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## Level of anxiety towards childbirth among primigravida and multigravida mothers

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### Abstract

**Introduction:** A women encounters physical and psychological changes during pregnancy that are typical of this time periods pregnancy is also an individual experience that elicits a range of response from very positive to very negative the wide range of response are due the complexity of the process the physical emotional psychological and social changes that occur the womens personality.

**Problem Statement:** "A comparative study to assess the level of anxiety towards childbirth among primigravida and multigravida mothers in selected hospitals of Pune city".

**Purpose:** Pregnancy can be both an exciting and worrying time for parents to be. Pregnant women experience a range of physical and emotional changes, all of which may trigger anxiety, fear of the unknown, stress feeling of insecurity over work or money, and daily pressures add to hormonal changes during pregnancy and may make women feel overwhelmed. Sometime the level of anxiety may high in both primigravida and mutigravida. In primigravida because of first baby and first experience too. In multigravida the women will have experience before so she will be aware with the of delivery and complications due to hormonal changes the cahecholamine is increases in brain may also cause stress and anxiety there are many other factors.

**Objectives:** The objectives are to assess the level of anxiety towards childbirth among primigravida and multigravida mothers and to compare the level of anxiety towards childbirth among primigravida and multigravida mothers.

**Material and Methodology:** Research approach is quantitative research approach and research design is comparative, research variables are level of anxiety in primigravida and multigravida mothers

**Conclusion:** Majority of the sample in multigravida mothers are found more severe anxiety score towards childbirth as compared to primigravida mother. Multigravida mothers had history of bad obstetric, anxious in next pregnancy outcome.

**Keywords:** Comparative, assess, study, towards, childbirth, primigravida, multigravida mothers, hospitals

### 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 the intensity of the anxiety reaction will depend on women's perception of the stressors and her ability to cope with the experience which is influenced by the woman herself and her personality and her ability to cope with the changes .The reactions and support of family and friends also may colour her view toward pregnancy. Her social situation and age may play a part in whether this will be positive or negative experience this is further influenced by the physical aspects of the pregnancy, whether the changes in her lifestyle in order to carry the pregnancy to term.

The medical risk involved in a pregnancy may be minimal or very high in pregnancy that is classified as high risk requiring constant medical supervision and intervention, may also influence on pregnancy health as well as mental health. The anxiety many factors will affect the women's pregnancy experience.

### Methodology

Quantitative research approach with non-experimental research design was adopted. The study was conducted on 300 samples of primigravida and multigravida mothers (150

primigravida and 150 multigravida mothers) in selected hospital of Pune city by using non-probability purposive sampling technique. The data were collected by using modified perinatal anxiety scale and content validity of the tool was established by suggestion of 5 experts Tool was found to be reliable which is calculated by using Karl Pearson correlation coefficient formula ( $r=0.95$ ).

Ethical consideration: formal administrative approval was obtained from selected hospitals of Pune city and obtained written inform consent from the participants.

### Findings

**Section 1:** It deals with analysis of demographic data in primigravida and multigravida mothers. The analyzed data was presented in Table 1

**Table 1:** Frequency and percentage distribution of demographic data (n=300)

Sr.no	Demographic variable	Primigravida mothers (150)		Multigravida mothers (150)	
		Freq	%	Freq	%
1	AGE				
	18-22	44	29.4%	13	8.7%
	23-27	90	60%	80	53.3%
	28-32	14	9.3%	52	34.7%
	Above 33	02	1.3%	05	3.3%
2	Religion				
	Hindu	140	93.4%	134	89.3%
	Christian	04	2.4%	01	0.7%
	Muslim	05	3.5%	11	7.3%
	Any Other	01	0.7%	04	2.7%
3	Education				
	Primary	52	34.7%	73	48.7%
	Secondary	64	42.6%	27	18%
	Graduate	19	12.7%	39	26%
	Post-Graduate	15	10%	11	7.3%
4	Type Of Family				
	Nuclear	32	21.4%	50	33.3%
	Join	118	78.6%	100	66.7%
	Extended	0	0%	0	0%
5	Number Of Gravida				
	Primigravida	150	100%		
	Multigravida			150	100%
6	Any History Of Abortion				
	Yes	0	0%	40	26.7%
	No	150	100%	67	73.3%
7	Any History Of Infertility				
	Yes	0	0%	3	2%
	No	150	100%	147	98%
8	Any History Of Past Medical Illness				
	Yes	1	0.6%	8	5.3%
	No	149	99.4%	142	94.7%
9	Support System				
	Mother	10	6.7%	8	5.3%
	Mother in Law	15	10%	3	2%
	Husband	125	83.3%	136	90.7%
	Relatives	0	0%	0	0%
	Friends	0	0%	0	0%
	Any Others	0	0%	3	2%
10	Practices To Reduce Anxiety				
	Meditation	05	3.4%	02	1.3%
	Yoga	13	8.6%	03	2%
	Home Remedies	06	4%	09	6%
	Relaxation	76	50.6%	60	40%

### Primigravida Mothers

- Majority 60% of the primigravida mothers were in the age of 23-27 years, 20% were within the group of 18-22 years, 9.3% were the group of 28-32 years, 1.3% were the group of above 33 years
- Majority of 42.6% are secondary, 34.6% are primary education, 12.6% are graduate, 10% are post graduate.
- Majority of 78.6% were the joint family, 21.2% were the nuclear family, No sample were History of infertility and 0.6% were Past medical illness

- Majority of 83.3% were husband support, 10% were in laws, 6.6% were mothers support during pregnancy in primigravida mothers.
- Majority of 50.6% were using relaxation like watching television, newspaper reading, listening music, 8.6% were doing yoga, and 4% were using home remedies like are use to drink black tea along with ghee and they drink cumin water (jeera pani)

**Multigravida Mothers**

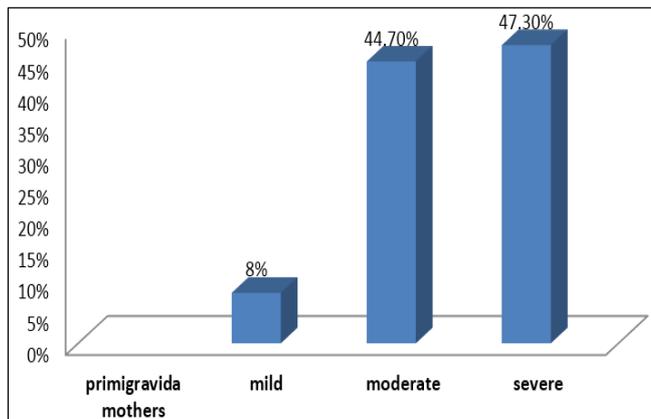
- Majority of 83% were within the age group of 18- 22 years, 53.3% were the group of 23-27 years, 34.7% were the group of 28-32% years, 3.3% were the group of above 33 years
- Majority of 48.7% are primary education, 26% are graduate, 18% are secondary 7.3% are post graduate.
- Majority of 66.7% were the joint family, 33.3% were the nuclear family, History of abortion were 26.7% and 5.3% were Past medical illness, History of infertility were 2% found
- Majority of 90.7% were husband support, 5.3% were mothers support, 2% were in laws, during pregnancy in multigravida mothers.
- Majority of 50.7% were using meditation, and 40% relaxation methods like watching television, newspaper reading, listening music and 6% were using home remedies they are use to drink black tea along with ghee and they drink cumin water (jeera pani), 2% were doing yoga.

**Section 2:** It deals with the level of anxiety towards childbirth among primigravida mothers

**Primigravida Mothers**

**Table 2:** Shows the level of anxiety towards childbirth among primigravida (n=150)

Level of anxiety	Frequency	Percentages
Mild	12	8%
Moderate	67	44.70%
Severe	71	47.3%



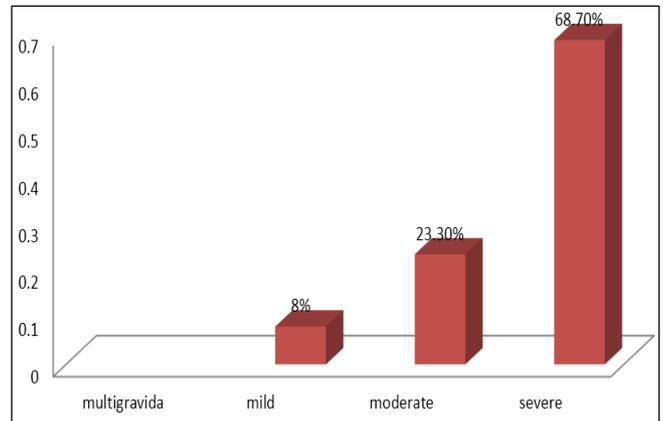
**Fig 1:** Bar Graph Showing the Level of Anxiety towards Childbirth among Primigravida Mothers (n=150)

Table 2 and Figure 1 shows that Majority (47.30%) of the primigravida mothers were having severe anxiety score towards childbirth, 44.7% of them were moderate anxiety and 8% were having mild anxiety

**Multigravida Mothers**

**Table 3:** Shows the level of anxiety towards childbirth among Multigravida mothers (n=150)

Level of anxiety	Frequency	Percentages
Mild	12	8%
Moderate	35	23.30%
Severe	103	68.70%

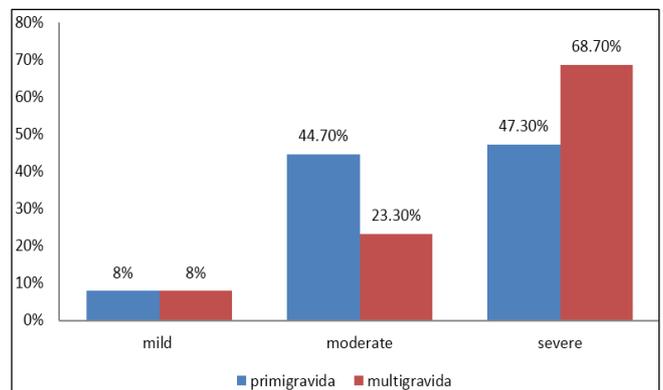


**Fig 2:** Bar Graph Showing the Level of Anxiety towards Childbirth among Primigravida Mothers (N=150)

Table 3 and Figure 2 shows that Majority (47.30%) of the primigravida mothers were having severe anxiety score towards childbirth, 44.7% of them were moderate anxiety and 8% were having mild anxiety.

**Table 4:** Deals with the Comparison the level of anxiety towards childbirth among Primigravida and Multigravida Mothers (n=300)

Level of anxiety	Primigravida		Multigravida	
	frequency	percentage	frequency	Percentage
Mild	12	8%	12	8%
Moderate	67	44.70%	35	23.30%
Severe	71	47.30%	103	68.70%



**Fig 3:** Bar graph shows the comparison of anxiety score in both primigravida and Multigravida mothers (n=150)

Table 4 and Figure 3 shows that Majority 68.70% were found severe anxiety score in Multigravida mothers towards childbirth 23.30% of them were moderate anxiety and 8% were having mild anxiety and In Primigravida Majority 47.30% were found severe anxiety score and 44.7% of them were moderate anxiety and 8% were having mild anxiety score towards childbirth its results shows that multigravida mothers have more anxiety as compare to Primigravida mothers as multigravida mothers have bad obstetrical history and medical history too.

**Discussion of the Research Findings**

The purpose of this to compare the anxiety towards childbirth among primigravida and multigravida mothers The findings of the study were discuss with references to the objective assumption stated, in this section the major finding of the present study have been discussed with the reference to the result obtained by the other researcher.

The finding of the study is supported by the researcher conducted by Hidayatul Kurniawati, Alfaina Wahyuni on Comparison of Anxiety Level Primigravida and Multigravida in Facing the Child Birth in Wirobrajan Primary Health Centre. Anxiety is unpleasant experience that happen when someone feel worry or threatening. Approximately 2%-4% of population suffers from anxiety in one phase of their life. As a woman, pregnancy and facing the child birth is one phase that can caused anxiety. Compare with primigravida, multigravida have more experience in facing the child birth.

Eka Roisa Shodiqoh, Fahriani Syahrul has conducted research on Anxiety Level Differences between the Face of Labour and Multigravida Primigravida. Facing childbirth is one thing that can cause anxiety. The research was conducted with cross-sectional design using questionnaires and Hamilton Rating Scale Anxiety (HRS-A). Interviews were conducted on 43 primigravidae and multigravidae pregnant women on 3rd trimester who checkup at Puskesmas Talango Sumenep. Testing difference in the level anxiety in the face of labor between primigravida and multigravida with Wilcoxon Mann-Whitney U test, where statistic values sig. (2-tailed) is 0,006 or  $p < 0,05$  indicating that there were differences in anxiety levels between primigravida and multigravida. Health worker should inform husbands to accompany their wife from pregnancy to childbirth.

### Conclusion

The researcher conducted a comparative study to assess the level of anxiety towards childbirth among primigravida and multigravida mothers in selected hospitals of Pune city ”.

The result of data analyzed specified that the level of anxiety towards childbirth is majority was high in Multigravida as compare to Primigravida Mothers

### Recommendations

On the basis of the findings, the following recommendations are offered for future nursing practice and research

- Study can be conducted to assess mother's stress and anxiety towards childbirth.
- Study can be replicated on large sample in different setting so that the findings can be generalized to large population.
- A comparative study can be done to study the coping strategies adopted among primigravida and multigravida towards childbirth
- The study can be replicated in different settings i.e. in primigravida and multigravida of rural and urban setting to strengthen the findings
- Similar prospective longitudinal studies may be done in selected regions across the country to strengthen the evidence generated from this study

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