
“A STUDY ON PROBLEM FACED BY PREGNANCY WOMEN “AT RAMAKRISHNA NURSING HOME TRICHY.

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ABSTRACT.

Pregnancy is the fertilization and development of one or more off spring, known as an embryo or fetters, in a woman’s uterus. It is the common name for gestation in human. A multiple pregnancy involves more than one embryo or fetes a single pregnancy such as times. The main aim of the study is to describe the physical, psycho-social and economical aspects of the respondents. To study about the social-economic characteristics of the respondents. To study about the health and treatment aspects to the respondents. To study about the psychological problem faced by the respondents. The universe for this research study was taken from the Ramakrishna nursing hospital woraiyur. In this study the researcher collected the data from the respondents those who are all the pregnancy women from in the hospital. So the researcher gas used to be census method was adopted and taken the sample size as to 47. That data collected from the two days of researcher field workThe research design of this study was descriptive in nature. It attempts to describe about the personal data, health and treatment aspects of the respondents problem faced by pregnancy women.

INTRODUCTION

Pregnancy is the fertilization and development of one or more off spring, known as an embryo or fetters, in a woman’s uterus. It is the common name for gestation in human. A multiple pregnancy involves more than one embryo or fetes a single pregnancy such as times. Most women have a positive attitude toward pregnancy and some of them lacked confidence before & after birth. Signs of Conception Retention of seminal fluid after intercourse, sense of heaviness & swelling in the region of womb, nausea, vomiting spasm with shuddering, sadness, lowness of spirits, languid looks & pallor of face, aversion to coitus, slight swelling of skin & neck.

Signs of Pregnancy

- Suppression of menses is the first sign of pregnancy.
- Dilatation of the body of the uterus.
- Certain changes in the development of womb & foetal movements.
- Increased volume of the abdomen which becomes progressively enlarged from lower part of the abdomen.
- Double pulsations and growth of nipples with increased sensitivity.

Perineal tearing Depression : The pregnant women generally complain of multiple somatic symptoms, a generalized feelings of weakness, loss of energy, sexual problems, anxiety, sadness, irritability etc.,

Social problem: When a young wife becomes pregnant she has to follow the customs of her husband’s family she may not be allowed to attend the ante-natal clinic, nor to follow the advice give

Perineal tearing is the spontaneous (unintended) tearing of the skin and other soft tissue structures which, in women, separate the vagina from the anus. Perineal tearing occurs in 85% of vaginal deliveries. At 6 months postpartum, 21% of women still report perineal pain and 11-49% report sexual problems or painful intercourse.

Hyperemesis gravidarum

Hyperemesis gravidarum is the presence of severe and persistent vomiting, causing dehydration and weight loss. It is more severe than the more common morning sickness and is estimated to affect 0.5–2.0% of pregnant women.

Pelvic girdle pain

Pelvic girdle pain (PGP) disorder is complex and multi-factorial and likely to be represented by a series of sub-groups with different underlying pain drivers from peripheral or central nervous system, altered laxity/stiffness of muscles, laxity to injury of tendinous/ligamentous structures to 'mal-adaptive' body mechanics. Musculo-Skeletal Mechanics involved in gait and weight bearing activities can be mild to grossly impaired.

PGP can begin peri or postpartum. For most women PGP resolves in weeks after delivery but for some it can last for years resulting in a reduced tolerance for weight bearing activities. PGP affects around 45% of women during pregnancy: 25% report serious pain and 8% are severely disabled.

Treatment:

The degree of treatment is based on the severity. A mild case would require rest, rehabilitation therapy and pain is usually manageable. More severe cases would also include mobility aids, strong analgesics and sometimes surgery. One of the main factors in helping women cope is with education, information and support. Many treatment options are available.

High blood pressure

Hypertensive disease of pregnancy

Potential severe hypertensive states of pregnancy are mainly:

Preeclampsia = gestational hypertension, proteinuria (>300 mg), and edema. Severe preeclampsia involves a BP over 160/110 (with additional signs). It affects 5-8% of pregnancies. Eclampsia = seizures in a pre-eclamptic patient, affect around 1.4% of pregnancies. HELLP syndrome = Hemolytic anemia, Elevated liver enzymes and low platelet count. Incidence is reported as 0.5-0.9% of all pregnancies. Acute fatty liver of pregnancy is sometimes included in the preeclampsia spectrum. It occurs in approximately one in 7,000 to one in 15,000 pregnancies

REVIEW

Newberger, Eli H (1992) Maternal psychological stress has been associated with depression, and stress and/or depression may have direct or indirect effects on the fetus. Direct effects involve the release of catecholamine resulting in precipitation of preterm delivery or placental hypo perfusion resulting in delayed fetal growth. Emotional distress may also increase the frequency of behavioral risks such as alcohol, drug and tobacco use and decreased utilization of perinatal care.

. **John D. Wooldredge(1983)***Very little is known about the types of services currently available in state prisons to combat the physical and psychological problems faced by pregnant inmates. Such services are extremely important for the physical and psychological well-being of these women as well as their subsequently born children. This article presents results from a study of the prevalence and types of policies being implemented voluntarily for the care and support of pregnant inmates in state prisons throughout the United States. The implications of these results for policies designed to reduce the problems faced by pregnant inmates are also presented.*

The main aim of the study is to describe the physical, psycho-social and economical aspects of the respondents.

OBJECTIVES:

- To study about the social-economic characteristics of the respondents.
- To study about the health and treatment aspects to the respondents.
- To study about the psychological problem faced by the respondents.

To study about the support and expense of the respondents. The universe for this research study was taken from the Ramakrishna nursing hospital woraiyur. In this study the researcher collected the data from the respondents those who are all the pregnancy women from in the hospital. So the researcher gas used to be census method was adopted and taken the sample size as to 47. That data collected from the two days of researcher field work.

RESEARCH DESIGN:

The research design of this study was descriptive in nature. It attempts to describe about the personal data, health and treatment aspects of the respondents problem faced by pregnancy women.

TOOLS OF DATA COLLECTION:

The research used self-prepared interview schedule developed by researcher constituting 33 questions converting the aspects like

- Personal data
- Physical aspects
- Psychological aspects
- Economical aspects

ANALYSIS OF DATA:

The researcher carefully analyzed the collected dada for the purpose of tabulating, finding and interpretation with the help of computer by using the statistics.

TABLE NO:1

DISTRIBUTION OF THE RESPONDENT'S SHARE THEIR FEELINGS AND EMOTIONS

S.NO	SHARE OUR FEELINGS AND EMOTIONS	NO.OF.RESPONDENTS (no:47)	PERCENTAGE %
a	Husband	33	70
b	Parents	14	30
	Total	47	100

It is relevant from the above table shows that the **70 (per cent)** of the respondents were share our feelings and emotions in Husband and the remaining **30 (per cent)** of the respondents were parents.

TABLE NO 2

DISTRIBUTION OF THE RESPONDENT'S OF THEIR PSYCHOLOGICAL PROBLEM

S.NO	PSYCHOLOGICAL PROBLEM	NO.OF.RESPONDENTS (no:47)	PERCENTAGE %
a	Anxiety	10	21
b	Anger	24	51
c	Phobia	13	28
	Total	47	100

The above table shows that the majority **51 (per cent)** of the respondents said that anger of psychological problem, **28 (per cent)** of the respondents phobia in psychological problem. And the remaining **21 (per cent)** of the respondents anxiety of psychological problem.

TABLE NO 3

DISTRIBUTION OF THE RESPONDENT'S POSTTRUMATIC STRESS DISORDER

S.NO	POSTTRUAMATIC STRESS DISORDSER	NO.OF.RESPONDENTS (no:47)	PERCENTAGE %
a	Yes	18	38
b	No	29	62
	Total	47	100

It is clear from the above table shows that the majority **62 (per cent)** of the respondents were not belongs to the posttraumatic stress disorder. And the remaining **38 (per cent)** of the respondents were having posttraumatic stress disorder.

FINDINGS,SUGGESTION AND CONCLUSION

FINDINGS

- Majority of the respondents **64 (per cent)** were 20 to 30 aged group.
- Majority of the respondents **32 (per cent)** were below 10th and UG.
- Majority of the respondents **75 (per cent)** were belonging to Hindu Religion.
- Majority of the respondents **36 (per cent)** have 5000-10000 husbands' monthly income.
- Majority of the respondents **51 (per cent)** were from Nuclear family.
- Majority of the respondents husbands **55 (per cent)** were 30-40 aged group.
- Majority of the respondents **68 (per cent)** were consanguineous marriage.
- Majority of the respondents **70 (per cent)** were husband was not drug addict.
- Majority of the respondents **77 (percent)** were don't have diabetics.
- Majority of the respondents **79 (per cent)** were don't have anemia.
- Majority of the respondents **96 (per cent)** were don't have heart disease.
- Majority of the respondents **57 (per cent)** were don't have vomiting sensation.
- Majority of the respondents **51 (per cent)** were don't have leg pain.
- Majority of the respondents **74 (per cent)** were don't have undergone any surgery.
- Majority of the respondents **68 (per cent)** were don't have frequent headache.
- Majority of the respondents **66 (per cent)** were have feel tiredness.
- Majority of the respondents **87 (per cent)** were don't have thyroid problem.
- Majority of the respondents **47 (per cent)** were don't have back pain.
- Majority of the respondents **89 (per cent)** were don't have blood pressure
- Majority of the respondents **81 (per cent)** were don't have urineral infection.
- Majority of the respondents **79 (per cent)** were don't have feel unhealthy.

- Majority of the respondents **91 (per cent)** were don't have hormonal changes.
- Majority of the respondents **96 (per cent)** were satisfied with treatment..
- Majority of the respondents **96 (per cent)** were taking regular medical checkup.
- Majority of the respondents **81 (per cent)** were don't have loneliness problem.
- Majority of the respondents **98 (per cent)** were don't have medicine allergy.
- Majority of the respondents **70 (per cent)** were have share our feelings & emotions with husband
- Majority of the respondents **51 (per cent)** were have anger of psychological problem.
- Majority of the respondents **62 (per cent)** were don't have post traumatic stress disorder.
- Majority of the respondent's husbands **68 (per cent)** were working in out of city.
- Majority of the respondent's husbands **62 (per cent)** were support for treatment is husband
- Majority of the respondents **30 (per cent)** were expense for this treatment below 10000.

SUGGESTION

- The government can provide restroom for pregnancy women in all hospitals.
- The pregnancy women should to take healthy food.
- Pregnancy women's husband should avoid drugs.
- Pregnancy women's can do simply yoga and meditation.
- The government can provide antenatal camp
- The government can provide Medical care for pregnancy women.

CONCLUSION

The first sign of pregnancy is usually a missed menstrual period, although some women bleed in the beginning woman's breasts swell and may become tender as the mammary glands prepare for eventual breast feeding. Many problems faced by pregnancy women. Especially physically, psychologically affected by pregnancy women. Physical problems are too much of during pregnancy. 20-30 years age group is pregnancy in large group.

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“STUDY ON PROBLEMS FACED BY PREGNANCY WOMEN AT RAMAKRISHNA NURSING HOME IN TRICHY”**PERSONAL DATA:**

1. Respondance

2. Age

3. Education

a. below10th b. 12th c. UG d. PG

4. Religion

a. Hindu b. Christian c. Muslim d. others

5. Monthly Income

a. 5000-10000 b. 10000-20000 c. 20000-30000 d. 30000-40000

6. Types of family

a. Nuclear family b. Joint family

7. Husband's age

8. You are consanguineous marriage

a. Yes b. No

9. Does your husband was drug addict or no?

a. Yes b. No

PHYSICAL PROBLEMS

10. Do you have diabetics?

a. Yes b. No

11. Do you have Anemia?

a. Yes b. No

12. Do you have any heart disease?

a. Yes b. No

13. Do you have any vomiting sensation?

a. Yes

b. No

14. Do you have leg pain?

a. Yes

b. No

15. Do you underwent any surgery?

a. yes

b. No

16. Do you have frequent headache?

a. Yes

b. No

17. Do you feel tiredness?

a. Yes

b. No

18. Do you have Thyroid problem?

a. Yes

b. No

19. Do you have back pain?

a. Yes

b. No

20. Do you have blood pressure?

a. Yes

b. No

21. Do you have any urinerel infection?

a. Yes

b. No

22. Do you feel unhealthy?

a. Yes

b. No

23. Do you have any hormonal changes of your body?

a. Yes

b. No

24. Are you satisfied with your treatment?

a. Yes

b. No

25. Do you have taking regular medical checkup?

a. Yes

b. No

PSYCHOLOGICAL PROBLEMS

26. Do you have any loneliness problem?

- a. Yes b. No

27. Is medicine giving to you any allergy?

- a. Yes b. No

28. With whom did you share your feelings & emotions?

- a. Husband b. Parents

29. Do you have any psychological problem?

- a. Anxiety b. Anger c. Phobia

30. Do you have any Posttraumatic stress disorder?

- a. Yes b. No

ECONOMIC PROBLEMS

31. Does your husband working in out of city?

- a. Yes b. No

32. Which person support for you to get treatment?

- a. Husband b. Parents c. Self

33. What is your expense for this treatment?

- a. Below 10000 b.10000-20000 c.20000-30000 d.30000 above