had Higher secondary& Intermediate education, where as in their spouses majority 45% had graduate & above.
- ❖ Regarding occupation majority of the sample 80% were home makers & among their spouses majority 56% were private employees. Majority of 38% sample were married in the age of 19-20 years,58% had 1 year of marital life & 72% had regular menstrual cycle. 67% of the sample were from joint

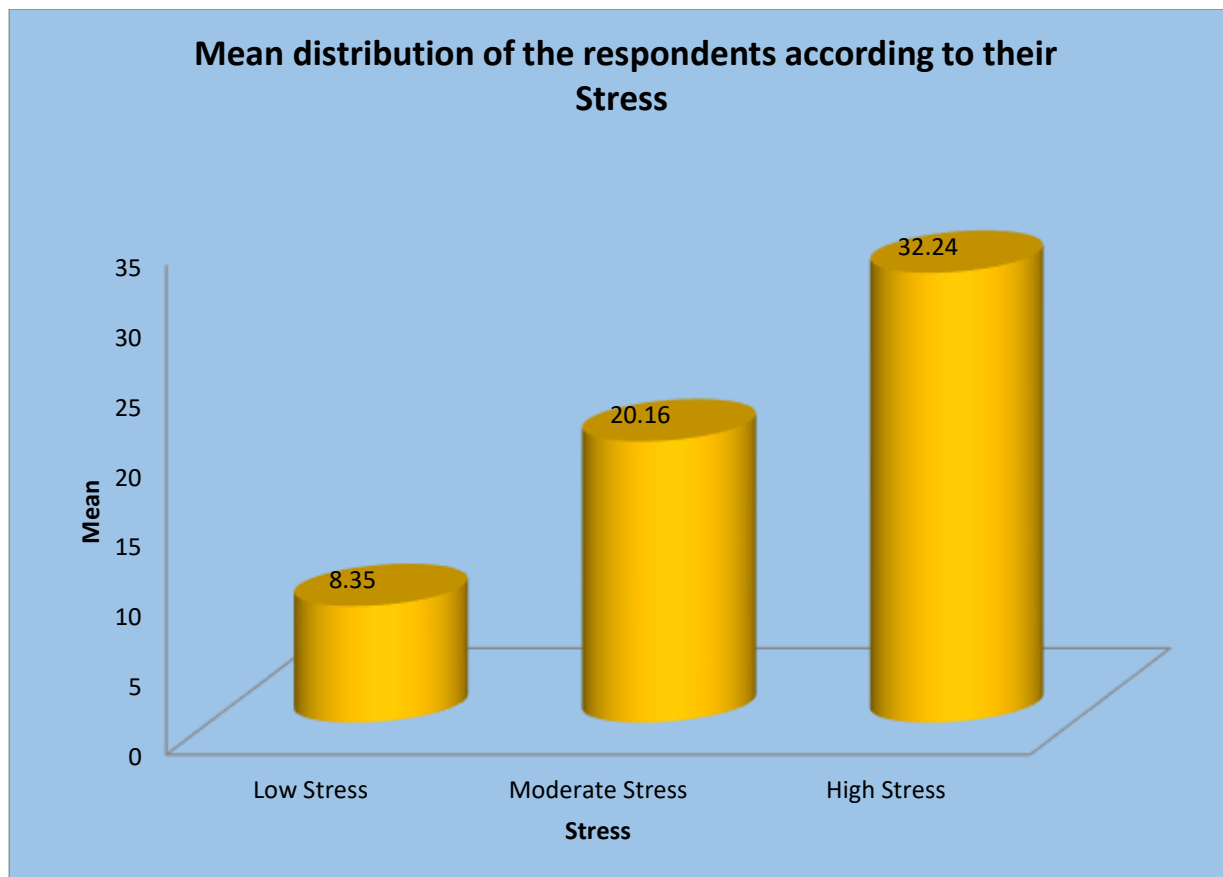
family, 40% had monthly family income of Rs.10001-20000 and 53% of the sample were exposed to Tv.

- ❖ Out of 100 primi antenatal mothers majority 35% were aged > 23 years 3% were underweight & 23% obese, 91% were Hindus, 60% were living in urban areas, 32% had higher secondary & intermediate education, where as their spouses 45% had graduation & above, 80% of the sample were home makers where as their spouses 56% were private employees, 38% of the sample were married at the age of 19 – 20 years, 58% had 1 year of marital life, 72% had regular menstrual cycle, 67% were from joint family, 40% had monthly family income of Rs.10001-20000 and 53% of the sample were exposed to TV.

Table describes that the majority of the sample 46 (46%) had low stress with mean 8.35 and SD3.185 and very less percent 17% had high stress with mean 32.24 and SD 2.84

Mean distribution of the respondents according to their stress

Sl.No	Levels of Stress	Frequency	Percent	Mean	Std. Deviation
1	Low	46	46.00	8.35	3.185
2	Moderate	37	37.00	20.16	3.329
3	High	17	17.00	32.24	2.84
	Total	100	100.00	16.78	9.395

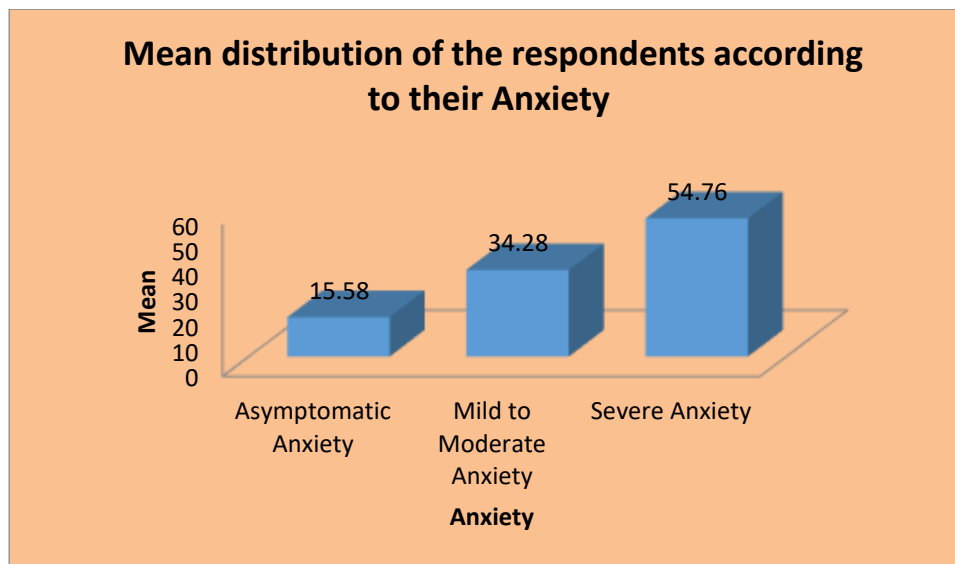


Mean distribution of the respondents according to their Anxiety

Sl.No	Anxiety	Frequency	Percent	Mean	Std. Deviation
1	Asymptomatic Anxiety	12	12.00	15.58	4.188
2	Mild to Moderate Anxiety	43	43.00	34.28	6.808
3	Severe Anxiety	45	45.00	54.76	6.722
	Total	100	100.00	41.25	15.019

asymptomatic anxiety with mean 15.58 and SD 4.188

Table describes that among the sample majority 45% had severe anxiety with mean 54.76 and SD 6.722 where as very less 12% had



Association between the stress vs demographic variables and level of stress among Primi antenatal mothers

Association between Stress Vs Demographic Variables

Variables	Category	N/%	Stress			Total	Chisquare	p value
			Low Stress	Moderate Stress	High Stress			
2 Age in years	<=20 years	N	25	12	3	40	15.514**	0.004
		%	25.00%	12.00%	3.00%			
	21-23 years	N	11	12	2			
		%	11.00%	12.00%	2.00%			
	>23 years	N	10	13	12			
		%	10.00%	13.00%	12.00%			
Total		N	46	37	17	100		
		%	46.00%	37.00%	17.00%	100.00%		
Level of BMI	Underweight	N	1	2	0	3	10.661	0.099
		%	1.00%	2.00%	0.00%			
	Normal weight	N	24	11	10			
		%	24.00%	11.00%	10.00%			
	Overweight	N	15	10	4			
		%	15.00%	10.00%	4.00%			
Obesity	N	6	14	3				
	%	6.00%	14.00%	3.00%				
Total		N	46	37	17	100		
		%	46.00%	37.00%	17.00%	100.00%		
Religion	Hindu	N	42	36	13	91	7.227	0.124
		%	42.00%	36.00%	13.00%			
	Muslim	N	1	1	1			
		%	1.00%	1.00%	1.00%			
	Christian	N	3	0	3			
		%	3.00%	0.00%	3.00%			
Total		N	46	37	17	100		
		%	46.00%	37.00%	17.00%	100.00%		
Area of living	Urban	N	22	24	14	60	19.171**	0.004
		%	22.00%	24.00%	14.00%			
	Semi Urban/Urban slum	N	0	5	1			
		%	0.00%	5.00%	1.00%			
	Rural	N	20	8	2			
		%	20.00%	8.00%	2.00%			
Tribal	N	4	0	0				
	%	4.00%	0.00%	0.00%				

		%	4.00%	0.00%	0.00%	4.00%		
Total		N	46	37	17	100		
		%	46.00%	37.00%	17.00%	100.00%		
Education of the participant	Illiterate	N	1	1	6	8	40.616**	0.000
		%	1.00%	1.00%	6.00%	8.00%		
	Primary	N	4	2	7	13		
		%	4.00%	2.00%	7.00%	13.00%		
	Secondary	N	12	12	1	25		
		%	12.00%	12.00%	1.00%	25.00%		
	Higher secondary and Intermediate	N	17	14	1	32		
		%	17.00%	14.00%	1.00%	32.00%		
Graduate & above	N	12	8	2	22			
	%	12.00%	8.00%	2.00%	22.00%			
Total		N	46	37	17	100		
		%	46.00%	37.00%	17.00%	100.00%		
Education of the spouse	Illiterate	N	5	2	6	13	18.982*	0.015
		%	5.00%	2.00%	6.00%	13.00%		
	Primary	N	4	1	3	8		
		%	4.00%	1.00%	3.00%	8.00%		
	Secondary	N	5	10	2	17		
		%	5.00%	10.00%	2.00%	17.00%		
	Higher secondary and Intermediate	N	7	7	3	17		
		%	7.00%	7.00%	3.00%	17.00%		
Graduate & above	N	25	17	3	45			
	%	25.00%	17.00%	3.00%	45.00%			
Total		N	46	37	17	100		
		%	46.00%	37.00%	17.00%	100.00%		
9 Occupation of the Participant	Home maker	N	34	31	15	80	3.454	0.903
		%	34.00%	31.00%	15.00%	80.00%		
	Daily wage worker	N	1	1	0	2		
		%	1.00%	1.00%	0.00%	2.00%		
	Agriculture	N	3	1	1	5		
		%	3.00%	1.00%	1.00%	5.00%		
	Private employee	N	5	3	1	9		
		%	5.00%	3.00%	1.00%	9.00%		
Government employee	N	3	1	0	4			
	%	3.00%	1.00%	0.00%	4.00%			
Total		N	46	37	17	100		
		%	46.00%	37.00%	17.00%	100.00%		
10 Occupation of the spouse	Daily wage worker	N	9	12	9	30	10.596	0.102
		%	9.00%	12.00%	9.00%	30.00%		
	Agriculture	N	4	2	3	9		
		%	4.00%	2.00%	3.00%	9.00%		
	Private employee	N	30	21	5	56		
		%	30.00%	21.00%	5.00%	56.00%		
	Government employee	N	3	2	0	5		
		%	3.00%	2.00%	0.00%	5.00%		
Total		N	46	37	17	100		
		%	46.00%	37.00%	17.00%	100.00%		
11 Age at marriage	<=18 years	N	9	7	1	17	5.220	0.516
		%	9.00%	7.00%	1.00%	17.00%		
	19-20 years	N	16	13	9	38		
		%	16.00%	13.00%	9.00%	38.00%		
	21-22 years	N	8	10	2	20		
		%	8.00%	10.00%	2.00%	20.00%		
	>22 years	N	13	7	5	25		
		%	13.00%	7.00%	5.00%	25.00%		
Total		N	46	37	17	100		
		%	46.00%	37.00%	17.00%	100.00%		
12 Duration of marital life in years	1 year	N	30	22	6	58	9.131	0.058
		%	30.00%	22.00%	6.00%	58.00%		
	2 years	N	9	3	3	15		
		%	9.00%	3.00%	3.00%	15.00%		

		%	9.00%	3.00%	3.00%	15.00%		
	3 and above years	N	7	12	8	27		
		%	7.00%	12.00%	8.00%	27.00%		
Total		N	46	37	17	100		
		%	46.00%	37.00%	17.00%	100.00%		
13 Type of family	Nuclear family	N	12	15	6	33	1.986	0.370
		%	12.00%	15.00%	6.00%	33.00%		
	Joint family	N	34	22	11	67		
		%	34.00%	22.00%	11.00%	67.00%		
Total		N	46	37	17	100		
		%	46.00%	37.00%	17.00%	100.00%		
14 History of menstrual cycle	Regular	N	41	32	9	82	11.815**	0.003
		%	41.00%	32.00%	9.00%	82.00%		
	Irregular	N	5	5	8	18		
		%	5.00%	5.00%	8.00%	18.00%		
Total		N	46	37	17	100		
		%	46.00%	37.00%	17.00%	100.00%		
15 Total Family income per month in rupees	<10000	N	5	5	11	21	28.485**	0.000
		%	5.00%	5.00%	11.00%	21.00%		
	10001-20000	N	18	18	4	40		
		%	18.00%	18.00%	4.00%	40.00%		
	20001-30000	N	13	11	1	25		
		%	13.00%	11.00%	1.00%	25.00%		
	30001-40000	N	6	1	0	7		
		%	6.00%	1.00%	0.00%	7.00%		
	>40000	N	4	2	1	7		
		%	4.00%	2.00%	1.00%	7.00%		
Total		N	46	37	17	100		
		%	46.00%	37.00%	17.00%	100.00%		
16 Exposure to mass media	Television	N	25	17	11	53	1.952	0.745
		%	25.00%	17.00%	11.00%	53.00%		
	Listening musin	N	20	19	6	45		
		%	20.00%	19.00%	6.00%	45.00%		
	Reading newspapers	N	1	1	0	2		
		%	1.00%	1.00%	0.00%	2.00%		
Total		N	46	37	17	100		
		%	46.00%	37.00%	17.00%	100.00%		

Table shows that there was a significant association between stress vs demographic variables as age in years, area of living, education of the participant, education of the spouse, history of menstrual cycle, total family income per month in rupees.

There was no significant association between demographic variables as level of BMI, religion, occupation of the participant, occupation of the spouse, age at marriage, duration of marital life in years, type of family, exposure to mass media.

Association between the demographic characteristics and level of anxiety among antenatal mothers

association between Anxiety Vs Demographic Variables

Variables	Category	N/%	Anxiety			Total	Chisquare	p value			
			Asymptomatic Anxiety	Mild to Moderate Anxiety	Severe Anxiety						
Age in years	<=20	N	9	23	8	40	22.616**	0.000			
		%	9.00%	23.00%	8.00%	40.00%					
	21-23	N	3	10	12	25					
		%	3.00%	10.00%	12.00%	25.00%					
	>23	N	0	10	25	35					
		%	0.00%	10.00%	25.00%	35.00%					
Total		N	12	43	45	100					
		%	12.00%	43.00%	45.00%	100.00%					
Level of BMI	Underweight	N	1	1	1	3	7.162	0.306			
		%	1.00%	1.00%	1.00%	3.00%					
	Normal weight	N	5	21	19	45					
		%	5.00%	21.00%	19.00%	45.00%					
	Overweight	N	5	14	10	29					
		%	5.00%	14.00%	10.00%	29.00%					
	Obesity	N	1	7	15	23					
		%	1.00%	7.00%	15.00%	23.00%					
Total		N	12	43	45	100					
		%	12.00%	43.00%	45.00%	100.00%					
Religion	Hindu	N	11	41	39	91	4.400	0.355			
		%	11.00%	41.00%	39.00%	91.00%					
	Muslim	N	1	0	2	3					
		%	1.00%	0.00%	2.00%	3.00%					
	Christian	N	0	2	4	6					
		%	0.00%	2.00%	4.00%	6.00%					
Total		N	12	43	45	100					
		%	12.00%	43.00%	45.00%	100.00%					
Area of living	Urban	N	1	23	36	60	47.736**	0.000			
		%	1.00%	23.00%	36.00%	60.00%					
	Semi Urban/Urban slum	N	0	0	6	6					
		%	0.00%	0.00%	6.00%	6.00%					
	Rural	N	8	19	3	30					
		%	8.00%	19.00%	3.00%	30.00%					
	Tribal	N	3	1	0	4					
		%	3.00%	1.00%	0.00%	4.00%					
Total		N	12	43	45	100					
		%	12.00%	43.00%	45.00%	100.00%					
Education of the participant	Illiterate	N	0	1	7	8	15.855*	0.045			
		%	0.00%	1.00%	7.00%	8.00%					
	Primary	N	1	4	8	13					
		%	1.00%	4.00%	8.00%	13.00%					
	Secondary	N	4	12	9	25					
		%	4.00%	12.00%	9.00%	25.00%					
	Higher secondary and Intermediate	N	6	18	8	32					
		%	6.00%	18.00%	8.00%	32.00%					
	Graduate & above	N	1	8	13	22					
		%	1.00%	8.00%	13.00%	22.00%					
Total		N	12	43	45	100					
		%	12.00%	43.00%	45.00%	100.00%					
Education of the spouse	Illiterate	N	2	4	7	13	11.044	0.199			
		%	2.00%	4.00%	7.00%	13.00%					
	Primary	N	3	2	3	8					
		%	3.00%	2.00%	3.00%	8.00%					
	Secondary	N	1	7	9	17					
		%	1.00%	7.00%	9.00%	17.00%					
			N	0	7	10			17		

	Higher secondary and Intermediate	%	0.00%	7.00%	10.00%	17.00%		
	Graduate & above	N	6	23	16	45		
		%	6.00%	23.00%	16.00%	45.00%		
Total		N	12	43	45	100		
		%	12.00%	43.00%	45.00%	100.00%		
Occupation of the Participant	Home maker	N	7	37	36	80	31.793**	0.000
		%	7.00%	37.00%	36.00%	80.00%		
	Daily wage worker	N	0	1	1	2		
		%	0.00%	1.00%	1.00%	2.00%		
	Agriculture	N	0	2	3	5		
		%	0.00%	2.00%	3.00%	5.00%		
	Private employee	N	1	3	5	9		
		%	1.00%	3.00%	5.00%	9.00%		
Government employee	N	4	0	0	4			
	%	4.00%	0.00%	0.00%	4.00%			
Total		N	12	43	45	100		
		%	12.00%	43.00%	45.00%	100.00%		
Occupation of the spouse	Daily wage worker	N	0	11	19	30	13.265*	0.039
		%	0.00%	11.00%	19.00%	30.00%		
	Agriculture	N	1	3	5	9		
		%	1.00%	3.00%	5.00%	9.00%		
	Private employee	N	11	25	20	56		
		%	11.00%	25.00%	20.00%	56.00%		
	Government employee	N	0	4	1	5		
		%	0.00%	4.00%	1.00%	5.00%		
Total		N	12	43	45	100		
		%	12.00%	43.00%	45.00%	100.00%		
Age at marriage in years	<=18	N	4	9	4	17	8.368	0.212
		%	4.00%	9.00%	4.00%	17.00%		
	19-20	N	3	19	16	38		
		%	3.00%	19.00%	16.00%	38.00%		
	21-22	N	3	5	12	20		
		%	3.00%	5.00%	12.00%	20.00%		
	>22	N	2	10	13	25		
		%	2.00%	10.00%	13.00%	25.00%		
Total		N	12	43	45	100		
		%	12.00%	43.00%	45.00%	100.00%		
Duration of marital life in years	1	N	12	25	21	58	12.227*	0.016
		%	12.00%	25.00%	21.00%	58.00%		
	2	N	0	8	7	15		
		%	0.00%	8.00%	7.00%	15.00%		
	3 and above s	N	0	10	17	27		
		%	0.00%	10.00%	17.00%	27.00%		
Total		N	12	43	45	100		
		%	12.00%	43.00%	45.00%	100.00%		
Type of family	Nuclear family	N	3	11	19	33	3.149	0.207
		%	3.00%	11.00%	19.00%	33.00%		
	Joint family	N	9	32	26	67		
		%	9.00%	32.00%	26.00%	67.00%		
Total		N	12	43	45	100		
		%	12.00%	43.00%	45.00%	100.00%		
History of menstrual cycle	Regular	N	12	39	31	82	10.079**	0.006
		%	12.00%	39.00%	31.00%	82.00%		
	Irregular	N	0	4	14	18		
		%	0.00%	4.00%	14.00%	18.00%		
Total		N	12	43	45	100		
		%	12.00%	43.00%	45.00%	100.00%		
Total Family income per month in rupees	<10000	N	0	6	15	21	15.398	0.052
		%	0.00%	6.00%	15.00%	21.00%		
	10001-20000	N	3	18	19	40		
		%	3.00%	18.00%	19.00%	40.00%		

	20001-30000	N	5	12	8	25		
		%	5.00%	12.00%	8.00%	25.00%		
	30001-40000	N	2	4	1	7		
		%	2.00%	4.00%	1.00%	7.00%		
	>40000	N	2	3	2	7		
		%	2.00%	3.00%	2.00%	7.00%		
Total	N	12	43	45	100			
	%	12.00%	43.00%	45.00%	100.00%			
Exposure to mass media	Television	N	8	19	26	53	2.822	0.588
		%	8.00%	19.00%	26.00%	53.00%		
	Listening Music	N	4	23	18	45		
		%	4.00%	23.00%	18.00%	45.00%		
	Reading newspapers	N	0	1	1	2		
		%	0.00%	1.00%	1.00%	2.00%		
Total	N	12	43	45	100			
	%	12.00%	43.00%	45.00%	100.00%			
Note : ** = Significant at 0.01 level								
*significant at 0.05 level								

The table shows anxiety results had significance relationship with demographic variables as age in years, area of living, occupation of the participant, history of menstrual cycle at 0.01 level of significance and education of the participant, occupation of the spouse, duration of marital life in years 0.05 level of significance. There was no significance association found between level of BMI, religion, education of the spouse, age at marriage, type of family, total family income per month in rupees, exposure to mass media.

CONCLUSION:

It was concluded that there was presence of stress and anxiety among primi antenatal mothers hence the planned interventions are required minimize and to prevent stress and anxiety.

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