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## RESEARCH ARTICLE

### EMOTIONAL PROBLEMS OF WOMEN DURING PREGNANCY.

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#### Abstract

Emotional problems of women during pregnancy is a rapidly developing field in science all around the world, especially in western countries. In the past there had been a wide variety of approaches towards the research of a pregnant women's psychology, always depending on the cultural background of the country. Detecting factors that affect the pregnant women's mental health. Most worries of the women corresponding to the symptoms include worries about the financial situation or the health of the child. 40% of all surveyed women were getting attention, help and advice from medical doctors, friends and others, while 60% of the women said that they never got any help or suggestion.

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#### Introduction:-

Emotional problems of women during pregnancy is a rapidly developing field in science all around the world, especially in western countries. In the past there had been a wide variety of approaches towards the research of a pregnant women's psychology, always depending on the cultural background of the country. For example in Japan the pregnant women are listening to classical music to relax. In some African countries the pregnant women dances to improve the child's development. During the last century people were thinking that the child would start to develop after the women gave birth and does not need special attention before being born. But in the beginning of this century science was able to prove that the child's development already starts in the mother's womb. Being pregnant will produce many of the most intensive feelings possible, but not only positive feelings like joy but also negative feelings like fear and uncertainty. The pregnancy causes big changes in the women's physiology as well as in her psychology. Pregnant women often feel tired, are more emotional and sensitive and suffer from sudden mood changes; Doctors believe it is due to the hormone changes. Acute stress of the pregnant women, who is thinking too much about the child's health or its future, is affecting the baby as well and can cause nerve disorders. According to other scientists the women also can be permanently affected by stress during pregnancy by getting nerve disorders, especially between the age of 18 and 30, during the period of 21 days after giving birth and mostly in a period of rapid climate change (March- Spring, September – Autumn). Therefore it is the best choice to solve all problems early during the women's pregnancy to keep her relaxed as much as possible. This is the reason why our research is focusing on potentially stressful situations in a pregnant women's life.

#### Purpose:-

Detecting factors that affect the pregnant women's mental health.

#### Methods:-

In order to achieve the objective, a 25 question survey was conducted on 100 pregnant women, 80 of them living in urban areas and 20 of them living in rural areas. Statistics were made by using the statistical program SPSS 17.

**Results:-**

19% of the conducted pregnant women showed mental changes while 81% did not show any signs. In the following the women's answers are presented: 7% of all women answered that they do not have any signs of mood changes, 25% of all women answered that they ignore the mood changes because it is a hormone change, 19% of all women answered that it will become normal again after some time, 0% of all women answered that they are going to a specialist, 4% of women answered that they are talking with others about the mood changes and 45% of all women answered that they are talking with their husband. Observed changes in the pregnant women's psychology include: 24.8 % crying often, 23.5 % being angry, 16.9 % insomnia, 13.1 % everything feels annoying, 7.8 % being upset, 5.8 % feeling lonely, 5.8 % feeling ashamed, 2.3 % other. When asking if the women get enough attention from their husbands, 74 % said they would always get enough attention, 26% said sometimes and 0% said that they never get enough attention. Asked about their fears of what can harm their children's health 31% of all pregnant women said they are worried about social conditions causing harm, 6% said that bad habits could cause harm, 15% named the hospital system as cause for possible harm, 5% named their working place, 3% are worried about the own genetics and 40% of the pregnant women answered that they do not have any worries. When asked about whom they were asking for advice during their pregnancy because of their mood changes, 60% of women said they would not talk with someone about this topic, 12% answered they got advice from medical doctors and similar, 10% answered they were talking with their husbands about the problem, 12% that they discuss these things with their friends and 6% answered that they ask for advice from health care workers. When asked about who was helping to protect from stressful situations and teaching the women to stay relaxed, 23% they never got these kind of help, 38% answered they got help and advice from medical doctors or similar, 16% got help and advice from husbands, 15% from friends and 6% got these kind of protection from health care workers.

**Conclusion:-**

81% of our survey participants attracted our attention because of symptoms of depression or other psychological changes. When analyzing the results in detail it seems clear that affected women do not get as much attention as they want to have. Most worries of the women corresponding to the symptoms include worries about the financial situation or the health of the child. 40% of all surveyed women were getting attention, help and advice from medical doctors, friends and others, while 60% of the women said that they never got any help or suggestion.