



A Descriptive Study on the Level of Anxiety among Primi Mothers in Selected Primary Health Care Centre in Pudukotai District

Praveena Melba.A

Staff Nurse, Psychologist, Primary Health Centre, Melasivapuri, Pudukkottai, Tamilnadu, India.

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Abstract

The study is designed to find out the prevalence of anxiety among primi mothers. The study is therefore entitled as "A Descriptive study to assess the level of anxiety among primi mothers in selected primary health care centre in pudukkottai district". The population considered for the purpose of this study was from primary health care centre, Varpet, Pudukkottai. The researcher has adopted convenience sampling method. Totally 76 questionnaires have been issued to primi mothers resided in both areas and out of that 56 primi mothers were reported high level of anxiety. From the 56 primi mothers, 50 primi mothers were selected and they were divided into two groups namely experimental group and control group. The study has depended on primary data. The primary data is collected through questionnaires from the primi mothers. The investigator has made a pilot study with survey instrument prepared and necessary changes were incorporated, with the suggestion given by the experts. Further the survey instrument was employed for reliability, based on that the survey instrument was finalised and the data were collected. In order to assess the anxious mood and tension level Hamilton Anxiety scale were used and the data were analysed through the statistical package for the social sciences (SPSS), with the T-test methods. The findings of the study revealed that the experimental group significantly reduced anxious mood and tension than the control group.

Keywords: Descriptive, Anxiety, Primi Mothers, Primary Health Care.

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Introduction

Child birth and pregnancy is a physical and emotion experiences. It is also irrevocable event that changes women forever. The more realistic women's expectations about the birth are more likely to be a positive experience. Woman is defined as the provision of emotional, physical, spiritual and physiological presence/support by the care giver as desired by the laboring woman. Each primi mother should be treated as a individual. The transition to motherhood by the primi cannot be fully taken by the primi mother easily. The women may need support and strength to overcome anxiety during this journey. Anxiety of childbirth complicates somewhat 20% of pregnancies in developed countries where it is mostly evaluated. It is expressed as being severe by 6-10% of parturients and is manifested as nightmares, physical complaints and difficulties to concentrate on work or on family activities. Miller (1987) reported that fears and anxiety concerning labour pains can be reduced with providing prenatal information. The overall goals of child birth education are to prepare expectant parents emotionally and physically for childbirth while promotion wellness

behaviours that can be used by the parents and families.

Anxiety is common and often co-morbid with depression, but often neglected in studies of pregnancy and postnatal period (Kessler et al., 2003). Although each woman adapts to pregnancy in a unique manner, her psychological responses change as pregnancy advances. Once pregnancy is confirmed, almost all women have conflicting feelings about being pregnant and they are concerned about themselves, physiological changes occurring in their bodies, the ways of protecting and providing care to the foetus and the like. This article brings the attention towards the level of anxiety

Laura et al. (2005) highlighted the importance of considering anxiety when examining psychological adjustment to pregnancy and transition to parenthood. It may be possible to identify and treat a substantial portion of women who are at risk of developing anxiety and mood disorder during postnatal period. There is increasing evidence that co-morbid anxiety may be a significant feature in the occurrence of both antenatal depression and postnatal depression. According to a report on the data collected from 1,039 pregnant women in the study, 27.9% (n=290) had prenatal depression that needed to be Introduction 9 treated. Jeyanthi & Kavitha (2003) found that assessment of anxiety symptoms increased the rates of psychiatric case detection by up to 100% over rates of depression in women assessed both antenatally and postnatally.

Correspondence

Praveena Melba.A

E-mail: praveenamelba91@gmail.com

Methodology

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experimental group and control group. The study has depended on primary data. The primary data is collected through questionnaires from the primi mothers. The investigator has made a pilot study with survey instrument prepared and necessary changes were incorporated, with the suggestion given by the experts. Further the survey instrument was employed for reliability, based on that the survey instrument was finalised and the data were collected. In order to assess the anxious mood and tension level Hamilton Anxiety scale were used and the data were analysed through the statistical package for the social sciences (SPSS), with the T-test methods.

Results

Table 1

Significance of mean gains & losses between pre and post test scores of experimental and control groups on anxious mood

Groups	Pre-Test Mean	Post-Test Mean	Mean difference	Std. Dev (±)	σ DM	‘t’ Ratio
Experimental	3.48	0.68	2.80	0.81	0.16	17.14*
Control	3.52	3.48	0.04	0.84	0.16	0.23

* Significant at 0.05 level

The above table shows the obtained ‘t’ ratios for pre and post test mean difference of experimental group on anxious mood (17.14). The obtained ratio was higher than the table value of 2.06 with the degrees of freedom 24 and found to be statistically significant at 0.05 level

of confidence. The obtained ‘t’ ratios for pre and post test mean difference of control group on anxious mood (0.23). The obtained ratio was lesser than the table value of 2.06 with the degrees of freedom 24 and found to be statistically insignificant at 0.05 level of confidence.

Figure 1

Bar diagram showing the pre test and post test mean values of experimental and control groups on anxious mood

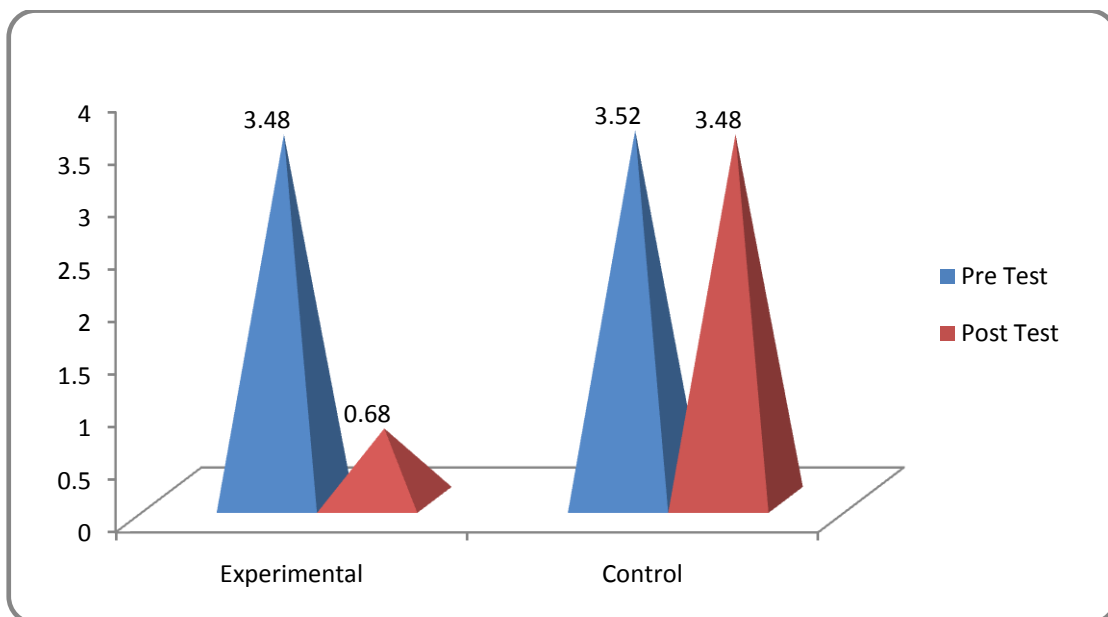


Table 2
Significance of mean gains & losses between pre and post test scores of experimental and control groups on tension

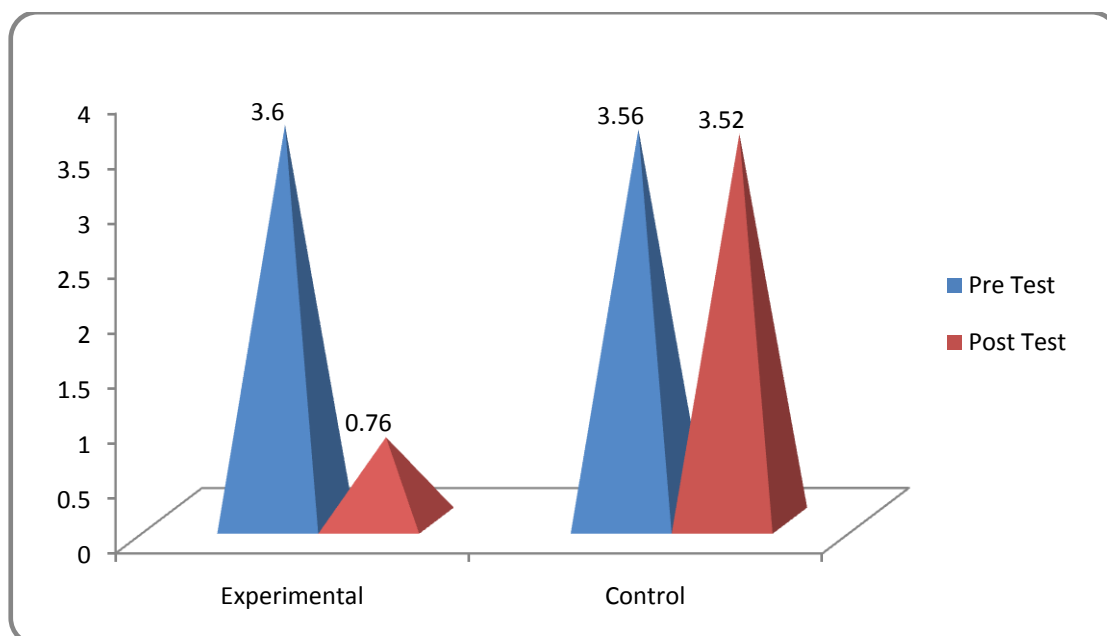
Groups	Pre-Test Mean	Post-Test Mean	Mean difference	Std. Dev (±)	σ DM	't' Ratio
Experimental	3.60	0.76	2.84	0.68	0.13	20.64*
Control	3.56	3.52	0.04	0.67	0.13	0.29

* Significant at 0.05 level

The above table the obtained 't' ratios for pre and post test mean difference of experimental group on tension (20.64). The obtained ratio was higher than the table value of 2.06 with the degrees of freedom 24 and found to be statistically significant at 0.05 level of

confidence. The obtained 't' ratios for pre and post test mean difference of control group on tension (0.29). The obtained ratio was lesser than the table value of 2.06 with the degrees of freedom 24 and found to be statistically insignificant at 0.05 level of confidence.

Figure II
Bar diagram showing the pre test and post test mean values of experimental and control groups on tension



Conclusion

- The findings of the study revealed that the experimental group significantly reduced anxious mood and tension mood than the control group.

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