



PERCEIVED ANXIETY REGARDING PREGNANCY OUTCOMES IN PRIMIPAROUS COUPLES DURING THE THIRD TRIMESTER

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Abstract

A sequential explanatory design research was conducted to explore the perceived anxiety related to pregnancy outcome among primiparous couples during third trimester from selected hospitals of Navi Mumbai. 100 primiparous couples were selected during their third trimester by non-probability purposive sampling technique. Data collection was done by using self-structured anxiety scale with 20 questions and later interviewed the samples by semi-structured interview till saturation of data is seen. Result revealed that the level of perceived anxiety among primiparous couple, majority 119 (59.5%) were having moderate anxiety, 44(22.0%) were having mild anxiety and 37(18.5%) were having severe anxiety. Mean anxiety score of wives was found to be 23.02+ 7.71 and the mean anxiety score of husbands was 23.24+7.35. There was almost similar anxiety level among husbands and wives during their first pregnancy. No significant association between perceived anxiety related to pregnancy outcome among husband with their selected demographic variables except "Consanguineous marriage". Qualitative analysis shows that majority of the couple were happy, majority had concern about safe delivery and child, healthy baby, and baby's weight, and verbalized about coping strategies to overcome anxiety mostly was keeping silent and calm, meditation, talking with family and friends.

INTRODUCTION

Anxiety is characterized by an unpleasant feeling. Anxiety prevalence is 15.6% in early pregnancy. More than one in ten pregnant women have it commonly. Pregnancy and delivery are warm and new experience to primiparous couples especially. Pregnancy is happy and life changing moment but along with happiness the couple also experiences stress, fear, and worry. Anxiety may not be similar for every couple, the level of anxiety and factors related to it can differ from each other. Now a days husbands are more involved

in pregnancy. Trend has changed from 'my wife is pregnant' to 'we are pregnant.' There are many emotional changes that occur in pregnant couples.

Objectives of the study:

To assess the perceived anxiety related to pregnancy outcome among primiparous couples, to compare the perceived anxiety related to pregnancy outcome among primiparous couples (between husband and wife) and to determine the association



between the perceived anxiety related to pregnancy outcome among primiparous couples with selected demographic variables

Methodology:

Investigators adopted mixed methodology approach in that sequential explanatory design is used. Sample selected by non-probability purposive sampling method. In this study sample size was 200 i.e., 100 primiparous couples during their third trimester from selected hospitals of Navi Mumbai. Self-structured anxiety scale with 20 questions were used for data collection and later interviewed the samples by semi-structured interview till saturation. Tool reliable to use (score=0.791). Data is collected through self-structured anxiety scale and semi-structured interview. Tool comprises of sociodemographic data, health and obstetrical characteristics, Self-Structured Anxiety Scale

Analysis Interpretation

Section A: Frequency and percentage of demographic variables. Result shows that, 51.0% wives and 10.0% husbands were in age group of 20-24 years, 40.0% wives and 55.0% husbands were 25-29 years, 08.0% wives and 31.0% husbands were 30-34 years, 01.0% wives and 04.0% husbands were above 35 years. 08.0% wives

and 10.0% husbands were Buddhist, 81.0% wives and 79.0% husbands were Hindu, 09.0% wives and 09.0% husbands were Muslim and 02.0% wives and 02.0% husbands were Sikh by religion. 10.0% wives and 09.0% husbands had completed primary education, 19.0% wives and 16.0% husbands had completed secondary education, 43.0% wives and 39.0% husbands had completed higher-secondary education, 28.0% wives and 36.0% husbands had completed graduation/post-graduation. Occupation of 70.0% wives and 01.0% husbands were homemaker, 23.0% wives and 66.0% husbands were doing service, 02.0% wives and 11.0% husbands were doing business, 05.0%

wives and 17.0% husbands were self-employed, 05.0% husbands were daily wage worker. 43.0% wives and 07.0% husbands had 18-21 age at marriage, 39.0% wives and 33.0% husbands had 22-

25 age at marriage, 15.0% wives and 47.0% husbands had 26-29 age at marriage, 03.0% wives and 13.0% husbands had 30 and above age at marriage.

42.0% couples were of urban residence, 39.0% were rural and 19.0% were semi-urban. 31.0% couples had

<20000 family income, 43.0% had 20001-40000, 15.0% had 40001-60000 and 11.0% had more than 60000. 57.0% couples belong to joint family, 35.0% couples belong to nuclear family and 08.0% couples belong to expanded nuclear family. Duration of marriage was <2 years among 70.0% couples and 3-5 years among 30.0% couples.

Section B: Health and obstetrical characteristics. Frequency and percentage distribution of obstetrical characteristic shows that, 15.0% women were having gestational age 30-32 weeks, 24.0% were in 33-35 weeks, 37.0% were in 36-38 weeks, and 24.0% were having 39-42 weeks. 11.0% had history of abortion. 74.0% had planned current pregnancy and 26.0% did not planned the pregnancy. Frequency and percentage distribution of health characteristic of couples shows that, 19.0% wives and 09.0% husbands sleep for <6 hours, 64.0% wives and 76.0% husbands sleep for 6-8 hours and 17.0% wives and 15.0% husbands sleep for >8 hours. 13.0% wives and 03.0% husbands had medical health issues. 04.0% wives had anaemia, 01.0% wives had HIV-AIDS and 01.0% husbands had HIV-AIDS, 01.0% wives had hypertension and 01.0% husbands had hypertension, 01.0% wives had diabetes mellitus and 01.0% husbands had diabetes mellitus, 05.0% wives had thyroid and 01.0% wives had PCOD.



Section C:

Section C-1: Perceived anxiety related to pregnancy outcome among primi parous couples

Table 01: Level of perceived anxiety among primiparous couple

n=200

Level of anxiety	Scoring	Couples (husband and wife)	
		<i>f</i>	%
Mild anxiety	3-18	44	22
Moderate anxiety	19-29	119	59.5
Severe anxiety	30-60	37	18.5
Total		200	100%

The above table shows the Level of perceived anxiety among primiparous couple, majority 119 (59.5%) of the couples were having moderate anxiety, 44(22%) were having mild anxiety and 37(18.5%) were having severe anxiety.

Section C-2: Comparison of Perceived anxiety related to pregnancy outcome among primiparous couples Comparison of

Perceived anxiety related to pregnancy outcome among primiparous couples. Among wife, majority of the participants 62(62%) were having moderate anxiety, 22(22%) were having mild anxiety and 16(16%) were having severe anxiety. Whereas, among husband majority of the participants 57(57%) were having moderate anxiety, 22(22%) were having mild anxiety and 21(21%) were having severe anxiety.

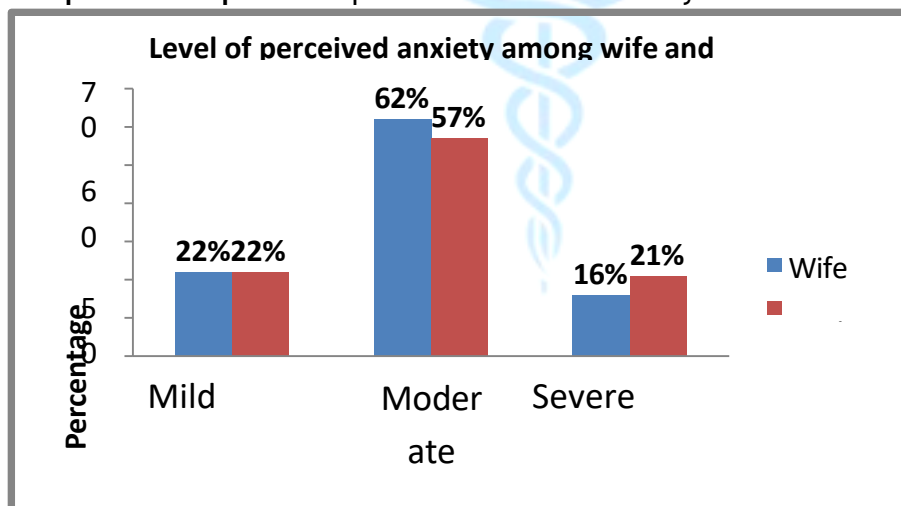


Figure 1: Level of perceived anxiety among wife an

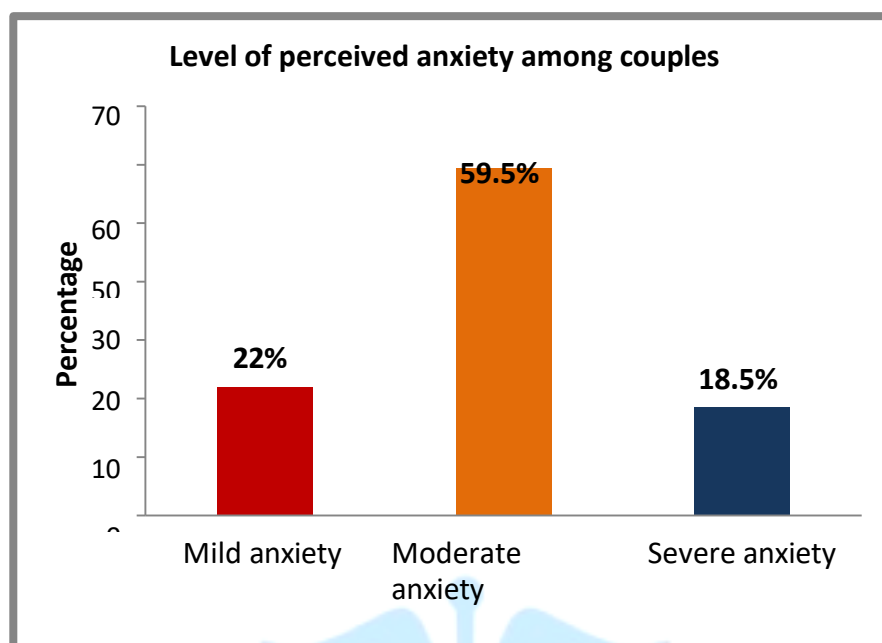


Figure 2: Level of perceived anxiety among primiparous couple

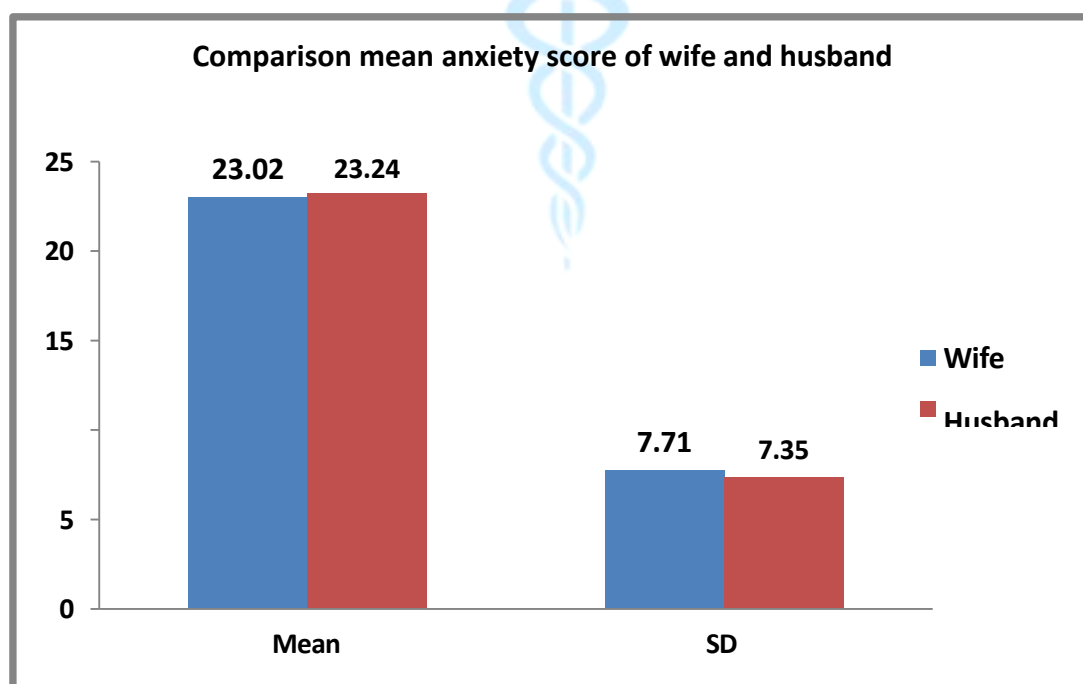


Figure 3: Comparison of mean anxiety score of wife and husband



Section D: Comparison of perceived anxiety related to pregnancy outcome among primiparous couples Table 02: Comparison of Perceived anxiety related to pregnancy outcome between wife and husband.

n=200

Group	n	Mean	SD	U value	P value
Wife	100	23.02	7.71	64.944	0.891
Husband	100	23.24	7.35		

The data displayed in table shows that the comparison of perceived anxiety related to pregnancy outcome between wife and husband. To evaluate the difference, Mann-Whitney U test was used. The test revealed that there is no significant difference in perceived anxiety related to pregnancy outcome between wife and husband, the calculated $U=64.944$, which is greater than 0.05 level of significance, $p=0.891$. The mean anxiety score of wives was found to be 23.02 ± 7.71 and the mean anxiety score of husbands was 23.24 ± 7.35 . Hence, conclude that there is no significant difference in perceived anxiety related to pregnancy outcome between wife and husband.

Association between perceived anxiety related to pregnancy outcome

There is no significant association between perceived anxiety related to pregnancy outcome among wife with their selected demographic variables such as age, religion, education, occupation, age at marriage, residence, family monthly income, type of family, consanguineous marriage, duration of marriage. The study shows there is no

significant association between perceived anxiety related to pregnancy outcome among husband with their selected demographic variables such as such as age, religion, education, occupation, age at marriage, residence, family monthly income, type of family, consanguineous marriage, duration of marriage. There is no significant association between perceived anxiety related to pregnancy outcome among husband with their selected demographic variables except "Consanguineous marriage". There is no significant association between perceived anxiety related to pregnancy outcome among couples with their selected health and obstetrical characteristic. The study shows that there is no significant association between perceived anxiety related to pregnancy outcome among couples with their selected health characteristics.

Qualitative data analysis:

Qualitative data analysis is done by Colaizzi phenomenological method. There were four questions asked during interview by semi-structure interview technique. Those four questions converted into four themes. Each theme has verbatim of the participants, which is kept as it was. Codes in the table of analysis were actual responses of participants, and from those codes a common sub-them was generated considering their meaning and similarities.

Analysis based on 4 themes as follows:

Theme I: Feeling of birth of the baby

Theme II: Factors causing anxiety during birth

Theme III: Factors causing anxiety after birth

Theme IV: Coping strategies to overcome anxiety



Table 03: Distribution of perceived anxiety among primiparous couples under themes and sub-themes. n=18 (10 Wife & 8 Husband)

Themes	Sub-themes	Codes	Frequency			
			Wife n=10		Husband n=8	
			f	%	f	%
1. Feeling of birth of the baby	Good feelings	Excitement	3	30%	1	12.5%
		Happy	5	50%	6	75%
	worries	Tensed	2	20%	1	12.5%
		Fear of delivery (N/CS)	5	50%	3	37.5%
		Thoughtful about family support	1	10%	-	
2. Factors causing anxiety during birth	Safety and security	Safe delivery	5	50%	4	50%
		Security/harmless birth	4	40%	3	37.5%
	Health concern	Healthy mother and baby	4	40%	3	37.5%
		Any emergency during birth	1	10%	2	25%
	Hospital related concern	Availability of doctors	1	10%	2	25%
		Fear of pain	2	20%	-	
3. Factors causing anxiety after birth	Concern about baby	Responsibility of baby	3	30%	3	37.5%
		Healthy baby and baby's weight	7	70%	6	75%
	Personal concern	Adequate rest	2	20%	-	
4. Coping strategies to overcome anxiety	Relieving actions	Meditation, Yoga	3	30%	3	37.5%
		Deep breathing	3	30%	1	12.5%
		Talking with family and friends	5	50%	1	12.5%
		Positive thinking	1	10%	1	12.5%
	Adapting behaviors	Keep silent and calm	6	60%	2	25%
		Rely on doctors	1	10%	2	25%
	Religious practices	Pray to God	0	00%	2	25%

Above table shows that, for theme-I maximum 50.0% wives and 75% husband verbalized "happy". 50.0% wives verbalized "fear of delivery." For theme-II maximum 50.0% wives and 50.0% husbands verbalized about safe delivery. For theme-III maximum 70.0% wives

and 75.0% husbands verbalized about healthy baby and baby's weight. For theme-IV maximum 60.0% wives prefer keeping silent and calm and 37.5% husbands practice meditation and yoga.


Table 04: Distribution of perceived anxiety among wife under themes and sub-themes n=10

Themes	Sub- themes	Codes	Wife					
			Mild anxiety (n=3)		Moderate anxiety (n=4)		Severe anxiety (n=3)	
			f	%	f	%	f	%
1. Feeling of birth of the baby	Good feelings	Excitement	1	33.33	2	50	-	-
		Happy	3	100	1	25	1	33.33
	worries	Tensed	-	-	1	25	1	33.33
		Fear of delivery (N/CS)	-	-	3	75	2	66.66
		Thoughtful about family support	-	-	1	25	-	-
2. Factors causing anxiety during birth	Safety and security	Safe delivery	1	33.33	2	50	2	66.66
		Security/harmless birth	1	33.33	1	25	2	66.66
	Health concern	Healthy mother and baby	-	-	3	75	1	33.33
		Any emergency during birth	-	-	-	-	1	33.33
	Hospital related concern	Availability of doctors	-	-	-	-	1	33.33
		Labour pain	-	-	2	50	-	-
3. Factors causing anxiety after birth	Concern about baby	Responsibility of baby	-	-	2	50	1	33.33
		Healthy baby and baby's weight	2	66.66	3	75	2	66.66
	Personal concern	Adequate rest	1	33.33	1	25	-	-
4. Coping strategies to overcome anxiety	Relieving actions	Meditation, Yoga	1	33.33	2	50	-	-
		Deep breathing	-	-	2	50	1	33.33
		Talking with family and friends	-	-	3	75	2	66.66
		Positive thinking	-	-	1	25	-	-
	Adapting behaviour	Keep silent and calm	2	66.66	2	50	2	66.66
		Rely on doctors	1	33.33	-	-	-	-
	Religious practices	Pray to God	-	-	-	-	-	-

The above table shows factors of perceived anxiety among wives. For theme I, wives who had mild anxiety levels, majority verbalized Happy, who had moderate and severe anxiety levels were verbalized fear of delivery. For theme II, wives who from mild and severe anxiety levels, majority verbalized about safe delivery. Security/harmless birth, from

moderate category verbalized about health concern of baby. For theme III majority of wives from mild, moderate, and severe levels verbalized about healthy baby and baby's weight. For theme IV majority of wives from mild, moderate, and severe levels verbalized about keeping silent and calm.


Table 05: Distribution of perceived anxiety among husbands under themes and sub-themes n=8

Themes	Sub-themes	Codes	Husband					
			Mild anxiety (n=2)		Moderate anxiety (n=3)		Severe anxiety (n=3)	
			f	%	f	%	f	%
1. Feeling of birth of the baby	Good feelings	Excitement	1	50	-	-	-	-
		Happy	2	100	3	100	1	33.33%
	worries	Tensed	-	-	-	-	1	33.33%
		Fear of delivery (N/CS)	-	-	1	33.33	2	66.66%
		Thoughtful about family support	-	-	-	-	-	-
2. Factors causing anxiety during birth	Safety and security	Safe delivery	1	50	2	66.66	1	33.33%
		Security/harmless birth	-	-	2	66.66	1	33.33%
	Health concern	Healthy mother and baby	1	50	-	-	2	66.66%
		Any emergency during birth	-	-	1	33.33	1	33.33%
		Availability of doctors	-	-	1	33.33	1	33.33%
3. Factors causing anxiety after birth	Concern about baby	Responsibility of baby	-	-	1	33.33	2	66.66%
		Healthy baby and baby's weight	2	-	2	66.66	2	66.66%
	Personal concern	Adequate rest	-	-	-	-	-	-
4. Coping strategies to overcome anxiety	Relieving actions	Meditation, Yoga	-	-	2	66.66	1	33.33%
		Deep breathing	-	-	1	33.33	-	-
		Talking with family and friends	1	50	-	-	-	-
		Positive thinking	1	50	-	-	-	-
	Adapting behavior	Keep silent and calm	1	50	-	-	1	33.33%
		Rely on doctors	-	-	1	33.33	1	33.33%
	Religious practices	Pray to God	-	-	1	33.33%	1	33.33%

The above table shows factors of perceived anxiety among husbands. For theme I, husbands who had mild and moderate anxiety levels, majority verbalized Happy, who had severe anxiety levels were verbalized fear of delivery. For theme II, husbands who from mild anxiety levels, majority verbalized about safe delivery and healthy mother and baby. Husbands with moderate levels verbalized about safe delivery, harmless birth and from severe anxiety verbalized about healthy mother and baby. For theme III majority of husbands from moderate anxiety levels verbalized about healthy baby and baby's weight, and severe levels verbalized about healthy baby and baby's weight and

responsibility of baby. For theme IV majority of husbands from mild level of anxiety verbalized of talking with family, and friends, positive thinking, keeping silent and calm. Majority from moderate levels verbalized of practicing meditation and yoga, and severe levels verbalized about keeping silent and calm, meditation and yoga, rely on doctors, pray to God.

Discussion

The findings of this study have been related with other studies which are similar to present study and are discussed. Lalchugnungi and Rikynti, (2021) Assam, India, says that related to demographic variables revealed that,



maximum women 56.0% are <25 years of age. 61.0% were Hindu, 35.0% completed primary education, 48.0% had family income < 10,001/-Rs., 59.0% were from nuclear family, 96.0% had planned pregnancy, 85.0% were residing in urban area. Anita Nath, et.al., 2019, Bangalore, India had conducted a study of prevalence and determinants of pregnancy-related anxiety amongst pregnant women at less than 24 weeks of pregnancy on 380 samples. Study result show that among 350 pregnant women. 195 (55.7%) had pregnancy-related anxiety. Siska Nurul Abidah, et.al, May-July 2020, Indonesia at Jagir Public Health Center, Surabaya had conducted a correlational study using a cross-sectional approach on "Husband Support Correlates with Maternal Anxiety Levels During Pregnancy in The Third Trimester". 40 pregnant mothers were selected by consecutive sampling method. 47.5% reported severe anxiety, 30% had mild and 22.5% had moderate anxiety levels.

Khosla Pratibha, et.al., 2020, Odisha, India, had conducted a cross-sectional study on perception of pain and level of anxiety among primipara and multipara mothers in the first stage of labour admitted in the labour room. Samples selected for the study were 80 primiparas and 80 multiparas. Result related to association revealed that there was no association between demographic variables and level of anxiety among primipara as well as multipara. Jingui Huang et.al., 2021-2022, China, had conducted a study on "The relationship among pregnancy-related anxiety, perceived social support, family function and resilience in Chinese pregnant women: a structural equation modeling analysis, among 579 pregnant women. Result of the study shows that, perceived social support, family function and resilience were negatively associated with pregnancy related anxiety.

Result:

Result revealed that the level of perceived anxiety among primiparous couple, majority 119 (59.5%) were having moderate anxiety, 44(22.0%) were having mild anxiety and 37(18.5%) were having severe anxiety. Mean anxiety score of wives was found to be 23.02 ± 7.71 and the mean anxiety score of husbands was 23.24 ± 7.35 . There was almost similar anxiety level among husbands and wives during their first pregnancy. No significant association between perceived anxiety related to pregnancy outcome among husband with their selected demographic variables except "Consanguineous marriage". Qualitative analysis shows that majority of the couple were happy, majority had concern about safe delivery and child, healthy baby, and baby's weight, and verbalized about coping strategies to overcome anxiety mostly was keeping silent and calm, meditation, talking with family and friends.

Conclusion:

The findings of the study reveals that there is moderate level of perceived anxiety related to pregnancy outcome among primiparous couples during third trimester. There is no much difference in the level of anxiety among husbands and wives and there was no association between perceived anxiety and selected demographic variables except consanguineous marriage.

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