

EMOTIVE WHIMS DISTRESSING PREGNANT WOMEN

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Abstract- The most unforgettable moments in a women's life are pregnancy and childbirth. Pregnancy is a part of life and women are really gifted to have the opportunity to carry a baby. Although many positive emotions are involved during pregnancy, like a coin which has two sides, pregnancy too has another side. It also leads to negative emotions in some cases due to psychological and life style changes. Pregnancy stimulates lots of hormones within the body. The hormones not only bring mental changes but also physical changes too. Mainly many women may get moody, very tired and forgetful., they will not be able to concentrate on all things. Many worries like money related, balancing the relationship, getting attention of the husband after child birth might trigger the women. Pregnancy will also result in certain other issues like expectations which cannot be met, relationship problems in the family and a sense of insecurity. Women should try to overcome or get rid of the emotions in one way or the other and they should be really happy to get pregnant and they themselves should try to make each and every moment happy and indeed it is not possible for them to achieve it without the support of their partner and other members of the family.

Keywords: Pregnant, Emotions, Mood, Mental Changes, Hormones

1.INTRODUCTION

The most unforgettable moments in a women's life are pregnancy and childbirth. Most of the woman across the globe consider pregnancy as a positive phase of life. Indeed having children is like a rebirth and a dream come true moment for them. Although many positive emotions are involved during pregnancy, like a coin which has two sides, pregnancy too has another side. It also leads to negative emotions in some cases due to psychological and life style changes.

There are many women who are very much fitness conscious. Now-a-days most of the women are in top positions and are playing leading roles in many industries. The changes during the pregnancy is affecting them physically and mentally. The one most important physical changes which commonly happen in all women during pregnancy is difficult to hide. This is because the growth of the fetus has a direct impact on the growth of abdomen. It starts from the fourth month and continues till the end. The

fetus growth not only enlarges the abdomen but also brings out lots of changes inside the body is the mother too.

When the growth of the baby increases, the whole abdomen will be spread up by the fetus and it gives pressure to the kidney area of the body. This will result in adjustment of rest of the organs in the available space. As the space is reduced lots of changes happens in the body of the women. Like, increase in urination, the appetite will be reduced, the pain in the lower back will increase due to the baby load and the lung capacity will decrease leading to shortness of breath.

The changes in the hormone will increase the blood flow and the capacity of blood within the body. The blood capacity of the mother will increase from 25 to 40 per cent in order to adapt to need of blood by the vital organs adapt to the need for more blood by the vital organs. This is because the baby is also fed by the blood of the mother.

Sleep deprivation and many emotional changes arise during pregnancy. Women may feel uncomfortable with having a baby, they get a fear and a feeling of anxiousness in order to care for the new baby and many negative emotions about the baby occurs from the early trimester to the end. Some may get a fear of abortion during the first trimester. For some they may get a fear of whether they will give birth to the baby without any abnormalities. And some women will get a fear about their health too. Like they may get diabetes and hypertension. And this will also increase their tension rate.

Pregnancy stimulates lots of hormones within the body. The hormones not only bring mental changes but also physical changes too. Mainly many women may get moody, very tired and forgetful., they will not be able to concentrate on all things. Many worries like money related, balancing the relationship, getting attention of the husband after child birth might trigger the women.

Attention is to be increased for women during pregnancy as lots of physical changes and discomforts are undergone by them. In many situation attention is given only to the physical changes that a women undergoes and the emotional changes are neglected or leastly concentrated. The study helps in identifying the emotional changes that is taking place within a woman through variety of literatures and discussion with pregnant women.

In the course of nine months of pregnancy, the mindset of the women will fluctuate between two extremes. Sometimes they will be really excited and overjoyed of having a baby. But on the other side they will be really impatient, worried and indeed a sense of fear will arise in them as they will be really afraid of delivery and also will have a fear of motherhood. Pregnancy will also result in certain other issues like expectations which cannot be met, relationship problems in the family and a sense of insecurity

2. LITERATURE REVIEW

According to O'Hara MW (1986), emotions and mood changes are primary results of pregnancy, especially anxiety, depression, and neuroticism, objective and subjective health status. Social relationships get affected as the women's entire life style changes and this sometimes may make them feel depressed. Particularly the partner relationship is affected due to the physical changes and mental changes a woman undergoes.

Astrid et al (2013) in his research pointed out that pregnancy is one of the most important events in women's lives. It is the moment to enjoy each and every phase in it. Moment lost cannot be got back. The event should be filled with happiness and joy.

In the view point of Rubertsson et al (2014), pregnancy is one of the most stressful events in a woman's life and it is indeed an emotional issue and triggers many emotional feelings among women.

Lot of adjustments is required during pregnancy in terms of finance, occupation, physiological, family, and other factors which may influence or instill stress among women. It makes them emotionally weak. That too women who earn low-income are prone to more stress because they get fear of whether they will be able to manage the entire period of pregnancy (Ritter et al, 2000).

Pregnancy is associated with many critical and adverse health complications among women. That will include higher distress, severe mood swings with depression, increased level of anxiety, lower general psychological well-being and negative thinking or attitude towards all activities (Faisal-Cury et al 2012).

3. EMOTIONAL CHANGES AFFECTING WOMEN DURING PREGNANCY

3.1 Mood swings

Pregnancy is a mixture of emotions. The mood changes frequently and it is in fact unpredictable. As pregnancy is a turning point in women's life at any time the moods can shift from high to low or vice versa. The mood swings mainly happen during early and late stages of the pregnancy. But the swings happen unexpectedly. Sometimes for serious

issues there won't be much reaction but for small and least important issues the impact will be more. Sometimes their mood is not under their control. Although the key reason for mood change is unknown, one of the reasons for mood swings could be due to the hormonal changes and other body changes happening within the body. Everything is tied with the emotions. The increase in the level of stress hormones and the changes in other hormones like estrogen and progesterone will make woman more sensitive to minor issues.

3.2 Fear

The most common and frequently occurring emotional change during pregnancy is fear. That too in the first trimester, majority of women will have the fear of the baby getting aborted or that too during the first pregnancy their fear will hit the peak. Since they don't know what is good or bad for the baby their fear will be like doing something may affect the health of the baby. During the second trimester, they will get a fear of being good mother. Whether it will be possible for them to manage the baby. Is it possible for them to manage huge responsibilities. And the fear will also be like will the relationship with the partner be affected when giving much importance to the baby. All these unwanted fears will be moving around in their mind making them uncomfortable most of the time. At the final stage of pregnancy, the fear of woman will increase to the peak. They will be really afraid of the pain of labour. That too now-a-days by seeing internet and talking with other people might increase the fear and they may also be really tensed until they see the baby. Whether the baby will be fine without any disabilities and health issues. All these fear will make a woman uncontrollable.

3.3 Anxiety

Fear and anxiety are like two sides of the coin. The increase in fear will lead to anxious thoughts. Anxiety occurs for a reason and it is a normal emotion. Due to the hormonal changes anxiety and fear will increase in the minds of the people during the pregnancy. Sometimes anxiety and fear is good as the women stay safe during pregnancy. This will safeguard the baby. But according to few studies that babies born to mothers who had high levels of anxiety and fear during the course of pregnancy will have a weak immune system. While babies born to mothers who were without fear will have a strong immune system. So whatever we think or do and whatever we feel good or bad will have impact on the baby.

3.4 Forgetfulness

The constant thinking and foginess may result in occasional forgetfulness. Like they may misplace keys/ mobile phones that cause a woman's keys to be misplaced and it is referred as baby brain. For everything the main reason is the

hormonal changes. This will also result in fuzzy thinking. The other reasons behind this are due to the hormonal change caused by the hormone progesterone leading to lack of sleep and increased stress levels to adjust with the life style changes. Hippocampus is a part of brain that is involved in the activities related to memory. This will change during the period of pregnancy. Mothers to be should not be prompted for forgetting things They are just changing their priorities to adopt to the changing lifestyles.

3.5 Weepiness

Some women will tend to cry frequently but they will not have any reason behind it. But they tend to cry frequently and this may also be due to hormonal changes. These changes cause them to cry. This may also create problems in the family life. Women tend to cry even if her partner slightly raises his voice. This may irritate him and lead to problems. But this is due to the hormonal issues which is not under the control of the women. They does not know to manage the sudden change and tend to burst out. If left unconcerned this may lead to depression.

3.6 Anger

Anger is another emotional change that may arise due to hormonal change during pregnancy. Anger is the result of insecure feeling. Women has no other option rather they will show the anger towards their partner and family or sometimes at themselves. Due to the discomforts and a sense of heaviness during pregnancy the women will burst out their emotions in the form of anger. This anger continues till the labour where some women show their aggressive behavior towards the doctors and their partner. Since the entire life style changes, the sense of anger will be with the woman for some years. Everything will be happening away from the routine. She may be not allowed to do the regular activities and this will instill a sense of frustration which will increase the level of anger.

4. CONCLUSION

Pregnancy is a very important phase in women's life. And they have to enjoy each and every day. All days during the period should be filled with love and joy. This is not in their hands alone. Their partners should make the phase really interesting. Because all the emotional changes have impact on the baby. For some women who are not able to handle their emotions, they should consult the physician. A happy environment should be filled in the house. Pregnancy is just a part of life. And women are really gifted to have the opportunity to carry a baby. Many women are deprived of the opportunity. Mothers to be should be really happy to get pregnant and they themselves should try to make each and every moment happy and indeed it is not possible for them to achieve it without the support of their partner and other members of the family.

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