

Psychophysical Stress Of Pregnant Women In Relation To Type Of Family And Involvement In Tapovan (GARBH SANSKAR) Centre Of Children's University

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Abstract

Pregnancy is the most important phase of every woman's lifespan. During this stage the physical, mental, emotional and social changes and the activity also has direct effect on the unborn child. So that the purpose of the present study is to investigate some of the factors affecting on Psychophysical stress of the pregnant women. Null hypothesis was framed regarding to the pregnant women from the involved and non-involved point of view of Tapovan (Garbh sanskar) Centre of children's university and from type of family point of view regarding to joint and nuclear family. A non-probability's purposive sampling method was used to select 120 pregnant women from entire Gujarat. Collection of data was carried out with the help of psychophysical stress Scale for pregnant women. The research tool for Psychophysical stress was measured by shanu mahehwari and Gujarati version by Y.A Jogasan and S. R somay. For analysis of data 'F – Test' was used. The finding of the study showed that there was a significant difference of Psychophysical stress in the context of Involvement in Tapovan (garbh sanskar) Centre of Pregnant women.

Keywords: Type of Family, Involvement in Tapovan (Garbh Sanskar)
Centre Children's University, Psychophysical Stress

Introduction:

Pregnancy is supposed to be a time of emotional and Physical well-being in woman's life, but for many women, this is a time of misperception, fear, sadness, anxiety, stress and depression. Mental health and Physical health in spite of being a significant component absence of systematic screening, most antenatal mental disorders are most. It is therefore important to take care of mental health and physical health of pregnant women. During pregnancy some activities like Pranayama & Yoga, Prayer, Meditation, listening

music and physical & intellectual games are most important factors in both mental and physical stress. It reduces stress. And also improving Emotional and physical well-being. As we know, the effect of well-being, mental and physical health impulsiveness is beyond pregnancy. Therefore, it is very important for a pregnant woman to have good mental and Physical health.

Pregnant Woman: - According to WHO the nine months or so for which a woman carries a developing embryo and fetus in her womb – is for most

women a time of great happiness and fulfillment. However, during pregnancy, both the woman and her developing child face various health risks. For this reason, it is important that all pregnancies should be monitored by skilled care providers.

Tapovan (Garbh Sanskar) Center:

- Pre-natal education is a part of cultural way of life in Bharatia tradition. It necessary that the education of a child's excellence begins from its conception and continues all though the life. During pregnancy the child's is affected by the physical, psychological and spiritual well-being of the mother. We need to authenticate this knowledge though a series of research. Children's university has taken initiative with the help of a two-dimensional concept of Centre. These two dimensions are: (1) Research is the eugenics and (2) Guidance and education of pregnant mothers for giving birth to the best of the children.

Involvement in Tpovan (Garbh Sanskar) Center's: - Those pregnant women who regularly participate in daily activities performed by Tapovan (garbh sanskar) Center of Children's University are termed as involvement in the Tapovan (garbh sanskar) Center. When pregnant women do not take regular part in the daily activities performed by Tapovan (garbh sanskar) Center of Children's University, they are termed as non-involved in the Tapovan (garbh sanskar) Center.

“Family is the institution within which the cultural traditions of a society are handed over to a newer generation. This indispensable function could not be fulfilled unless there are relations between parents

and children; the relations reciprocally of authority and respect” (Malinowski, 1927). In this context, Family Type is treated as an independent variable in this study. Psychophysical Stress: Stress is a very well-known psychological issue that is enveloping with the fact paced lifestyle the people are adoption. The Word ‘Stress’ is used in physics to refer to the interaction among a force and the resistance to counter that force, and it was Hans Selye who first incorporated this term into the medical lexicon to describe the “nonspecific response of the body to any demand.”

Wisborg, K., Barklin, A., Hedegaard, M. & Henriksen, T.B. (2008) studies Psychological stress during pregnancy and stillbirth: prospective study “the outcomes remained fundamentally unchanged after exclusion of preterm deliveries. Exclusion of women with difficulties during pregnancy such as diabetes, hypertension, vaginal bleeding, immunization and imminent preterm delivery failed to change the results. Likewise, restriction to women's first pregnancy in the cohort did not change the results”.

Janet, A. DiPietro, Matthew, F. S. X., Novak, Kathleen, A., Costigan, Lara, D., Atella, & Sarah P. (2006). Maternal Psychological Distress During Pregnancy in Relation to Child development at age of two research result shows that Higher levels of prenatal anxiety, nonspecific stress, and depressive symptoms were associated with more advanced motor development in children after postnatal control for each psychological measure; anxiety and depression were also significantly and positively

associated with mental development. Mild to moderate levels of psychological distress may enhance fetal maturation in healthy populations.

Mei-Yueh, Chang, Chung-Hey, Chen, & Kuo-Feng, H. (2008). Effects of music therapy on psychological health of women during pregnancy result shows that this controlled trial provides preliminary evidence that two-week music therapy during pregnancy provides quantifiable psychological benefits.

Objectives:

- 1) To investigate the main effect of Involvement on Psychophysical Stress among Involved and not involved pregnant women in Tapovan (GARBH SANSKAR) Centre.
- 2) To investigate the main effect of Type of Family on Psychophysical Stress among Joint and Nuclear Family of pregnant women.

- 3) To investigate the interaction effect of Involvement in Tapovan (GARBH SANSKAR) center and Type of Family on Psychophysical Stress among pregnant women.

Hypotheses:

- 1) There will be no significant main effect of Involvement on Psychophysical Stress among involved and not involved in Tapovan (GARBH SANSKAR) Centre of pregnant women.
- 2) There will be no significant main effect of Type of Family on Psychophysical Stress among Joint and Nuclear family’s pregnant women.
- 3) There will be no significant interaction effect of Involvement in Tapovan (GARBH SANSKAR) center and Type of Family on Psychophysical Stress in pregnant women.

Variables:

The following variables were treated as independent and dependent variables:

Table No: 01

No	Type of variable	Name of variable	Level of variable	Name of level of variable
1	Independent Variables	Involvement in Tapovan (GARBH SANSKAR) Centers	2	1. Involved 2. Not involved
2	Independent Variables	Type of Family	2	1. Joint family 2. Nuclear Family
4	Dependent Variables	Psychophysical Stress	1	Psychophysical Stress

Research Design:

In Present study to examine the main and interaction effect of two variables i.e.,

Involvement and Type of Family a 2x2 factorial design were used for collecting the data.

Table No: 02

	Involvement (A)	
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Type of Family (B)	Involved (A1)	Not Involved (A2)	Total
Joint Family (B1)	(30)	(30)	60
Nuclear Family (B2)	(30)	(30)	60
Total	60	60	120

A= Involvement in Tapovan (garbh sanskar) Centers

A1= Involved

A2= Not Involved

B= Tape of Family

B1= Joint Family

B2= Nuclear Family

Population and Sample:

The sample of the research was included of 120 pregnant women in several places of Tapovan (GARBH SANSKAR) Centre's. These centers are run by Children's University in 25 locations. This is located in different districts of the state of Gujarat. Probability Purposive Sampling Technique was used for selecting 120 pregnant women from various locations of Gujarat as per the requirement of research design of this study. Pregnant women who regularly participate and non-participated in daily activities performed by Tapovan (GARBH SANSKAR) Centre of Children's University.

Research Tools:

(1) Personal Date Sheet:

A personal data sheet developed by investigator was used to collect information about types of family,

Number of Pregnancy, Spouse's Education, education, area, age, income per month and participating in Tapovan (GARBH SANSKAR) center.

(2) Psychophysical Stress Scale:

For This research study to measure the Psychological Stress of pregnant woman's, Psychological Stress Scale was used. This tool was developed by Shanu Maheshwari. and Which has been translated into Gujarati by Y. A. Jogasan and S. R. Somay. There is a total of 25 statement compared to the present. The test re-test reliability of presented scale is 0.87 and the split half reliability is 0.74. the validity of the presented scale has been discovered by experts at a high level.

Statistic Tool:

The obtained data from 120 pregnant women has been analyzed with adequate statistical techniques of Analysis of variance (ANOVA).

Result Discussion:

Table No.: 03 Showing Analysis of Variance for Psychophysical Stress in relation to Involvement Tapovan (garbh sanskar) center and Type of Family.

Variable	Sum of Squares	Df	Mean Sum of Square	F	Significance
Involvement	1920.00	1	1920.00	269.32	0.01
Type of Family	2.70	1	2.70	0.37	NS
Involvement & Type of Family	3.33	1	3.33	0.46	NS
Error	827.13	116	7.13		
Corrected Total	2753.17	119			

Signification Value 0.05 = 3.92

0.01 = 6.84

Main Effects:

It could be seen from the Table No. 03 that the one main variable i.e., Involvement ($F=269.32$) are significantly influencing the Psychophysical Stress, while Type of Family variable is not found to be significant ($F=0.37$) and the Involvement Tapovan (garbh sanskar) center and type of family are not found to be significant ($F=0.46$).

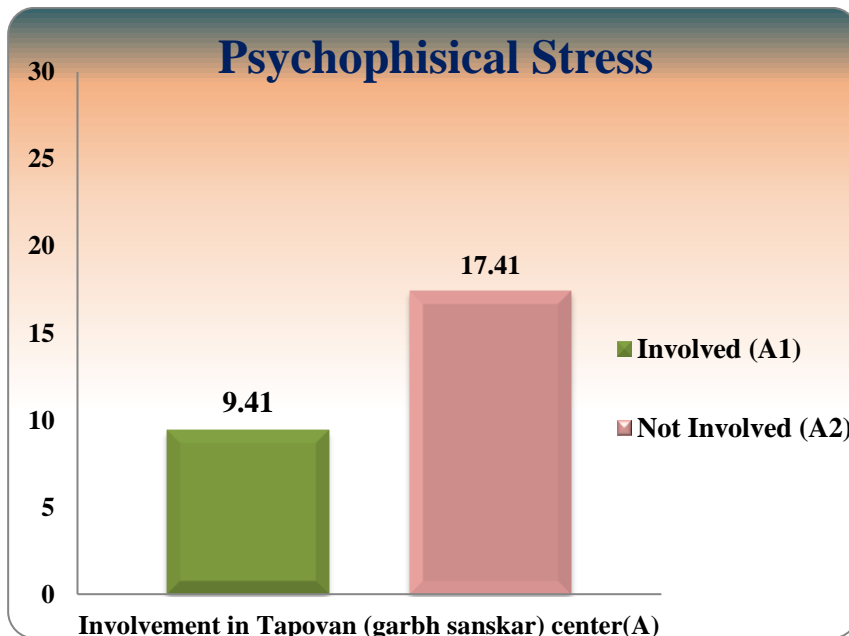
The null hypothesis regarding the Involvement variable can be stated in following manner.

Ho.1 There will be no significant main effect of involvement on Psychophysical Stress

among involved and not involved pregnant women Tapovan (garbh sanskar) center.

Table No. 04 Showing Mean Scores on Psychophysical Stress with regards to Involvement Tapovan (garbh sanskar) center.

Variables	N	M	'F'	Significant
Involved	60	9.41	269.32	0.01
Not Involved	60	17.41		
Signification Value 0.05 = 3.92				
0.01 = 6.84				



Graph: 01: Showing Bar Chart of Mean Scores on home involvement with regarding Psychosocial Stress of Pregnant woman.

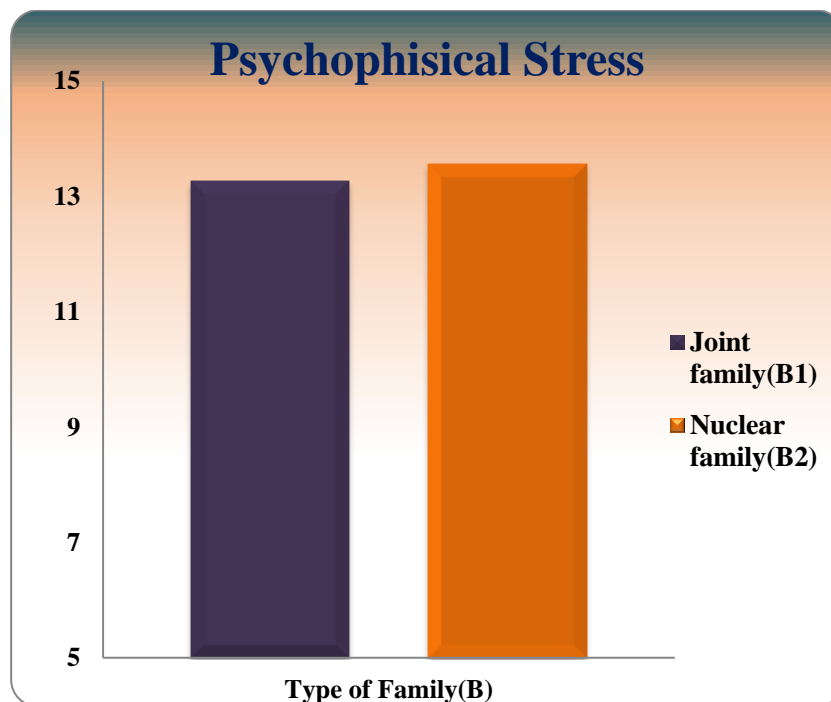
It is observed that the mean scores in Table No.04 and Graph No. 01 revealed that pregnant Women who were involved in tapovan (garbh sanskar) Centre acquire

more score ($M=9.41$) than the not involved ($M=17.41$) on psychophysical stress. For testing hypothesis f test has been calculated. The f value is 269.32 which is significant. It proves that null hypothesis no. 1 is rejected.

Ho.2 There will be no significant main effect of Type of Family on Psychophysical Stress among Joint and Nuclear family pregnant women.

Table No. 05 Showing Mean Scores on Psychophysical Stress with Regards to Type of Family.

Variables	N	M	'F'	Significant
Joint Family	60	13.26	0.37	NS
Nuclear Family	60	13.56		
Signification Value 0.05 = 3.92 0.01 = 6.84				



Graph: 02: Showing Bar Chart of Mean Scores on home psychophysical Stress with regarding type of family of Pregnant Women.

Table No.05 and Graph No. 02 revealed that pregnant women who were joint family acquire score ($M=13.26$) than the nuclear family ($M=13.56$) on psychophysical stress. For testing hypothesis f test has been calculated. The f value is 0.37 which is not

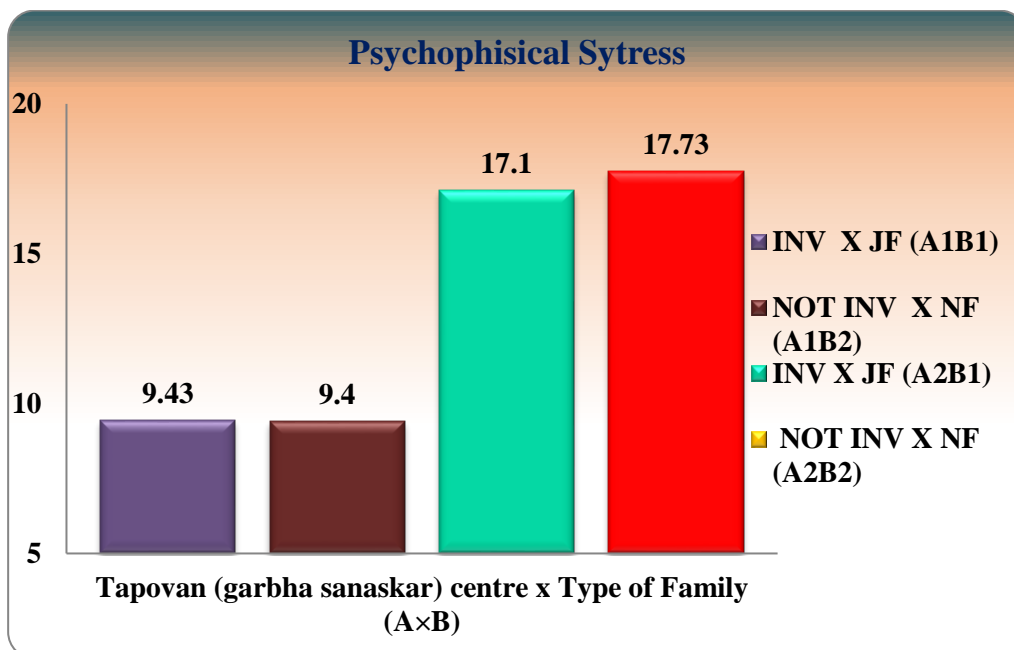
significant. It proves that null hypothesis no. 2 is accepted.

Interaction Effects:

Ho.3 There will be no significant interaction effect of Involvement in Tapovan (garbh sanskar) center and Type of Family on Psychophysical Stress Pregnant Women.

Table No.0.6 Showing Mean Scores on Psychophysical Stressas held by Groups Involvement in Tapovan (garbh sanskar) center. &Type of Family (A x B)

Type of Family	Involvement		'F'	Sig.
	Involved	Not Involved		
Joint Family	9.43	9.40	0.46	NS
Nuclear Family	17.10	17.73		
Signification Value 0.05 = 3.92 0.01 = 6.84				



Graph: 03: Showing Bar Chart of Mean Scores on Psychophysical Stress with regarding Involvement Tapovan (garbh sanskar) center and type of family of students

It is evident form Table No. 06 and Graph No. 03 that F value (F=0.46) is not significant which suggesting that the

obtained differences among Tapovan (garbh sanskar) center and type of family interaction subgroup are not significant. To summaries among A x B interacting groups, the group have high Psychophysical Stress is not involved nuclear family (M=17.73) and the group comparatively the low is involved joint family (M=9.43). Result reveals that the

mean scores of two groups as regards involvement and type of family are not differ on Psychophysical Stress ($F=0.46$); therefore, null hypothesis No.3 is accepted.

Conclusion:

- 1) The difference between Pregnant women of involved and not involved in Tapovan GARBHSANSKAR Centre on Psychophysical Stress is found to be significant ($F=269.32$). The Pregnant women of Involved have low level of Psychophysical Stress ($M= 9.41$) than the pregnant women of not involved ($M= 17.41$). It means that the activities are carried out by Tapovan GARBHSANSKAR center was effective for Psychophysical Stress.
- 2) No significant difference was found between joint and nuclear family of Pregnant women's psychophysical Stress. So that it was concluded that type of family has no impact on pregnant women's psychophysical Stress.
- 3) No significant difference was found between Involvement in Tapovan (garbh sanskar) center and type of pregnant women's psychophysical Stress.
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