



PREGNANCY RELATED STRESS AMONG WOMEN WITH SPONTANEOUS PREGNANCY AND IN VITRO FERTILIZATION/EMBRYO TRANSFER PREGNANCY- A PILOT STUDY

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ABSTRACT

Introduction and background: Pregnancy is a unique, exciting and often joyous time in a woman's life, as it highlights the woman's amazing creative and nurturing powers while providing a bridge to the future. Pregnancy comes with some cost, however, for a pregnant woman needs also to be a responsible woman so as to best support the health of her future child. The birth of each baby is a unique experience, at a unique time of one's life. Childbirth is a normal life event, yet women are exposed to significant amount of stress. This study was conducted to assess the pregnancy related stress in women with spontaneous pregnancy and invitro fertilization or embryo transfer pregnancy¹. **Methodology:** The research approach used was quantitative approach. Comparative research design was used. The study was conducted in Morpheus Usha fertility centre, Anand. 10 antenatal women were conveniently selected SP pregnancy (5) and IVF/ET pregnancy group (5). The tool of data collection included a baseline data questionnaire, pregnancy related anxiety questionnaire – Revised (PRAQ-R). **Results:** The data was analysed using descriptive and inferential statistics. The study result showed that stress level among woman is different in SP pregnancy group after 08th and 12th week. The Mean stress level after 08th week is 1.88. While after 12th week it reduces and reaches up to 1.56. In IVF/ET pregnancy group after 8th week the main stress level is 2.52 while after 12 week it increase and reach to 3.14. Both the stress level is lower compare to IVF/ET pregnancy group. In IVF/ET pregnancy group it increases after 08th week while in SP pregnancy group is reduce up to some level. **Conclusion:** Hence, the study concluded that there is a higher amount of stress experienced by IVF/ET pregnancy group. There is significant increase pregnancy related stress among in vitro fertilization women then spontaneous pregnant women.

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INTRODUCTION

Background of the Study

Pregnancy is a serious reality which has its own inherent risks to health and survival both for the women and for the infant she bears, which are present in every society and in every setting. Pregnancy is a boon from God².

The birth of each baby is a unique experience, at a unique time of one's life. Childbirth is a normal life event, yet women are exposed to significant amount of stress. Becoming a parent is perhaps the most important life event one will ever go through. It involves mixed emotions, where the mother is filled with the happiness of having a baby but also has apprehensions about the process of childbirth. Motherhood involves a suffering that turns to be an enjoyment and a tremendous pain that blossoms into eternal bliss.

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Even in normal psychologically healthy women, pregnancy may give rise to many anxieties because of anticipated uncertainty. Pregnancy causes stress and anxiety of all sorts at different levels. The effects can be disastrous for the unborn foetus³. In Vitro Fertilization (IVF) is becoming increasingly widespread, and many infertile couples are successfully becoming parents through its use. This stress is noteworthy because the mental state of a woman in pregnancy has a significant effect on its course and outcome

The World Health Organization (WHO) estimates, that approximately 8%- 10% of couples experience some form of infertility problem. On a worldwide scale, this means that 50-80 million people suffer from infertility. However, the incidence of infertility may vary from region to region.⁴

MATERIAL AND METHODS

The research approach used was quantitative approach. Comparative research design was used. The study was conducted in Morpheus Usha fertility centre, Anand. 10 antenatal women were conveniently selected SP pregnancy (5)

and IVF/ET pregnancy group (5) using convenient non-probability sampling technique. The tool used for gathering data included

- Baseline data questionnaire,
- Pregnancy related anxiety questionnaire – Revised (PRAQ-R).

Assessment for pregnancy related stress done for both experimental and control group. Data were collected two times in antenatal period during 8th and 12th week of the gestational age.

RESULT

The data was analysed using descriptive and inferential statistics. The study result showed that stress level among woman is different in Control Group (spontaneous pregnancy) after 08th and 12th week. The Mean stress level after 08th week is 1.88. While after 12th week it reduces up to and reaches to 1.56. In experimental group after 8th week the main stress level is 2.52 while after 12 week it increase and reach to 3.14. Both the stress level is lower compare to experimental group. In Experimental group it increases after 08th week while in control group is reduce up to some level.

Paired t-test has been used to compare the stress level among woman between 08th Week and 12th Week data analysis.

For IVF/ET Pregnancy Group

Paired T-Test and CI: 8 Week, 12 Week

Gestational week	N	Mean	Standard Deviation (SE)	SE Mean
8 Week	50	2.520	1.502	0.212
12 Week	50	3.140	1.355	0.192
Difference	50	-0.620	1.141	0.161

For SP Pregnancy group

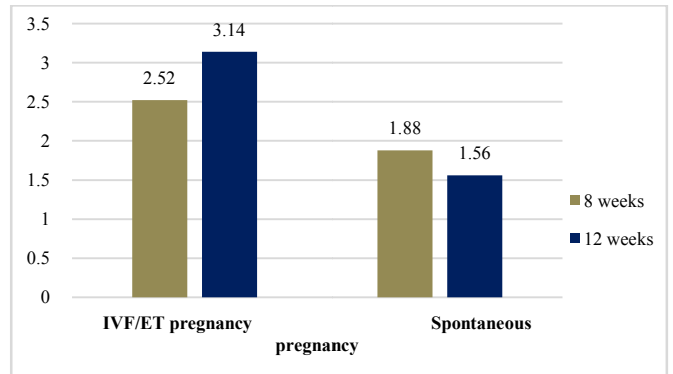
Paired T-Test and CI: 8 Week, 12 Week

Gestational week	N	Mean	Standard Deviation	SE Mean
8th Week	50	1.880	1.100	0.156
12 Week	50	1.560	0.541	0.076
Difference	50	0.320	1.077	0.152

The Mean stress level of SP pregnancy group at 08th week is 1.88. While at 12th week it reduces and reaches up to 1.56. Both the stress level is lower compare to IVF/ET pregnancy group. In IVF/ET pregnancy group it increases after 08th week while in SP pregnancy group is reduce up to some level.

Spregnancy Groups vs. In Vitro Fertilization/Embryo Trasfer Pregnancy Group

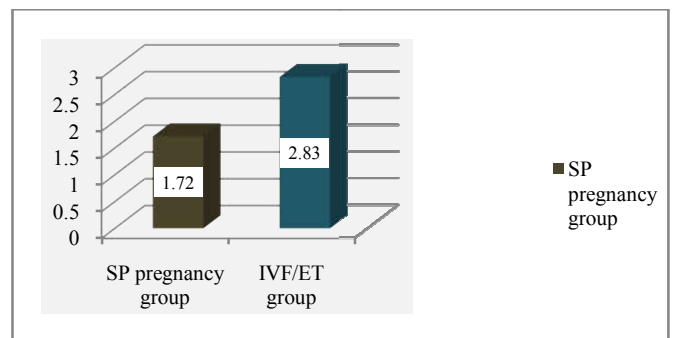
Two- sample t test has been used to compare the result of Spontaneous pregnancy and In Vitro fertilization/Embryo transfer pregnancy related to pregnancy related stress.



Graph 1 comparison of pregnancy related stress in spontaneous pregnancy and In Vitro fertilization/Embryo transfer pregnancy according to gestational weeks of pregnancy

Two-sample t-test and CI: Sp Pregnancy Group, IVF/Etpregnancy Group

	N	Mean	Standard Deviation	SE Mean
SP pregnancy group	100	1.720	0.877	0.088
IVF/ET pregnancy group	100	2.83	1.46	0.15



Graph 2 pregnancy related stress in SP pregnancy and IVF/ET group

CONCLUSION

The overall study concludes that the pregnancy related stress experienced by In Vitro Fertilization/Embryo Transfer participants significantly increased with gestational week during the first 12 weeks of pregnancy ($p < 0.05$) but did not significantly increase in spontaneous pregnancy participants.

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