

ANXIETY OF PREGNANT WOMAN IN CONTEXT OF CERTAIN VARIABLES AT TAPOVAN CENTRE

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Abstract

Anxiety is a psychological component that becomes a hindrance in normal life. When anxiety is seen to increase in a challenging manner in pregnant women, it can take a worrying form. Here, the aim was to investigate the level of anxiety among women who are associated with Tapovan Garbha Sanskar Center and those who are not, their family type, and working and non-working women. For this, a study was conducted on 60 women, in which the Anxiety, Depression, and Stress Scales (ADSS-BSPSA) by Bhatnagar P. was filled. According to the results, the level of anxiety is lower among women who are associated with Tapovan Center, that is, those who are connected, while the level of anxiety is higher among women living in a divided family and working.

Keywords: Anxiety, Pregnant Women, Tapovan Garbha Sanskar centre.

It is common for everyone to experience anxiety and other negative emotions when a new situation comes into their life, but when a woman becomes pregnant, she feels more anxious than usual due to this new situation. Especially, there is more anxiety about the time of birth of the child, whether it will be a normal delivery or a caesarean section. Due to which it can affect her normal or daily life, as long as this type of anxiety is minor and does not become a hindrance in daily life and relationships, it does not matter, but when these minor worries start coming repeatedly and make life difficult. Then it can prove to be dangerous for the pregnant woman.

OPERATIONAL DEFINITIONS

Anxiety: Anxiety is characterised by excessive fear and worry and related behavioural disturbances. Symptoms are severe enough to result in significant distress or significant impairment in functioning. Symptoms of anxiety may include: trouble concentrating or making decisions, feeling irritable, tense or restless, experiencing nausea or abdominal distress, having heart palpitations, sweating, trembling or shaking, trouble sleeping

Pregnant Women Pregnancy is the term used to describe the period in which a fetus develops inside a woman's womb or uterus. Pregnancy usually lasts about 40 weeks, or just over 9 months, as measured from the last menstrual period to delivery. Health care providers refer to three segments of pregnancy, called trimesters.

Types of Jobs The type of job here refers to working and non-working women, non-working women are those women who do not receive any kind of compensation or remuneration for their work, while working women receive compensation or remuneration for their work.

Family types A family is a social unit that is of two types, joint family and nuclear family. A family consisting of two adults and children is known as a nuclear family while a family consisting of more than two adults and children is known as a joint family.

Tapovan Center Children's University has taken the initiative with the help of a two-dimensional concept of Tapovan Research Centre. These two dimensions are: (1) Research is the eugenics and (2) Guidance and education of pregnant mothers for giving birth to the best of the children.

CONCEPT OF TAPOVAN RESEARCH CENTER

It is a centre of research in eugenics. Incredible centre for educating pregnant women; it has a beautiful garden and other facilities. A unique place for nurturing the best progeny for transforming society. A centre of development and

implementation of profound and the best practices in Garbha-sanskar and Garbha-vignana. A centre for harmony of family and the expectant mother. A research centre for studying the developmental progress of a child in the expectant mother's physiological, psychological and affective development.

ACTIVITIES OF TAPOVAN RESEARCH CENTER

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|--------------------------------|---------------------------|
| 1. Pranayam/ Yoga | 8. Reading/ Discussion |
| 2. Prayer | 9. Showing film/video |
| 3. Meditation | 10. Prakrtivihar |
| 4. Garbhasamvad | 11. Personal Counseling |
| 5. Art Skills/Painting | 12. Group Counseling |
| 6. Games-Intellectual/Physical | 13. Mathematical puzzles |
| 7. Music | 14. Development Elocution |

REVIEW OF LITERATURE

Research results of Paramar, R (2025) found no significant difference in mental well-being between graduate and postgraduate pregnant women. Level of education during pregnancy did not influence mental well-being in this sample. Similarly, no significant difference was found between urban and rural pregnant women. This suggests that shared cultural, social and family factors play a more important role than education or residence in determining mental well-being during pregnancy.

Research results from Raval, P. and Prajapati, A. (2019) found a significant impact on the psychological well-being of pregnant women in the context of participation in the Tapovan Center, i.e., pregnant women participating in the Tapovan Center have higher psychological well-being than non-participating pregnant women.

Research results of Prajapati A. (2024) found that the pregnant women who are involved in the Tapovan Centre have an increase in mental health compared to the non-involved pregnant women.

Research results of Raval, P. and Prajapati, A. (2017) revealed that a significant difference was found whenever a pregnant woman was involved in the Tapovan research center.

Prajapati, A. N. & Gajjar, D. N. (2022). The study's conclusions demonstrated a noteworthy variation in psychophysical stress in relation to pregnant women's involvement in the Tapovan (garbha sanskar) Centre. At the Tapovan Research Centre, pregnant women who are involved experience less psychophysical stress than those who are not.

OBJECTIVES OF THE STUDY

To study the Anxiety of Pregnant women context of their Involvement in Tapovan Center.

To study the Anxiety of pregnant women context of their family type and job type (working and non working)

Hypotheses

H₀₁ There is no significant difference in Pregnant women's Anxiety scores between Involvement in Tapovan Center and not involved.

H₀₂ There is no significant difference in Pregnant women's Anxiety scores between Joint and Nuclear family.

H₀₃ There is no significant difference in Anxiety scores between working and not working Women.

Variables

Sr.no.	Variables Name		levels	Name of levels
1.	Independent	Involvement	2	1. Involved 2. Non-involved
2.	Independent	Family types	2	1. Joint 2. Nuclear
3.	Independent	Types of Jobs	2	1. Working 2. Non-Working
4.	Dependent	Score of Anxiety, Depression and Stress Scales	1.	Measurement of scale

METHODOLOGY

Sample

For the present study, data were collected from Tapovan Garbha Sanskar Center and from Anganwadi and Hospital. A total of 70 women were studied.

Tool

Personal data sheet: Name, age, Family types, Education, Occupation and other information were collected.

Anxiety, depression and stress scale. Anxiety, depression and stress scale developed by Pallavi Bhatnagar, Megha Singh, Manoj Pandey, Sandhya and Amitabh. It measures three types of aspects. There are a total of 48 questions, each of which can be answered with a yes or no. This scale can be used for both clinical and non-clinical.

Reliability

Reliability of the total scale in terms of internal consistency as measured by Cronbach's Alpha and Spearman-Brown coefficient, is 0.81 and 0.89. The obtained reliability for Anxiety subscales as measured by Cronbach's Alpha is 0.76, and when measured by Spearman-Brown coefficient is 0.86, respectively.

Validity

The validity of this test appears to be good.

Statistical analysis

Mean (M), Standard Deviation (SD), and t-test were used for data analysis.

RESULTS AND DISCUSSION

H0₁ There is no significant difference in Pregnant women's Anxiety scores between Involvement in Tapovan Center and not involved.

Table 1

Comparison of Anxiety between Non-involved women and Involved women in Tapovan center

Group	N	Mean	SD	t-value	Significant Level
Non-involved women	35	8.17	4.25	2.51	0.05*
Involved women	35	5.71	4.06		

***Significant Level of 't' Value 0.05 level 1.98 (df=68), 0.01 level 2.62 (df=68)**

The results showed that Non-involved women in Tapovan center (N = 35, M = 8.17, SD = 4.25) had higher Anxiety scores than involved women in Tapovan center (N = 35, M = 5.71, SD = 4.06). The mean difference between the two groups was 2.46. The obtained t-value was 2.51, which indicates a statistically significant difference at the 0.05 level. This suggests that Non-involved women in Tapovan center experienced significantly higher Anxiety compared to women who were involved in the Tapovan center.

H0₂ There is no significant difference in Pregnant women's Anxiety scores between Joint and Nuclear family.

Table 2

Comparison of Anxiety between Joint and Nuclear Family

Group	N	Mean	SD	t-value	Significant Level
Nuclear Family	35	10.51	4.29	3.44	0.01*
Joint Family	35	7.06	4.22		

***Significant Level of 't' Value 0.01 level 2.62 (df=68)**

The results showed that the nuclear family (M = 10.51, SD = 4.29) had significantly higher Anxiety scores than Joint family (M = 7.06, SD = 4.22). The mean difference between the two groups was 3.45.

The obtained t-value was 3.44 (df = 68), which is statistically significant at the 0.01 level. This indicates that there is a significant difference in Anxiety between the Joint family and Nuclear Family; women who live in the nuclear family experience higher Anxiety than Joint family.

H0₃ There is no significant difference in Anxiety scores between working and not working Women.

Table 3
Comparison of Anxiety between Working and Non-working Women

Group	N	Mean	SD	t-value	Significant Level
Working	35	9.77	4.30	2.75	0.01*
Non-working	35	7.03	4.17		

*Significant Level of 't' Value 0.01 level 2.62 (df=68)

The results showed that Working women (M = 9.77, SD = 4.30) scored significantly higher Anxiety scores than Non-working women (M = 7.03, SD = 4.17).

The mean difference between the two groups was 2.74. The obtained t-value was 2.75 with df = 68, which is statistically significant at the 0.01 level.

This indicates that there is a significant difference in Anxiety between Working women and Non-working, with Working women showing higher Anxiety levels.

LIMITATIONS

- This study is limited to Tapovan Garbha Sanskar center only.
- The sample size of this study is very small.
- The sample of women has been taken from Ahmedabad and Gandhinagar only.
- Only anxiety has been studied here, instead of this or more, some other psychological variables can be studied better.
- The study can be better if a pre and post design is used.
- There may be cultural effects in this study, based on the experience of pregnant women, there may be different differences in their anxiety.
- It becomes difficult to control other psychological and physical variables. Such as fatigue, boredom, etc.
- The results obtained in Tapovan Garbha Sanskar center it cannot be applied to other pregnant women.

IMPLICATIONS

- If the level of anxiety is high in a woman, than psychological support give to them
- This study can be used better in policy making, when a policy is made for prenatal care, this study can be used.
- This study can be used for educational and awareness purposes that can be used by the hospital, family, and community.

CONCLUSION

Women associated with Tapovan Garbha Sanskar Centre have lower levels of anxiety, while women not associated with any such prenatal program have higher levels of anxiety.

Women living in Nuclear families have higher levels of anxiety, while women living in joint families have lower levels of anxiety.

Pregnant women who work have higher levels of anxiety, while women who do not work have lower levels of anxiety.

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