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Research Article

Assess the Level of Anxiety Among Primi-Gravida Mothers in S.V.B.P. Hospital

Mahima Choudhary[1*], Manjari Dhangar[1], Manshi Saini[1], Mansi Bansal[1]
Shakuntla Yadav[1], Sanjay Saini[2], Dr. Vir Vikram Sahdev Singh[3]

[1] B.Sc. Nursing Students, College of Nursing, LLRM Medical College, Meerut, Uttar Pradesh, India
[2] Assistant Professor, College of Nursing, LLRM Medical College, Meerut, Uttar Pradesh, India
[3] Vice-Principal, College of Nursing, LLRM Medical College, Meerut, Uttar Pradesh, India

Corresponding Author: *Sanjay Saini

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Abstract

Anxiety is an uncontrollable, diffuse, unpleasant, and persistent state of negative. Affect, characterized by apprehensive anticipation regarding unpredictable and unavoidable future danger, and accompanied by physiological symptoms of tension and a constant state of heightened vigilance.

Method: A pre-experimental study was conducted among 50 primigravida mothers from Gynecology OPD of S.V.B.P hospital, Meerut, Uttar Pradesh, who had planned for normal vaginal delivery and caesarean section. In this study, an experimental quantitative approach and pre-experimental research design were used. Purposive sampling technique was used to draw the sample. Socio-demographic data and modified Pregnancy specific anxiety tool (PSAT) were used to collect data from the samples through the interview method.

Result: Revealed that, most of the mothers are scored in between mild category (21, 42%), 16(32%) mothers are scored in between moderate category, 8(16%) mothers are scored in between low-level category, 5(10%) mothers are scored in sever category. The mean and standard deviation of the anxiety level of primigravida mothers is 12.25 and 7.675. After calculating the p-value (0.05) for the association between demographic variables and level of anxiety the result shows that there is no association between anxiety level and demographic variables.

Conclusion: Most of the participants have mild anxiety.

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KEYWORDS: Anxiety, primigravida, pregnancy, menstruation age, anxiety tool

1. INTRODUCTION

Anxiety during pregnancy is of concern because it will affect the development of the fetus. Pregnant mothers with extraordinary stages of tension, depression, or anxiety are in greater danger of adverse labor results. Anxiety throughout the prenatal period is connected with prematurity, low birth weight, and intrauterine embryo growth restriction, which are a risk for compromised cognitive and social development effects. It accompanies the augmented feeling of sickness and vomiting, a long disease process throughout gravidity.

Problem Statement
A study to assess the level of anxiety among primigravida mothers in S.V.B.P hospital, Meerut.

2. OBJECTIVES OF THE STUDY

1. To assess the level of anxiety among primigravida mothers in S.V.B.P hospital Meerut.
2. To find out the association between level of anxiety and selected demographic variables.
3. To provide a self-instruction module on measures to reduce anxiety.

3. RESEARCH METHODOLOGY

Research Approach
The investigator adopted a Quantitative Research Approach.

Research Design
The research design used for this study was a group pre-experimental research design.

Setting of the study
The study was conducted at SVBP Hospital, LLRM Medical College Meerut.

Variables
Independent variable: Planned teaching programme on knowledge regarding anxiety.

Dependent variable: Level of anxiety in primigravida mother.
Population
In this study, the target population was primigravida mothers.

Accessible population
The accessible population was primigravida mothers in the third trimester coming to the OPD in SVBP Hospital in LLRM medical college Meerut.

Sample size
The sample size was 50 in this study.

Sampling techniques
The Purposive sampling technique was used in this study.

Criteria for sample selection
Inclusion criteria

- **The pregnant woman who**

1. The primigravida mother in their third trimester
2. Women who can read & understand Hindi or English.
3. Those who will try to study the participants.
4. Subject who was present during the data collection.

Exclusion Criteria

- **The pregnant woman who**

1. Women having any medical and obstetrical complications.
2. Women attending the clinic other than SVBP hospital.
3. Women having the second or more than second pregnancy
4. Intellectually challenged or subjects with mental illness.
5. The primigravida mothers who are Ist & IInd trimesters.

Description of tools
The tool consists of 2 sections.

Section: A
Demographic variables: Age, Educational status, Occupation, Place of delivery, Unplanned pregnancy, Locality, Religion, Family Income, Age of menarche, Type of family.

Section: B
Modified Pregnancy specific anxiety tool (PSAT)

Analysis and Interpretation
The organization of findings is discussed under two sections.

Section- A

Table 1: Frequency and percentage distribution of socio-demographic characteristics

Social Demographic Variables		requency	Percentage (%
Age	18-23	23	46
	24-29	22	44
	30-35	4	8
	Above 35	1	2
Educational Status	Primary	6	12
	Secondary	12	24
	High school	17	34
	Inter mediate	11	22
	Undergraduate	1	2
	Postgraduate	3	6
Occuptaion	Housewife	47	94
	Government job	2	4
	Private job	1	2
	Self employed	0	0
Place of delivery	Government hospitals	47	94
	Private hospitals	3	6
	Home delivery	0	0
Unplanned Pregnancy	Yes	35	70
	No	15	30
Locality	Urban	31	62
	Rural	19	38
Religion	Hindu	27	54
	Muslim	20	40
	Christan	2	4
	Sikh	1	2
Family Income	<5000	11	22
	5001-10000	19	38
	10001-15000	11	22
	>15000	9	18
Age of Menarche	10-11 years	3	6
	12-13 years	17	34
	14-15 years	24	48
	More than 15 years	6	12
Type of Family	Nuclear family	17	34
	Joint family	33	66

The study shows that nearly half of participants 23(46%) were in this age group between 18-23, 22 (44%) were in the age group between 24-29, 4 (8%) were in this age group 30-35, 1 (2%) was in the age group above 35 years. Most of the participants 17

(34%) passed high school education, 12 (24%) passed secondary, 11(22%) passed interrupted education, 6 (12%) passed primary education, 3 (6%) passed post-graduation, 1 (2%) passed graduation. the most of the participants 47 (94%) are house wife, 2 (4%) participants belong to government jobs, 1 (2%) candidate belong to the private job and 0 candidate belong to self-employed. the presented data shows that most of the participants 47 (94%) have choose government hospitals for delivery, 2 (4%) choose private hospitals, no one chose home delivery. the most of pregnancy is unplanned 35 (70%), and 15 (30%) are planned. the most of the participants 31 (62%) belong to urban area, 19 (38%) belongs to rural area. the most of participants 27 (54%) Hindu, 20 (40%) are Muslims, 2 (4%) are Christen, 1 (2%) is Sikh. most of the participants 19(38%) family income is 5001-10000, 11(22%) participants family income is below 5000, 11(22%) participants family income is 10001-15000, 9(18%) participants family income is above 15000. the most of the participants 24(48%), have a menstruation age is 14-15, 17(34%) participants menstruation age is 12-13, 6 (12%) participants menstruation age is above 15, 3(6%) participants menstruation age is 10-11. the most of the participants 33(34%) from joint family, 17(34%) participants from nuclear family.

Section B

Assessing the level of anxiety among primigravida mothers.

Table 2: Frequency and percentage distribution of level of anxiety among primigravida mothers.

Anxiety scoring	Anxiety level	Frequency (f)	Percentage (%)
0-25	low level	8	16
26-50	mild	21	42
51-75	moderate	16	32
76-100	severe	5	10

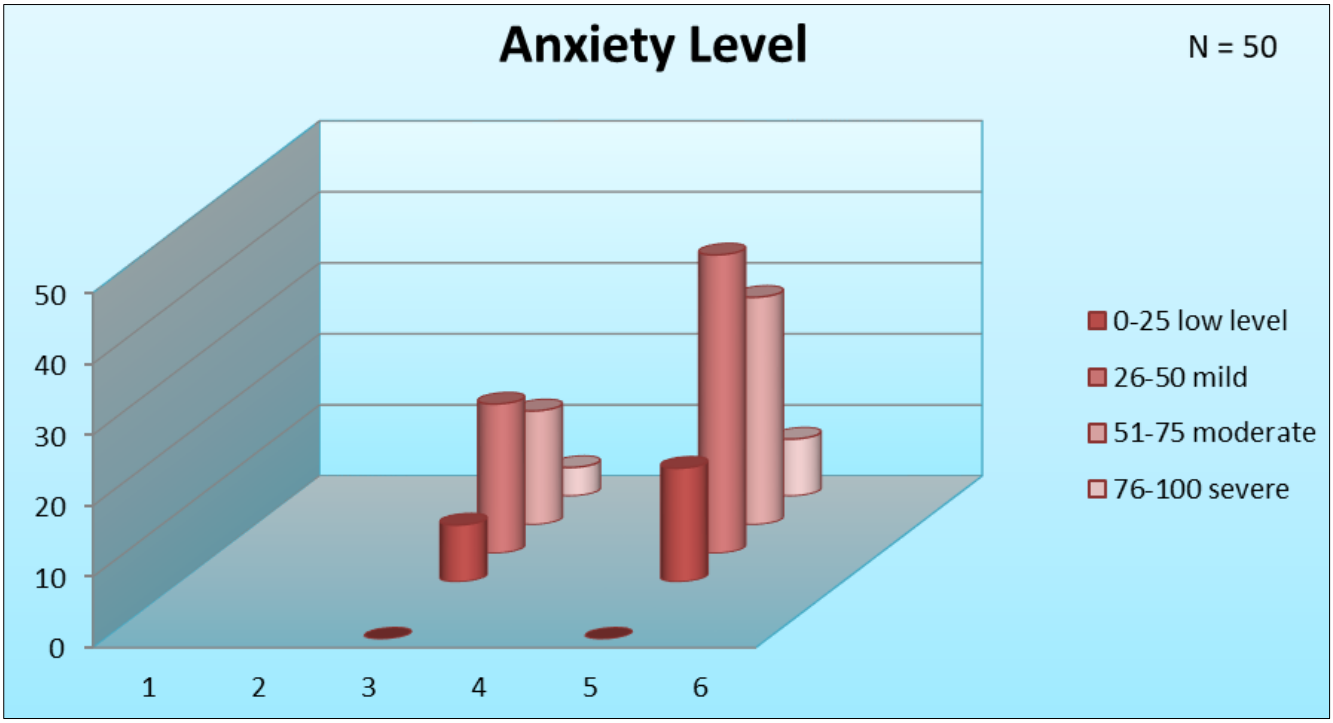

Figure 1: The presented data shows that most of the frequency 21(42%) is mild, 16(32%) is moderate, 8(16%) is low level, 5(10%) is severe.

Table 3: Mean and Standard deviation of level of anxiety among primigravida mothers.

Mean	SD
12.25	7.675719

Table no. 3 shows that the mean calculated value is 12.25 with a standard deviation of 7.68

Table 4: Association between levels of anxiety with selected demographic variables. N=50

Social Demographic Variables		level of anxiety				X^2 value	df	
		Low Level	Mild	Moderate	Severe			P- value
Age	18-23	4	13	7	1	5.899884	9	0.749895 (NS)
	24-29	4	6	8	2			
	30-35	0	2	0	1			
	Above 35	0	0	1	0			
Educational Status	Primary	1	4	1	1	14.34499	15	0.499541 (NS)
	Secondary	2	5	5	2			
	High School	4	7	8	4			
	Inter Mediate	1	3	1	1			
	Undergraduate	0	1	0	0			
	Postgraduate	0	0	0	0			
Occupation	Housewife	7	20	15	7	7.699702	9	0.564669 (NS)
	Government Job	1	0	2	1			
	Private Job	0	1	0	0			
	Self Employed	0	0	0	0			
Place of delivery	Govt. Hospitals	7	20	16	3	3.277926	6	0.773242 (NS)
	Private Hospitals	1	1	0	1			
	Home Delivery	0	0	0	0			
Unplanned Pregnancy	Yes	7	14	11	2	2.051587	3	0.561768 (NS)
	No	1	7	5	2			
Locality	Urban	2	12	4	1	25.12879	3	0.168223 (NS)
	Rural	6	9	12	3			
Religion	Hindu	3	12	8	3	10.59743	9	0.304315 (NS)
	Muslim	5	9	7	5			
	Christan	0	0	0	0			
	Sikh	0	0	1	0			
Family Income	<5000	0	1	0	3	13.94021	9	0.124467 (NS)
	5001-10000	4	11	6	0			
	10001-15000	2	6	7	1			
	>15000	2	3	2	0			
Age of Menarche	10-11 Years	0	3	0	0	5.80782	9	0.758987 (NS)
	12-13 Years	4	8	6	1			
	14-15 Years	2	7	7	2			
	More Than 15 Years	1	3	2	1			
Type of Family	Nuclear Family	3	5	6	3	4.09927	3	0.25094 (NS)
	Joint Family	5	16	10	1			

Significant (p value<0.05)

Table no: -4 shows the association between anxiety levels of participants with their demographic variables. Chi square test used to find the association. All demographic p-values is (>0.05), so, there was no significant association between anxiety level of participants and their selected demographic variables.

4. DISCUSSION

Objective – 1: To assess the level of anxiety among primigravida mothers in S.V.B.P hospital Meerut.

Most of the participants 17(34%) education level is high school, 12(24%) participants education level was secondary, 11(22%) participants education level was intermitted, 6(3%) participants education level was primary, 3(6%) participants education level was postgraduate, 1(2%) participant education level was graduate.

Most of the participants 47(94%) were house wife, 2(4%) were government employee, 1(2%) was private employee.

Most of the participants 47(94%) chose government hospitals for delivery, 3(6%) chose private hospitals for delivery.

Most of the pregnancy counts 35(70%) were unplanned and 15(30%) were planned pregnancies.

Most of the participants 31, 62%) belong to urban locality, 19(38%) belong from a rural.

Most of the participants 27(54%) were Hindu, 20(40%) were Muslims, 2(4%) were Christen, 1(2%) was Sikh.

Most of the participants 19(38%) were in family income group 5000-10000, 11(22%) were in family income group 10001-15000, 11(22%) were in family income below 5000, 9(18%) were in family income above 15000.

This is supported by, Walia Nisha, Ramanadin P. Vadivukkarasi; (2013)

Objective – 2: To find out the association between level of anxiety and selected demographic variables.

In this study the total no of participants (n=50) in which majority of participants 23(46%) were in age group 18-23, 22(44%) were in age group 24-29, 4(8%) were in age group 30-35, 1(2%) was in age above 35 years.

This is supported by Kaur Pretenders (2021)

5. CONCLUSION

The present study shows that 16% of participants were low level, 42% participants were suffering from mild anxiety, 32% participants were suffering from moderate anxiety, 10% participants were suffering from severe anxiety. There is no

significant association between anxiety level and their selected demographic variables.

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About the Corresponding Author

Sanjay Saini is an Assistant Professor at the College of Nursing, LLRM Medical College, Meerut, Uttar Pradesh, India. He contributes to the academic and professional development of nursing students, preparing them to meet the healthcare needs of the community. His involvement in academic assignments, such as guiding students on topics like sexual disorders, demonstrates his commitment to comprehensive nursing education.