

## “A STUDY TO ASSESS THE LEVEL OF ANXIETY AMONG ANTENATAL WOMEN IN SELECTED HOSPITAL, DEHRADUN”

Kirti Harjai<sup>1</sup>, G. Ramalakshmi<sup>2</sup>, Rakhi Chand<sup>3</sup>

<sup>1</sup>Assistant Professor, SGRRIM&HS College of Nursing, Dehradun

<sup>2</sup>Professor cum principal, SGRRIM&HS College of Nursing, Dehradun

<sup>3</sup>Assistant Professor, SGRRIM&HS College of Nursing, Dehradun

Email – kirti.harjai287@gmail.com, ramalakshmi287@gmail.com, rakhichand83@gmail.com

**Abstract:** In all societies, Family is the central nucleus of people and women form the backbone of it. Pregnancy and childbirth are special events in a woman's life and indeed in the life of their family. Pregnancy is one of the most important events in women's lives. Being pleasant, it is one of the most stressful events in a woman's life. As psychologists have cited, pregnancy as an emotional crisis. High levels of anxiety, during pregnancy, have adverse effect on mother and baby. Anxiety, in early pregnancy, results in loss of fetus and in the second and the third trimester leads to a decrease in birth weight. In this study non probability purposive sampling techniques is used. The sample size in this study were 40 pregnant women admitted in Obstetrical ward 1<sup>st</sup> and 2<sup>nd</sup>, who fulfilled inclusion criteria. The instrument selected in the research have been formed by using the Anxiety rating scale to measure the level of anxiety among pregnant women which is based on review of literature. The tool consists of two sections 1- Demographic data and 2- Anxiety rating scale (structured questionnaire with 20 statements to assess the level of anxiety among pregnant women). Based on the total score the level of anxiety was graded as, the patients who got score (0-20) to 30% considered as mild anxiety levels, (21-40) to 62.5% considered as moderate level of anxiety and (40-60) to 7.5% considered as severe level of anxiety.

**Key Words:** Assess, Level of Anxiety, Antenatal Women.

### 1. INTRODUCTION:

Pregnancy is one of the most important events in women's lives. Being pleasant, it is one of the most stressful events in a woman's life, as psychologists have cited, pregnancy as an emotional crisis. If this crisis is not properly managed and controlled, it will turn into a prolonged crisis and will leave countless undesirable consequences on mother and her baby. Prevalence of anxiety disorder during pregnancy, in developed and developing countries are 10% and 25%, respectively.

High levels of anxiety, during pregnancy, have adverse effect on mother and baby. Anxiety, in early pregnancy, results in loss of fetus and in the second and the third trimester leads to a decrease in birth weight. It's hard to describe anxiety because every person's experience is different. How people see the world and being unique, means there's no one description which fits everyone. Anxiety is complex. It can't be described in a few well chosen words but there are some familiar, shared feelings among people with anxiety. And it's not just mothers who experience postnatal anxiety, fathers too can become depressed and anxious. Some degree of worry is natural during pregnancy. After all, the process may be entirely new for woman. Woman may have faced situations in the past, like miscarriage, that give her reason for concern. But if these worries start to interfere with everyday life, she may have anxiety.

### 2. OBJECTIVE:

- To develop and validate tools to assess the level of anxiety among antenatal women
- To assess the level of anxiety among antenatal women
- To determine the association between level of anxiety and demographic variables of samples (Age, Qualification, Occupation, Monthly income, Type of family, Trimester of pregnancy, No of children, Religion and Area of living)

### 3. HYPOTHESES:

H1: There is a significant association between different selected demographic variable and level of anxiety among pregnant women.

#### 4. ASSUMPTIONS:

- The pregnant women may have anxiety related to pregnancy.
- Levels of anxiety among pregnant women vary due to various factors. In this study factors included were selected demographic variables.
- Health education has effect on relieving the anxiety related to pregnancy among pregnant women at SMI Hospital, Patel Nagar, Dehradun

#### 5. RESEARCH APPROACH:

- **Research design**  
one group pre-test design
- **Setting**  
The study was conducted in Shri Mahant Indresh hospital, Dehradun. This area was selected because of easy access to the pregnant women. It is just 200 metre from the SGRR college of Nursing.
- **Population**  
Antenatal women admitted in hospital area
- **Sample**  
In this study the sample is Antenatal women admitted in hospital, Dehradun.
- **Sample size**  
40 samples
- **Sampling technique**  
In this study non probability purposive sampling techniques is used to select the 40 samples
- **Data collection instrument/Tools**
- The tools consists of two sections:-  
**Tool 1- Demographic data** (Age, Qualification, Occupation, Monthly income, Type of family, Trimester of pregnancy, No of children, Religion and Area of living).  
**Tool2- Anxiety Rating scale** (to assess the level of anxiety among pregnant women.  
Anxiety rating scale is structured questionnaire with 20 statements to assess the level of anxiety among pregnant women).

#### 6. ORGANIZATION OF THE STUDY FINDING:

Analysis of the study defining are organized under the following section

**Section 1:-** Percentage wise distribution of demographic variables of the subject.

**Section 2:-** Percentage wise distribution of assessment of level of anxiety among primi antenatal women.

**Section 3:-** Percentages wise distribution of association between of level of anxiety of primi antenatal women and selected demographic variable.

**Section 1:-** . The data revealed that majority 37.5% of antenatal were in the age group of 21-25 year. Highlights the distribution of subject by qualification. With regards to qualification 20% were primary, followed by 30% secondary. 25% no formal education, and 25% were graduate or above. Depicted the distribution of subject by occupation, Majority 75% were housewife. Monthly income, this revealed that majority 50% have less than 5000Rs and they are living in joint family. The data revealed that majority of subject 37.5% in third trimester and they are primi gravida. 50% are related to hindu family and they are living in rural areas.

**Section 2:-** Findings related to assessment of level of anxiety among antenatal women.

Aspects	Level of anxiety	Percentage (%)
Mild (0-20)	12	30%
Moderate (21-40)	25	62.5%
Severe (41-60)	3	7.5%
<b>Total</b>	<b>40</b>	<b>100%</b>

**Section 3:-** Percentage wise distribution of association between level of anxiety and selected demographic variables.

Sr. No	Demographic variables	Categories	Level of anxiety		
			Mild	Moderate	Severe
1	Age	20 year or below	2	2	1
		21-25 year	4	10	1
		26-30 year	2	7	1
		31-35 year	6	3	1
2	Education status	No formal education	3	5	2
		Primary education	2	5	1
		Secondary	3	7	2
		Graduate or above	2	6	2
3	Occupational status	House wife	10	18	2
		Private job	2	3	1
		Govt. job	1	3	0
4	Monthly income	Less than 5000 Rs	10	8	2
		5000-10000 Rs	4	8	3
		11000-15000 Rs	1	1	0
		More than 15000	1	2	0
5	Type of family	Nuclear	6	7	2
		Join	10	13	2
6	Trimester of pregnancy	First	1	4	0
		Second	6	12	2
		Third	4	7	4
7	Number of children	No child	6	24	1
		One	3	6	0
		Two	0	0	0
		Three	0	0	0
8	Religion	Hindu	4	13	3
		Muslim	6	4	0
		Sikh	1	1	0
		Christian	4	3	1
9	Area of living	Rural	10	12	3
		Urban	4	7	4

**7. RECOMMENDATION:**

On the basis of this study following recommendations have been made for further study.

**Research based**

1. A similar study may be replicated on a larger sample, so that the result can be generalized.
2. A similar study can be replicated in experimental design.
3. A comparative study may be conducted between primigravida mother and multigravida mother with regard to their anxiety level related to delivery.

**Non research based general education in hospital**

1. As in-service education on anxiety could be conducted for nurses on a regular basis.
2. Anxiety level assessment could be done for antenatal mothers during pregnancy.

**General education in school and colleges.**

1. School and college curriculum may include education regarding anxiety.
2. Seminars and discussion on anxiety and its ill effects need to be organized in school and colleges.

**8. CONCLUSION:**

According to this study, 30% of antenatal women suffer with mild anxiety level, 62.5% of antenatal women suffer with moderate anxiety level and 7.5% of antenatal women suffer with severe anxiety level.

**REFERENCE:**

**Book references**

1. Gail W. Stuart principles and practice of psychiatric nursing published by Elsevier inc. page no 218-219.
2. Katherine M. Fortinash, Patricia A. Holoday Worret, 3<sup>rd</sup> edition, psychiatric mental health nursing, publishing services manager, Deborah Vogel, page no 174-176.

**Net references**

- [www.everydayhealth.com/anxiety/pregnancy-bring-on-panic-attack.aspx](http://www.everydayhealth.com/anxiety/pregnancy-bring-on-panic-attack.aspx).
- [www.babycenter.com/o-managing-stress-and-anxiety-during-pregnancy-1683be](http://www.babycenter.com/o-managing-stress-and-anxiety-during-pregnancy-1683be).
- [www.whattoexpect.com/pregnancy/anxiety](http://www.whattoexpect.com/pregnancy/anxiety) .  
<http://www.beyondblue.org/ab/whodoes-it-affect/pregnancy-and-early-parenthood/mental-health-conditions/anxiety>

**Journal References**

- The effect of anxiety during pregnancy on obstetric complication/perkin Mr. Bland JM. Peacock JL, et al page no- 629-634.
- Couto, E.R. et al. quality of life, anxiety among pregnant women with previous adverse pregnancy outcomes. Sao Paulo medical journal, Vol 127 July 2009, page no- 185-189.