



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. Null Hypothesis was framed regarding the pregnant women from the involved and not involved point of view of Tapovan research center and from Type of Family point of view regarding Joint and Nuclear family. 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 during pregnancy and the first year postpartum and report an association between physical activity and a lower risk of hypertensive complications, fewer symptoms of nausea, vomiting and low back pain (Martin and Brunner Huber, 2010, Foxcroft et al., 2011).

The concept of Psychological well-being is usually conceptualized as various combinations of positive affective states such as happiness and functioning with optimal effectiveness in separate and social life (Deci & Ryan 2008). As said by Huppert (2009) Psychological well-being is regarding lives going well. It is the combination of feeling good and functioning successfully.

Beddoe, A. E., Yang, C.P., Kennedy, H.P., Sandra J. Weiss, S.J., Kathryn A. and Lee, K.A. (2009), study in Effects of mindful yoga on sleep in pregnant women: a pilot study conclusion that Women practicing mindful yoga in their next trimester reported significant reductions in bodily suffering from baseline to post intervention compared with women in the third trimester whose pain greater than before. Women in their third trimester showed better reductions in perceived stress and trait anxiety.

Jesse, D.E. & Reed, P.G. (2004) studies The Effects of Spirituality and Psychosocial Well-Being on Health Risk Behaviors in Appalachian Pregnant Women result reported that higher levels of spirituality were significantly correlated with greater satisfaction with social support, higher levels of self-esteem, and decreased levels of smoking. Socio demographic, psychosocial, and spiritual variables explained

twenty five percentage of the variance in frequency of smoking, and in the logistic regression analysis, psychosocial stress was the only variable that significantly predicted substance use.

Felder, J.N., Lemon, E., Shea, K., Kripke, K., and Dimidjian, S. (2016) Role of self-compassion in psychological well-being among prenatal women studies results suggest that self-compassion warrants further attention in the study of the development, maintenance, and treatment of prenatal mood and anxiety disorders.

Claesson, M., Klein, S., Sydsjo, G. and Josefsson, A. (2013) studies outcome are that The physically active women experienced fewer depressive symptoms and estimated an improved quality of life during their pregnancies as measured by physical functioning, bodily pain, social functioning, role limitations due to emotional problems and general mental health as compared with the physically inactive women. There were no differences between the groups in gestational weight change from early pregnancy to postpartum or in prevalence of complications.

Hassan, J.M. (2016). Studies outcomes are that pre-natal education and care had different level of effectiveness in the postpartum adjustment and psychological well-being of a parent. The close to the beginning interference aimed at particular psychological issues during the postpartum stage would yield an additional effective outcome as compared to an additional general postpartum adjustment issues. There were no standardized prenatal education program for the expecting parents but the majority of the studies structured the education programs according to their targeted needs of the study.

Tapovan research centre:

Pre-natal Care is a part of cultural way of life in Indian tradition. It is essential that the education of a child's excellence begins from its conception and continues all through the life. During pregnancy the child is affected by the physical, Social, emotional, psychological and spiritual well-being of the mother. We need to verify this knowledge through a series of researches. Children's university has taken initiative with the help of a two-dimensional concept of TAPOVAN RESEARCH CENTRE. These two dimensions are: (1) Researches in the eugenics and (2) Guidance and education of pregnant Women's 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.

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.

	Involvement (A)		Total
	Involved (A1)	Not Involved (A2)	
Type of Family (B)			
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 were taken. The samples of the study were comprised of 120 pregnant women in various places of Tapovana Research Centers affiliated to children's university of Middle Gujarat. The samples were randomly 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:

Psychological wellbeing scale was developed by D. S. Sisodia and Pooja Choudhary. The scale consists 50 items in Five Area - I Satisfaction, II Efficiency, III Sociability, IV Mental Health and V Interpersonal Relation. The respond of the scale are strongly agree, agree, undecided, disagree, and strongly disagree. The scale consists of fifty statements. All statements are of positive manner. The reliability of the scale was determined by (A) Test – retest method and (B) 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 Squares	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 & Education	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=11.62) are significantly influencing the Psychological wellbeing, while Type of Family variable is not found to be significant (F=1.24).

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 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		

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.

The null hypothesis regarding variable of Type of Family can be stated in following manner.

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		

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:

The null hypothesis regarding the parental involvement and type of family variable can be stated in following manner

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		

It is evident form 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. The difference between joint and nuclear family pregnant women on psychological wellbeing is found to be not significant. The Interaction effect in relation to involvement & type of family on psychological wellbeing is found to be not significant.

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