



## Psychological Wellbeing of Pregnant Women in Relation to Type of Family and Involvement in Tapovan Research Center of Children's University

### Abstract

*The present investigation was conducted to examine the effect of Involvement in Tapovan Research Centre and type of family on Psychological wellbeing of pregnant women. A random sampling method was used to select 120 pregnant women's from Various Tapovana Research Centre's affiliated to children's University of Gujarat. Collection of data was carried out with the help of Psychological wellbeing scale. For analysis of data 'F' test was used. Results revealed that involvement has established significant effect on psychological wellbeing of pregnant women with involved pregnant women having significantly better psychological wellbeing as compared to not involved pregnant women. Furthermore, findings also reported that type of family does not seem to play its significant role on psychological wellbeing of pregnant women.*

**Keywords:** *Psychological wellbeing, Tapovan Research Center, Pregnant Women, Involvement and Type of Family.*

### Introduction:

Several researchers believe that pregnancy is an important spiritual know-how causing great psychological changes in the woman. Pregnancy is the most worrying times of a woman's life and the stress intensity is higher in the third quarter. Even the stress of the first child in the tables of psychosocial stress part stresses classified. The postpartum stage is an excellent time for physical and emotional weakness. More than a few modern studies have investigated physical activity for the duration of pregnancy and the first year postpartum and report an association between physical activity and a minor fear of hypertensive troubles, nausea and low down back pain (Martin and Brunner, 2010, Foxcroft et. al., 2011).

Psychological wellbeing is universally conceptualized as various combinations of positive touching states for example happiness and working with optimal success in separate and social life (Deci & Ryan 2008). Huppert (2009) said that the Psychological wellbeing is regarding life going well. It is the combination of feeling good and functioning successfully. Jesse, D.E. & Reed, P.G. (2004) studies outcome reported that the higher levels of spirituality were significantly connected with superior contentment with social prop, higher levels of self-esteem, and decreased levels of smoking.

Felder, and others (2016) studies results suggested that the self-compassion warrants further concentration in the study of the growth, preservation, and treatment of prenatal frame of mind and anxiety disorders. Claesson, and et al. (2013) research outcome are that The physically active pregnant women experienced smaller quantity depressive symptoms and expected an improved excellence of living during their pregnancies as calculated by physical working, bodily pain, social performance and general mental hygiene as compared with the physically inactive pregnant women. Hassan, J. M. (2016) Studies outcomes are that the pre-natal instruction and care had disparate stage of effectiveness in the postpartum adjustment and psychological wellbeing of a parent.

### Tapovan research Centre:

Pre-natal Care is an element of cultural system of life in Bhartiya tradition. It is essential that the education of a child's excellence begins from its beginning and continues all through the life. For the duration of prenatal period the child is affected by the physical, Social, emotional, psychological and spiritual wellbeing of the mother. We need to verify this knowledge through a series of researches.

Children’s university has taken inventiveness with the help out of a two quantum’s thought of TAPOVAN RESEARCH CENTRE. The first are many studies in the eugenics and the second are direction and education of pregnant mothers for giving birth to the best of the children. For this purpose some activities as are under:



The present research was conducted to examine the impact of Involvement in Tapovan Research Centre and type of family on Psychological wellbeing of pregnant women.

**Objective of this Study:**

1. To investigate the main effect of Involvement on Psychological Wellbeing among involved and not involved Pregnant Women.
2. To investigate the main effect of Type of Family on Psychological Wellbeing among Joint and Nuclear Family Pregnant Women.
3. To investigate the Interaction effect of Involvement and Type of Family on Psychological Wellbeing among pregnant women.

**Hypothesis of This Study:**

1. There will be no significant main effect of Involvement on Psychological Wellbeing among Involved and not Involved Pregnant Women.
2. There will be no significant main effect of Type of Family on Psychological Wellbeing among Joint and Nuclear family Pregnant Women.
3. There will be no significant interaction effect of Involvement and Type of Family on Psychological Wellbeing among Pregnant Women.

**Variables:**

The following variables wasas treated as independent and dependent variable:

**(1) Independent Variables:**

- |      |                                         |                                    |
|------|-----------------------------------------|------------------------------------|
| (I)  | Involvement of Tpovan Research Centre - | Involved and<br>Not Involved       |
| (II) | Type of Family                          | - Joint Family &<br>Nuclear Family |

**(2) Dependent Variables:** The Score achieved on Psychological wellbeing.**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.

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

**Research Population and Sample:**

To make the study worthwhile a representative of the pregnant women resides in the districts of middle part of the Gujarat state was taken. The sample of the study was comprised of 120 pregnant women in various places of Tapovana Research Centers affiliated to children's university of Middle Gujarat. The sample was randomly (Lottery method) selected from various location of middle Gujarat as per the requirement of research design of this study. The sub groups of the sample were distributed as shown in research design of the study.

**Tools:****Psychological Wellbeing Scale:**

The Psychological wellbeing scale was developed and standardizes by D. S. Sisodia and Pooja Choudhary. It contains 50 items measuring five dimensions (subscales) of well-being i.e. (i) Life satisfaction (II) Efficiency (III) Sociability (IV) Mental health (V) Interpersonal relations. Every one subscale has 10 items, each item with the five-point response category ranging from strongly agree to

strongly disagree. Accordingly the scale provides scores on five dimensions/subscales, in addition to a score on the total psychological well-being. High score indicates high psychological well-being. The reliability of the test was determined by Test – retest method and Internal Consistency Method. The test – retest reliability was 0.87 and consistency value for the scale is 0.90 Face validity and the items of the scale are concerned with the variable under focus the scale has high content of validity. The scale was validated against the external criteria and coefficient obtained was 0.94.

### Result and Discussion:

Table: 01: Showing Analysis of Variance for Psychological wellbeing in relation to Involvement and Type of Family.

Variable	Sum of Squares	df	Mean Square	F	Significance
Involvement	2616.191	1	2616.191	11.82	0.01
Type of Family	274.901	1	274.901	1.24	NS
Involvement & Type of Family	136.966	1	136.966	0.62	NS
Error	25670.895	116	221.301		
Corrected Total	41639.300	119			

### Main Effects:

It could be seen from the Table No. 01 that the one main variables i.e. involvement (F=11.82) are significantly influencing the Psychological wellbeing, while Type of Family variable is not found to be significant (F=1.24).

Ho.1 There will be no significant main effect of involvement on Psychological Wellbeing among involved and not involved pregnant women.

Table: 2

Showing Mean Scores on Psychological wellbeing with regards to Involvement.

Variables	N	M	'F'	Significant
Involved	60	192.44	11.82**	0.01
Not Involved	60	169.64		

\*\*Significant at 0.01 level

Table No. 02 that the mean scores of involved Pregnant women demonstrate high Psychological wellbeing (M=192.44) than the not involved in Tapovan Research Centre of Pregnant women (M=169.64). Result reveals that the mean scores of two groups as regards Involvement are differ each other on Psychological wellbeing and these difference are significant at 0.01 level (F=11.82); therefore null hypothesis No.1 is rejected.

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

Table: 3

Showing Mean Scores on Psychological wellbeing with Regards to Type of Family.

Variables	N	M	'F'	Significant
Joint Family	60	191.28	1.24	NS*
Nuclear Family	60	170.42		

\*NS – Not Significant

Table No. 03 that the mean scores of joint family Pregnant women demonstrate high Psychological wellbeing (M=191.28) than the nuclear family Pregnant women (M=170.42). Result reveals that the mean scores of two groups as regards type of family are not differ each other on Psychological wellbeing and these difference are no significant (F=1.24); therefore null hypothesis No.2 is not rejected.

**Interaction Effects:**

Ho.3 There will be no significant interaction effect of Involvement and Type of Family on Psychological Wellbeing among Pregnant Women.

Table: 4

Showing Mean Scores on Psychological wellbeing as held by Groups Involvement & Type of Family (A x B).

Type of Family	Involvement		'F'	Significant
	Involved	Not Involved		
Joint Family	193.11	171.20	0.62	NS*
Nuclear Family	183.25	169.50		

\*NS – Not Significant

It is evident from Table No. 04 that F ratio ( $F=0.62$ ) is not significant which suggesting that the obtained differences among involvement and type of family interaction subgroup are not significant. To summaries among A x B interacting groups, the group have high Psychological wellbeing is involved joint family pregnant women ( $M=193.11$ ) and the group comparatively the low is not involved joint family pregnant women ( $M=171.20$ ) and involved nuclear family pregnant women ( $M=183.25$ ); then not involved nuclear family pregnant women ( $M=169.50$ ). Result reveals that the mean scores of two groups as regards involvement and type of family are not differ on psychological wellbeing ( $F=0.62$ ); therefore null hypothesis No.3 is not rejected.

**Conclusion:**

It can be concluded from the present research findings that involvement plays an important role in psychological wellbeing of pregnant women with involved pregnant women having better psychological wellbeing as compared to not involved pregnant women in Tapovan Research centre. It means that the activities are carried out by Tapovan research center was effective for psychological wellbeing. The difference between joint and nuclear family pregnant women on psychological wellbeing is found to be not significant. So that it was concluded that type of family variable has no impact on psychological wellbeing. The Interaction effect in relation to involvement & type of family on psychological wellbeing is found to be not significant.

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