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## Assess the level of anxiety related to labor process among primigravida mothers

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### Abstract

Anxiety is a general term of several disorder that cause nervousness, fear, apprehension and worrying, Severe anxiety can be extremely debilitating having a serious impact on daily life. The present study aimed in assessing the current level of anxiety related to labor process among primigravida mothers at selected hospital. A quantitative approach with non-experimental descriptive research design with 60 primigravida mother were recruited as study participants by using non probability sampling technique for the present study. Data was gathered by exploiting a self-structured questionnaire for both the demographic information and for assessing their current level of anxiety related to labor process. Outcome of the present study revealed that the mean score on current level of anxiety towards primigravida found 78.12 hence concluded that, the primigravida mother had moderate level of anxiety towards labor process.

**Keywords:** anxiety, labor process, primigravida

### Introduction

Women during pregnancy is found stressful as there is many changes occur during the pregnancy periods. They respond this stress by feeling anxious the frequency and therefore the intensity of the generalized anxiety disorder will depend upon woman's perception of the stressors and her ability to cope with the changes <sup>[1]</sup>. Providing psychological support is one of the most important needs during her labor and delivery on the labor table. The parents are anxious and preoccupied with many concerns arising from their knowledge and perception of hospital and hospital personnel <sup>[2]</sup>. Childbirth is a new experience to the primigravida mother's. Childbirth is some women is a joyous relationship of hopes, together with an accelerated feeling of fears and anxieties whether the baby will be normal and healthy <sup>[3]</sup>. More than 60% of pregnant women in Malawi registered moderate to high childbirth anxiety, according to a 2018 survey <sup>[4]</sup>. Morning sickness, backache, bowel and bladder problems, changes in skin, nausea, headache, and prenatal anxiety are just some of the issues that a pregnant woman faces during the antenatal span <sup>[5]</sup>. Pregnant women, especially primigravida experience more anxiety, caused by fear of incidents of disability to the fetus and problems in labor <sup>[6]</sup>. Pregnancy-associated with many changes in the woman's body that lead to many discomforts called "minor disorders. Hormonal, accommodation, metabolic, and postural changes trigger these slight annoyances <sup>[7]</sup>. Anxiety during pregnancy is characterized by severe, prolonged, and persistent worry and anxiety about the pregnancy's outcome, which is accompanied by a faster heart rate, rapid breathing, sweating, and exhaustion <sup>[8]</sup>. Pregnancy is a potential stressor and a high-risk period during which women with psychological vulnerability may develop mental health problems. While mild stress and anxiety symptoms are to be expected in response to this challenge and stressor, a large number of pregnant women experience anxiety symptoms that may worsen and develop into clinical anxiety disorders <sup>[9]</sup>. Nurses must understand not only mild discomforts but also self-care behaviors to alleviate them in order to react effectively. Nurses can play a significant and important role in providing proactive guidance to patients <sup>[10]</sup>. Women who have high (severe) anxiety are at risk for experiencing atric-postpartum problems, for example postpartum Depression is a possibility, as is postpartum stress syndrome. According to international research, 12 percent of women believe childbirth is a frightening experience, causing mothers to feel nervous, frightened and ill, which results in disruption of the delivery process. So eliminating anxiety and fear during childbirth is very important <sup>[11]</sup>. Maternity is a wonderful period in a women's life and she spends each and every day in pleasant anticipation, waiting hold her bundle of joy in her at the end of the ninth month, even though it is a time of great happiness and fulfillment of the life, both the mother and her unborn child are exposed to a variety of health risks.

Mental wellbeing is a crucial part of overall health, it is a neglect component of reproductive health [12]. Therefore the objectives was to assess the current level of anxiety related to labor process among primigravida mother's and to find out the association between the current level of anxiety related to labor process among primigravida mother's with their selected demographic variables.

**Methods and Materials**

The quantitative approach with descriptive research design was adopted for the present study. After obtaining ethical clearance from the Institutional Ethical Committee (IEC) of Saveetha Institute of Medical And Technical Sciences and a formal permission from the departmental head of Obstetrics and Gynaecology, Saveetha Medical College and Hospital the study was conducted. A total of 60 primi-gravida mothers attending the antenatal clinic who are meeting the inclusion criteria were recruited as the study participants using non probability convenience sampling technique. The inclusion criteria includes primigravida mothers between the age group of 20- 35 years, who are willing to participate the present study, write and understand Tamil and English. The exclusion criteria includes mothers who are multigravida, previous history of anxiety disorders and on regular treatment, mentally ill and non-co-operative. Purpose of the study was explained to each of the study participants by the investigator and a written informed consent was obtained before collecting the data. The demographic data and the current level of knowledge was collected by using the self-structured questionnaire and the collected data were

tabulated, analyzed by using descriptive and inferential statistics.

**Result and Discussion**

**Section A: Demographic characteristics**

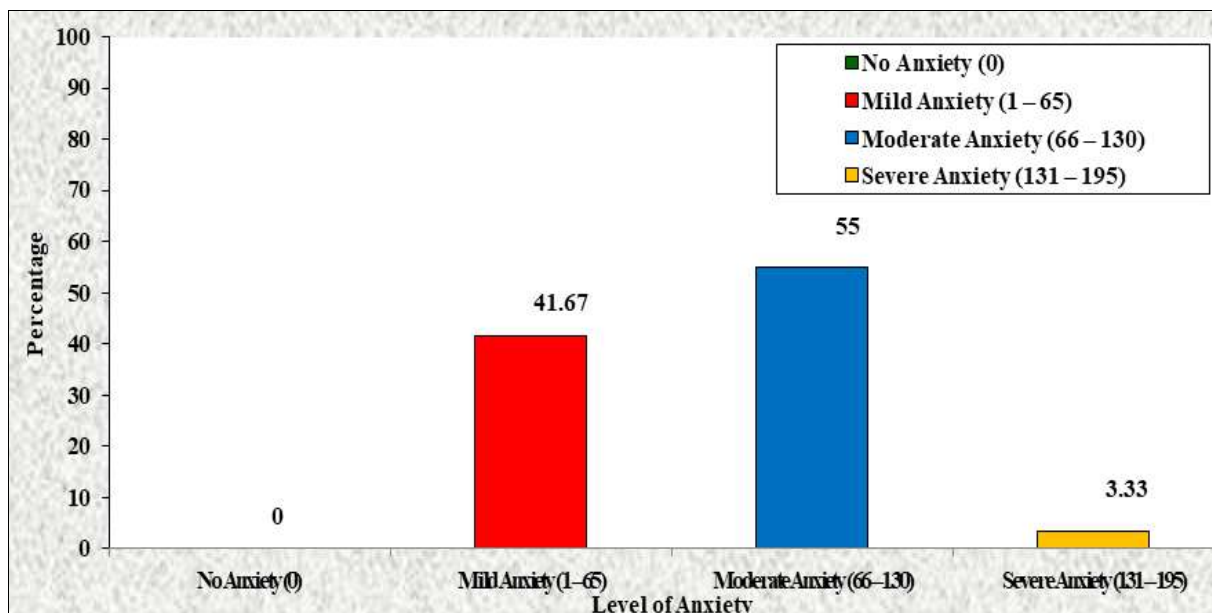
Among 60 study participants, major findings of this present study shows that primigravida mothers 33(55%) were between the age group of 20 – 25 years, 41(68.3%) had primary education, 38(63.3%) were housewives, 41(68.3%) belonged to nuclear family, 35(58.3%) had consanguineous marriage, 60(100%) were primigravida mothers. In obstetrical variables shows that 45(75%) had planned pregnancy, 60(100%) were primigravida mothers, 54(90%) had history of regular antenatal checkup and 27(45%) were in the gestational age of 26 – 32 weeks.

**Section B: Assessment on current level of anxiety related to labor process among primigravida mothers**

Primigravida mother's current level of anxiety related to labor process revealed that 33(55%) had moderate anxiety, 25 (41.67%) had mild anxiety and 2(3.33%) had severe anxiety.

**Table 1:** Frequency and percentage distribution of level of anxiety related to labor process among primigravida mothers N=60

Current level of anxiety	Frequency (NOS)	Percentage (%)
No Anxiety(0)	0	0
Mild Anxiety(1-65)	25	41.67
Moderate Anxiety(66-130)	33	55.0
Severe Anxiety(131-195)	2	3.33



**Fig 1:** Percentage distribution on current level of anxiety related to labor process among primi gravida mothers

The present study findings is supported by a study conducted by Preetinder Kaur, (2021) [8] in an aim to assess the anxiety level related to pregnancy outcome among primigravida mother during third trimester. The outcome of study concluded that, majority of the mothers were having 40% mild anxiety, 48% were having moderate level of anxiety and only 12% were having severe anxiety [8].

The present study findings is also supported by a study conducted by Binita Sapkota (2019) [5] in an aim to assess the prenatal anxiety among pregnant women visiting antenatal clinic at Paropakar maternity and women's

hospital. Outcome of the study results concluded that, 40.9% of antenatal mothers had minimal level of anxiety, 42.1% had mild to moderate anxiety and only 16.9% were having severe anxiety [5].

Hence, it is clear that majority of primi gravida mothers experience anxiety related to labour process during their antenatal period and it is very much essential that as a midwifery nurse, there is a need to promote awareness by providing adequate information about the labour process through health education, pamphlets and additional booklets to decline the anxiety level among all antenatal mothers.

**Section C: Current level of anxiety related to labor process among primigravida mothers**

**Table 2:** Assessment on current level of anxiety related to labor process among primigravida mothers

Variables	Current level of anxiety
Minimum Score	32.0
Maximum Score	133.0
Mean	78.12
Standard Deviation	27.55

For the present study, the mean score and standard deviation on the current level of anxiety related to labor process among primigravida mothers was 78.12±27.55 with minimum score 32.0 and maximum score of 133.0.

**Section D: Association between the current level of anxiety related to labour process among primigravida mother’s with their selected demographic variables**

None of the demographic variables had shown statistically significant association with current level of anxiety related to labor process among primigravida mothers.

**Conclusion**

Thus, findings of the present study revealed that, the current level of anxiety was moderate related to labor process among primigravida mothers.

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