

The Effect of Fear and Psychological Anxiety on Women who are about to Give Birth in the Last Months of Pregnancy

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Abstract

Background: Anxiety is still as one of the one of the most important topics of concern to many specialists in the branches of various scientific studies. The interest of studying anxiety in part is due to the negative consequences as it causes a wide spectrum psychological disorders in both sexes and perhaps in women in particular the biggest and perhaps the most important factor affecting a pregnant woman. The upcoming birth is what we mentioned earlier, which is anxiety being the first emotional response in the lexicon of situations especially in this period.

Objectives: Find out if the woman who is about to give birth suffers from psychological anxiety and shed light on the most important physical and psychological symptoms of psychological anxiety for the woman who is due to give birth.

Materials and methods: This research was conducted on a randomly selected sample of women about to give birth in Al-Kut Maternity Hospital in Wasit Governorate, the number of examinations reached 100 during 12/1/2021 to 20/1/2021.

Results: Physiological and physical symptoms were conducted on 100 samples of pregnant women in the last months of pregnancy and the percentages were divided into three sections high, medium and rare. The physical symptoms included shortness of breath - dry mouth and throat-feeling cold in the hands- suffering from constant constipation- chest pain and dizziness-persistent headache, and the high rate ranged between (5-60%). While the physiological symptoms included 11 choices, the percentages ranged between 0 - 90%.

Conclusion: Psychological anxiety accompanies a person at all stages His life, especially pregnant women, and the severity of anxiety varies according to the extent to which the physiological and physical symptoms of anxiety dominate the pregnant woman.

Keywords: Anxiety, Fear, Psychological anxiety, Pregnancy, Pregnancy outcome

Introduction

Anxiety is an unpleasant emotional experience experienced when an individual feels fear or limitation about something without being able to this condition is often accompanied by some physiological changes [1].

In general, it is an individual's feeling of constant terror and fear as a result of certain values that he holds the individual is inside him, and from external events that do not justify the presence of this feeling, anxiety may mean a group of feelings and emotional feelings that include fear, pain and bad expectations, and it is a painful emotional experience that he suffers from when an individual feels fear or threat of something without being able to define it accurately or clearly [2]. Symptoms of anxiety are divided into physical and psychological. These include general weakness, lack of vital energy, vigor, perseverance, muscle tension, and excessive motor activity Crises, motor nervousness, constant headaches, sweat, shoulder sweat, and pallor of the face Rapid pulse, chest pain, high blood pressure, respiratory disturbance, squeezing, and feeling tight Chest and turn, nausea, vomiting, coughing, loss of appetite, insomnia, and dreams nagging and disturbed sexual function, As for psychological symptoms, they include general anxiety and anxiety about health and work the future, nervousness, general tension, and psychological sensitivity are excessive doubt, suspicion, hesitation, anxiety, fleeting depression, pessimism, and preoccupation with mistakes. The past, delusion of illness, poor concentration, wandering of the mind, poor ability to work and production, and poor social adjustment and professional mismatch, and the situation may reach random, uncontrolled behavior [3, 4].

A lack of adaptation may occur due to the disturbed personality of one of the spouses, or the lack of acceptance of the pregnancy, or the lack of support or an unusually large number of stressors, and the focus must be by healers on these concerns and problems from the start, and steps therapy can help a couple a lot psychological problems and disorders are more common in the mother during pregnancy and the puerperium, This is due to the combination of biological and chemical factors of pregnancy hormones and psychological stress, these disorders range from a mild disorder such as anxiety or postpartum depression to a severe one up to psychotic disorders such as schizophrenia [5, 6]. The psyche and behavior of the expectant mother is a mirror that reflects the hormonal disturbances inside her due to the presence of a new organism in her womb. Digestive disorders such as nausea and vomiting and psychological disorders change the mood appetite, and the husband is sometimes bored with the temporary care that she afflicts her

for fear that she will miscarry as a result of marital occasions, and changes her mood towards her husband, and her behavior disorders, all of this makes the pregnant woman a sensitive and sensitive person, so she must dealing with her and cohabiting with her calmly and patiently during the first three months of her pregnancy, especially if she is pregnant with the first boy, and the pain was severe [7].

must also take care of her psychological condition during the other two months of pregnancy because she is afraid of giving birth premature or difficult childbirth, as well as conjugal occasions should be reduced, and even completely abstained during the last two weeks of the month pregnancy [8]. Labor and delivery are among the most difficult things that a pregnant mother may see with the eyes of the expectant mother, pain, trauma, as well as the direction of the difficult physical effort that she makes during the labor process, after the birth process and the emergence of the new organism that is largely responsible from the mother, there is a concern from the mother about the behavior that she should take towards this new organism. [9]. Therefore, it is necessary to support this educational aspect in some physical and some treatments the first is relaxation, and it begins with a type of intended breathing, followed by a competition with calm and relaxation the beginnings of childbirth require a lot of focus and effort by the pregnant woman, which is something that she cannot as a woman as she is It requires constant support from those around the mother and better than this is the method of spontaneous breathing and this is a method of self-relaxation and it results from the person who practices it and is free from fear and distress [10]. As a result of the above, the importance of the support provided by midwives or gynecologists for childbirth began to appear, this support is considered one of the services provided to the mother during the birth process, and all workers in the Birth field hurry to apply this support.

Materials and Methods

Multiple measures of anxiety were used, such as: Taylor Spielberger and Cattell, to benefit from them in preparing the study tool through the theoretical framework in which the researcher dealt with the issue of birth anxiety and some personal interviews conducted by the researcher with, mothers who attend the obstetrics department for the purpose of childbirth and not examination, as well as midwives and doctors responsible for the birth process.

Results

The first axis: the physical symptoms of anxiety

Table 1: Physical symptoms of a pregnant woman in the last months of pregnancy

Symptoms	Significantly	Moderately	Rare
Shortness of breath	49 (49%)	39 (39%)	12 (12%)
Dry mouth and the throat	50 (50%)	33 (33%)	17 (17%)
Feeling cold in the hands	54 (54%)	41 (41%)	5 (5%)
Suffering from Constant constipation	44 (44%)	49 (49%)	7 (7%)
Chest pain and dizziness	60 (60%)	33 (33%)	7 (7%)
Constant headache	45 (45%)	39 (39%)	16 (16%)

Depending on the data contained in Table (1) the physical symptoms that were prevalent in pregnant women ranged significantly between (44-60%), and the symptoms that were present were (33-49%), and the physical symptoms that were present in rare cases were its ratio (5-17%).

The second axis: psychological symptoms of anxiety

Table 2: Physiological symptoms of a pregnant woman in the last months of pregnancy

Symptoms	Significantly	Moderately	Rare
Concern about bleeding	70 (70%)	30 (30%)	0 (0%)
Feeling anxious about the lack of attention of the medical staff	67 (67%)	25 (25%)	8 (8%)
Feeling afraid of Difficulty giving birth	90 (90%)	10 (10%)	0 (0%)
Anxiety about vaginal examination	66 (66%)	32 (32%)	2 (2%)
Feeling afraid of Loss of sense of fetal movement inside the womb	57 (57%)	42 (42%)	1 (1%)

Based on the data in Table (2) for the Physiological symptoms of a pregnant woman in the last months of pregnancy that were, their significantly ranged between (57-90%), and the symptoms that were present in a moderately were (10-42%), and as for the rare symptoms, their percentage was (0-8%).

Table 3: Physiological symptoms of a pregnant woman in the last months of pregnancy

Symptoms	Significantly	Moderately	Rare
Feeling anxious about the pain that accompanies birth process	43 (43%)	41 (41%)	16 (16%)
Feeling anxious about lack amniotic fluid surrounding the fetus	38 (38%)	37 (41%)	25 (25%)
Loss of ability to focus	49 (49%)	38 (38%)	13 (13%)
Fear of the unknown	55 (55%)	37 (37%)	8 (8%)
interrupted sleep	59 (59%)	38 (38%)	3 (3%)
Feeling stressed and confused to the minimum reason	65 (65%)	32 (32%)	3 (3%)

Based on the data in Table (3) for the Physiological symptoms of a pregnant woman in the last months of pregnancy that were, their significantly ranged between (38-65%), and the symptoms that were present in a moderately were (32-41%), and as for the rare symptoms, their percentage was (3-25%).

Discussion

Through the responses of the examinees to the vocabulary of the second dimension of the questionnaire, it was found that most of the respondents chose the first alternative (to a large extent) to answer the elements of the questionnaire, and this proves its validity. the second partial hypothesis, which states that a woman who is about to give birth experiences psychological symptoms of anxiety.

Through the responses of the sample members to the questionnaire items divided into two dimensions: the physiological dimension and the psychological dimension of anxiety, which

included the most important psychological and physiological symptoms that a woman who is about to give birth may suffer from. It was found by analyzing the results of the questionnaire that the examinees relied on the first alternative (to a large extent) in determining their answers to most of the items in the questionnaire, The response rates with this alternative ranged in most of the vocabulary, reaching 90% Large percentages prove that the woman who is about to give birth suffers from physiological and psychological symptoms that cause concern.

The result of the study conducted by the researcher was in agreement with previous studies on psychological anxiety and its relationships, by birth or its impact on it, such as the study conducted by Abdul Wahed and Ahmed, 2020 which aimed to identify the presence of symptoms of anxiety and depression in pregnant women, and the result of this study showed a high level of anxiety in pregnant women, Women more than others, as well as study by Wallace in 2016, which aims to research the effect of both depression and anxiety for a pregnant woman on her psychological state, and the result was consistent with the results of the research in the current study, as a pregnant woman suffers from anxiety and it affects it during pregnancy as well as during the birth process.

The study conducted by the researcher also agreed with the study Shahhosseini *et al.*, 2015 which aimed to study the relationship between the level of anxiety in mothers and the control of their ability during the birth process, and the result was there is a negative relationship between intense anxiety in expectant mothers and their ability to control and control during childbirth. Hence, we conclude that the study conducted by the researcher was in agreement with a number of previous studies, meaning that it is on the right path to research.

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