RESEARCH ARTICLE

EFFECTIVENESSOFARTTHERAPYUPONSTRESSAMONGPREGNANT WOMEN IN A SELECTED COMMUNITY AREA(SOLADEVANAHALLI), BANGALORE

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Manuscript Info

Abstract

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Stressisoneofthemostdistressingfactorsduringpregnancy.Thismaylead to high blood pressure among pregnant women known as pre-eclampsia. It can also result in preterm birth and having a low-birth weight infant. Thus, every pregnant woman should have the knowledge about stress during their pregnancy state and several methods on how to avoid stressduringtheirpregnancyandtobehealthyduringthecourse.

Objectives:i)Toassess the effectiveness of art therapy among pregnant women in a selected community ii) To assess theamountofstress amongpregnant womeniii)Tocomparethevaluesofpretestandposttest among pregnant women.

Methodology: Convenient sampling was used to identify the research samples. A total of 30 samples were selected and a pretest-post-test control group design was used. The Perceived stress scale was administered for assessing the stress among pregnant women after obtaining their baseline variables. Followed by pretestArt therapy was giventothe samples in a spanof 15days and post test was conducted tonotethe variations in thestress.

Results: Theresultsofthestudysuggestthatthereisadifferenceinthelevelsof stressfollowingtheintervention.Themeanvalueofpretestwasnotedtobe20. 01whereasthe meanvalueofposttestwas14.4whichsuggestsdeclineinstresslevels.

Conclusion: Art therapy was determined as one of the effective measure in the reduction of stress among pregnant women thus the study was found to be an effective one.

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Introduction:-

Pregnancy is defined as the period from conception to birth. After the egg is fertilized by a sperm and then implanted in the lining of the uterus, it develops into the placenta and embryo and later into fetus. Pregnancy usually last for 40 weeks, beginning from the 1st day of the women's last menstrual period and lasting for 3 months.

Therehasbeen over 30 millionwomenexperiencepregnancy and 27 millionshavelivebirths in a whole year in India. It also has been estimated that about 21 million girls aged between 15-19yearsindevelopingregionsbecomepregnantandapproximately12millionofthemgive birth.Globally,ABRhasdecreasedfrom64.5birthsper1000women(15-19years)in2000to births per1000 women in2023.

Stresscanbedefinedasastateofworryormentaltensioncausedbyadifficultsituation.Stress isnaturalhumanresponsethatpromptsustoaddresschallengesandthreatsinourlives.It usuallyhappenswhen

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apersonisinasituationthatheorshedonotfeellliketheycanmanage
orcontrol.Theremaybemanyreasonsforwhichapregnantwomancanundergoseverestress in their body. They are-delaying with discomforts of pregnancy, like morning sickness, constipation, being tired on having a backache., changes in hormones which can cause the mood to swing in pregnant women. Mood swings can make it harder to handle stress. Sometimes, feelings worried about what to expect during labor and birth or how to take care of the baby.

Stressmaybeverydangerousforapregnantwomanregardingpregnancy.Thustoavoidhaving stress, the women can eat healthy foods get plenty of sleep and exercise.Art therapy which is basicallyapsychological therapycanserveas ameansforreduction ofstressamongpregnant women.

Needforthestudy
There is an increased need for the study as if the mother is stressed during pregnancy, the child is at increased risk of symptoms of anxiety or depression, attention deficit or hyperactivity disorder, conduct disorder and of being on the autistic spectrum. There can be other problems including asthma and preterm delivery. Stress related to pregnant women may also affect socially to the mothers. Mother's stress during pregnancy leads to anxiety and mental problems in their infants in the future. Furthermore, stressful pregnancy causes complications for the fetus.Chemicalsubstancesreleasedfrom mother'sbraininresponsetostresshavedirecteffects on fetal brain which is developing.

It is important to treat mental health issues that occur during pregnancy. Mothers who are depressed, anxious orhaveothermental health issues, might not takecare ofthemselvesorthey may use drugs or alcohol during pregnancy. All of these things can harm a growing baby.

From the side facts, it can be inferred that thereis a need to improve the knowledge of antenatal mothers regarding the early detection of anxiety and stress during pregnancy which is possible bythehealtheducation. Sowehavedecidedtoassesstheknowledgeand learningneedsandthe effectiveness of Art Therapy upon stress among pregnant women.

Stress is said to cause a variety of damage to physical and psychological health. During pregnancy the amount of stress experienced is dangerous. Art Therapy, as the previous researchers suggest that they help in education of stress and by their research study we wish to prove that this therapy is one of the beneficial way in which stress can be reduced among pregnant women in different trimesters.

Objectives:-
Theobjectivesofthestudy are:
1. Toassesstheeffectivenessofarttherapyamongpregnantwomeninaselected community
2. Toassesstheamountofstressamongpregnantwomen
3. Tocomparethevaluesof pretestandposttestamongpregnantwomen

Assumptions
1. Stressmayvaryamongpregnantwomen.
2. Arttherapymaybeoneofthefactorassociatedwithreductionofstressamongpregnant women.

Methodsandmaterials:-
Research Design:
The selection of the research design depends upon the purpose of the study and the conditions under which the study is conducted The research design used in the study was pretest post test control group design.

Variables:
KeyVariable:
Inthisresearchstudy,thekeyvariableistheeffectivenessofArtTherapyonpregnantwomen.

AttributedVariables:
In this research study, the attributed variables or the demographic variables are Name, Age, Religion, Education, Family income, Marital status, Type of family, Socio-economic status, No. of family members, Gestational period, LMP, Diet, Habits, History of abortion, Medicationsused.

Settingofstudy.
Thepresentstudywasconductedatthecommunity areaofSoldevanahalli,Bangalore (rural)

Population:
In the following research the target population consisted ofthe pregnant women between 3- 9 months and aged between 21-35 years of age at selected community area, Soldevanahalli, Bangalore rural.

Sampleandsamplesize:-
Sample:
Pregnantwomen atselectedcommunity,Soldevanahalli

Sample Size :
The sample size of the study consisted of 30 pregnant women which was estimated after obtaining reference from a similar study.

Samplingtechnique
ConvenientSamplingTechniquewasusedtoestimatethesamplesforthestudy.

Criteriaforselectingsample
InclusiveCriteria:
Womenwhowere:
1.   3-9months of pregnant
2.   having agegroup of 21-35years

ExclusiveCriteria:
Womenwhowere:
1.   highriskofpregnant state
2.   medicallyill to cooperate

Instrumentsusedforthestudy
Theinstrumentsusedforthestudyconsistedoffollowingsections:SectionA: Baseline proforma to obtain the demographic variables SectionB :Perceivedstressscaletoassessthelevel ofstressamong pregnantwomen.

Developmentoftool:
ThePerceivedStressScale(PSS)isoneofthemostwidelyusedstressperceptionassessment instruments in the world.The scale was originally developed in the year 1983 by Cohen et al. It was basically designed to asses the degree of stress people felt in unpredictable, out-of- control and overloaded situations.

Descriptionofthetool
APerceived Stress Scale (PSS) was being used in order to assess the stress level ofpregnant women in the selected community area, Soldevanahalli.

Section-A:
It consists of items pertaining to baseline performance for demographic variables of the respondents (pregnant women) such as Name, Age, Religion, Education, Family income, Marital status, Type of family, Socio-economic status, No. of family members, Gestational period, LMP, Diet, Habits, History of abortion, Medications.

Section-B:
Perceived Stress Scale is used to evaluate the stress among the sample. It consists of 10 questionsbaseduponthestressscalecalculations ofpregnant women amongtheselectedarea of community, Soladevanahalli.

Procedurefordatacollection
Firstly, formal permission from the college authority was obtained to conduct the study. following which a to visit to the nearby PHC (Primary Health Center) for getting permission from the authorized person was obtained. The samples were collected through convenient sampling technique. House visit was made to the samples and had introduced us and also the purpose of our visit. Informed consents were obtained from the samples. The sample group was being divided into two halves- the control group and the experimental group by the lottery method. Samples were explained regarding the purpose of the questionnaire. Google forms were provided to them for filling in their demographic data. A Perceived Stress Test Scale for the pre-test was administered to the samples according to the guidelines mentioned. Art therapy was given to the samples for a period of 15 days for 1 hour daily. Post test was conducted for the samples and scores were obtained.

Dataanalysis
The data were categorized & analyzed based on study objectives and hypothesis by using descriptive&inferential statistics.Thedatacollectedwasentered in data excel sheet. Thedata analysis was done using Perceived Stress Scale with statistics 26.0. The frequency and percentagewereused to describethedemographic variables.Mean& Standard deviationwere used to compare the pretest & posttest values. The data was presented in table & figures.

Results:-
The results of the study suggests that the maximum samples were from the age group of 26-30 of about 50%,the maximum samples were from the religion of Hindu of about 63.3%,the majority of the samples were graduates of about 30%, A number of the samples were having family income (per month)in between 5000-24999/- of about 40%,the majority of the samples were married of about 90%, the majority of the samples were from Nuclear family of about 53.3%, we can also depict that most of the samples were having 6 members in their family of about 20%, the majority of the samples were having their gestational period within the 1st trimesterperiodofabout43.3%,themajorityofthesampleswereundermixeddietpatternof about 60%, the majority of the samples were not having any types of bad habits, the majority of the samples were not having any type of previous history of abortions, the majority of the samples which is of about 70% of them were only having pregnancy induced medications. The mean value for the pretest conducted for the assessing the stress among pregnant women was found to be 20.1 followed by posttest which suggested the mean value to be 14.4 .

Discussion:-
Thediscussion forthe study is being divided into3sections:
Discussions related to the description of baseline variables of pregnant women in the community: The conclusion of the study suggests that the maximum samples were from the age group of 26-30 of about 50%, the maximum samples were from the religion of Hindu of about 63.3%, the majority of the samples were graduates of about 30%, the majority of the samples were having family income (per month)in between 5000-24999/- of about 40%, the majorityof the samples were married of about 90%, the majority of the samples were from Nuclear family of about 53.3%, we can also depict that most of the samples were having 6 members in their family of about 20%, the majority of the samples were having their gestational period within the 1st trimester period of about 43.3%, the majority of the samples were under mixed diet pattern of about 60%, the majority of the samples were not having any types of bad habits, the majority of the samples were not having any type of previous history of abortions, the majority of the samples which is of about 70% of them were only having pregnancy induced medications.A similar student conducted in in bale zone hospitals , southeast Ethiopia to assess Perceived stress and its associated factors among pregnant women has measured the demographic variables of pregnant women which suggests that More than half (52.5%) of womenwereintheagegroupoflessthan24 years.Themeanageoftherespondentswas25 (±5.44) years. Fifty-seven percent (57%) of the women were Muslim and 37.3% wereOrthodox Christians. The largest proportions, (94.7%) of the women were married. Concerning the educational level of the respondents, 39.4% of women had completed primary education, whereas 21.2% of women had not attended formal education. Seventy-threepercent ofpregnant women were living in urban areas. The majority (91.2%) of the pregnant women were living with their husband.

Discussion related tothestress levelofthepregnantwomeninthecommunity:Throughthis study we came to the conclusion that the maximum samples or the pregnant women had somewhat recovered from their increasing level of stress by the interventions of art therapy that werebeenprovidedtothemforfifteendays. Acrosssectionalstudywas conductedinbalezone hospitals,southeastEthiopiatoassessPerceivedstressanditsassociatedfactorsamong   pregnant

women, the results of the study suggests thatthe prevalence of perceived stressamong pregnant women was 11.6% (95% CI 8.3, 14.6).

Comparison of effectiveness of Art Therapy on pregnant women on the pregnant women among pretest and posttest interventions: The conclusion of the study presents that mean value of the pretest and the post test score is 20.01 and 14.4, respectively.

Limitations:
Thestudy is limited to-
1. thepregnant womeninSoldevanahalli whoranges agegroupbetween 21-34 years
2. thepregnant womenwho arewillingto participateinour research project
3. thepregnantwomenwho arefacingproblems ofhavingstress intheirdaily lives

The sample size was limited to 30 pregnant women in the selected community area of Soldevanahalli.

Conclusion:-
The present study was intended to assess the effectiveness of art therapy upon stress among pregnant women in a selected community, bangalore, with the objectives to assess the effectiveness of art therapy among pregnant women in a selected community, to assess the amount of stress among pregnant women and to compare the values of pretest and post-test among pregnant women. In order to achieve the objectives of the study, a evaluation approach was adopted. Convenient Sampling technique was used to select the sample. The data was collected by using Perceived Stress Scale test among the 30 pregnant women, undergoingstress, in the community area- Soldevanahalli. The data were analyzed and interpreted by appropriated statistical method.the results of the data was suggested that the mean value of pretest was 20.01 whereas the meanvalue of post test was 14.4 which suggests decline in stress levels

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