

Features of Psychoemotional Changes in Women during Pregnancy

Ibragimova Muazam Holdorovna

Assistant of the department of psychiatry, medical psychology and narcology, Samarkand State Medical University, Samarkand, Republic of Uzbekistan

Article Information

Received: May 13, 2023

Accepted: June 14, 2023

Published: July 15, 2023

Keywords: *Pregnant woman, psychoemotional change, childbirth, feeling.*

ABSTRACT

Despite the high prevalence of psychoemotional changes in pregnant women, in most cases they are not diagnosed. The emotional state of a woman in childbirth is important to take into account when choosing a method of anesthesia of childbirth and determining the quality of pain relief. Of particular interest to specialists accompanying pregnancy are changes in the structure of the psychoemotional sphere in a woman during the trimesters of pregnancy.

Introduction. Such indicators of a woman's emotional sphere as well-being, activity, mood, emotional tension, anxiety, confidence, excitability, loneliness, depression, neuroticism, aggression and frustration play an essential role in the formation of motherhood as part of a woman's personal sphere, which is especially significant in psychological preparation for childbirth and upcoming motherhood [1-10]. Since the end of the last century, research has been conducted in this direction both in domestic and foreign science. Modern statistical processing of the research material with the construction of a multidimensional correlation model of cause-and-effect relationships in the form of a hierarchical cluster or dendrogram allows you to clearly see the structure and cause-and-effect relationships of changes in a woman's emotional state [11-16]. Of course, knowledge of the peculiarities of the psychoemotional state of women at the end of pregnancy and analysis of the dynamics of these changes from the state to pregnancy and further through the trimesters of pregnancy allow us to build an adequate model of psychoprophylactic preparation for childbirth, including aspects of anesthesia of upcoming childbirth, psychocorrection of emotional changes [17-23]. This will allow to correct both the emotional state of a woman during pregnancy and to optimize the emotional response in the process of anesthesia of childbirth. The health of pregnant women deserves special attention, since they perform an extremely important function of motherhood - reproduction of offspring [24-30].

Analysis of scientific literature has shown that for successful pregnancy management at the present stage, it is not enough to traditionally assess medical parameters, it is also important to take into account various psychological data that often determine the success of this process [31-38]. Emotional experiences of women during pregnancy have a certain specificity associated with its term and differ from experiences outside pregnancy.

Of course, knowledge of the peculiarities of women's emotional states during pregnancy and analysis of the dynamics of these changes in the state before pregnancy and further through the trimesters of pregnancy make it possible to build an adequate model of psychoprophylactic preparation for childbirth and parenthood in general, to optimize the mental state of a woman during pregnancy, childbirth and at the stage of further interaction with the child [39-44].

The aim of the study: was to identify and determine the qualitative peculiarity of psychoemotional disorders in women during pregnancy, to study the factors influencing their formation, in order to develop the earliest methods of psychoprophylaxis and correction of psychoemotional changes in a pregnant woman.

Materials and methods of research. In the course of work on the identification of stress factors in pregnant women, 48 first-time and 22 second-time women were examined, who were on a consultative account. They were offered a questionnaire compiled on the basis of a structured interview with pregnant women, in which women answered questions about the duration of pregnancy, the desirability of pregnancy, family relationships, their well-being, emotional state, fears experienced, plans related to the child and future life, the idea of childbirth and the postpartum period. To determine the level of anxiety in primiparous women, the method of measuring the personal and situational anxiety of C.D. Spielberg - Y.L.Khanin was used, in order to determine the level of anxiety (low, moderate, high).

Results and discussion. According to the results of the study of the level of anxiety in pregnant women, it can be seen that among pregnant women who took part in the study, women with such a high level of anxiety are equally common among both first-time and second-time women. The patients complained of a reduced mood, which was joined or combined with anxious experiences and fears of upcoming difficulties, dangers and life changes. Anxiety experiences were mainly represented by a state of anxious hypo-thymia, that is, a reduced mood associated with the expectation of danger (in the course of childbirth, impending motherhood, etc.). Fears of pregnant women were dominant. They were connected with the real situation, dominated in the mind, displacing all other thoughts, and made it difficult to focus on current activities. From the data presented, it can be seen that first-time pregnant women in the first trimester of pregnancy most often had a moderate level of personal anxiety (53.5%). In 17.8% of cases, there was a high level of personal anxiety and in 28.6% of cases, a low level of personal anxiety. In the second trimester of pregnancy, a moderate level of personal anxiety was observed in 64.2% of cases, there was also an increase in the number of cases with high anxiety in 21.4%, a low level of personal anxiety was found in 14.2% of cases. In the third trimester of pregnancy, a low level of personal anxiety was not registered, there was a significant increase in the number of women with a high level of anxiety (42.8%), a moderate level of personal anxiety was detected in 57.1% of cases. Against the background of anxiety, some patients experienced hypochondriac reactions. The level of situational anxiety in first-time pregnant women does not change during the first and second semester of pregnancy, so a high level of anxiety was detected in 7.1% of cases, a moderate level of situational anxiety in 57.1% of cases, a low level of situational anxiety was observed in 35.7% of the surveyed. By the third trimester, the number of examined patients with a moderate level of situational anxiety – 71.4% and with a high level of anxiety – 14.2% significantly increased, while a low level of situational anxiety was found only in 14.2% of the examined.

This is due to the approach of childbirth and the birth of a child. In primiparous women, personal anxiety, as a rule, was irrational in nature. The alarm was not based on real events or circumstances. The women themselves described this condition as a feeling of internal tension, which was either constantly present, or as if it "rolled over" unexpectedly and lasted for various periods of time. The patients noted the appearance of sarcastic pickiness, petty criticality, which

provoked conflicts with people around them, which further lowered their mood. The patients, wanting to distract themselves, "escape" from their experiences, as well as from conflicts, specially chose a store in distant areas from home, planned a long walking route. The analysis of the data showed that in repeat-bearing women in the first trimester, a moderate level of personal anxiety prevails - 66.6%, a low level of anxiety was detected in 8.3% of the surveyed, a high level of personal anxiety in 16.6% of cases.

The level of personal anxiety in repeat-bearing pregnant women in the second trimester of pregnancy is dominated by a high level of anxiety - 50%, a moderate level of anxiety was detected in 8.3% of cases, a low level of anxiety was detected in 41.6% of the surveyed.

In the third trimester, compared with the first trimester, the number of women with an average level of anxiety significantly decreases to 16.7%, but a high level of anxiety is detected in 41.6% of cases. The level of situational anxiety in the first trimester in repeat-bearing women is dominated by a low level - 41.6%, a moderate level of personal anxiety was detected in 33% of cases, in 25% of cases - a high level. In the second trimester, a high level of personal anxiety prevails in repeat-bearing women - 50% of the surveyed. A low level of personal anxiety was noted in 41.6% of cases, a moderate level of anxiety – in 8.3% of cases. In the third trimester, a low level of anxiety is 58.3%, a high level of anxiety decreases to 33.3%, a moderate level of situational anxiety was found in 8.3% of cases. In repeat-bearing women, anxiety was of a rational nature and was caused by real sources: burdened anamnesis, unfavorably ended previous pregnancies, the presence of abnormalities during this pregnancy, severe or worsened somatic condition of the woman herself. For most women, anxiety-depressive experiences are associated with the attitude of a pregnant woman (65%). This may reflect the unwillingness of these women to make changes in the family and social spheres of life, to accept the role of a mother. Expressed anxiety, self-doubt and dissatisfaction with pregnancy and motherhood, according to research, in all cases are combined with a deviation from an adequate style of experiencing pregnancy, with an unfavorable family situation, with a negative attitude to changes in one's own body and dissatisfaction with the attitude of others, with a deviation from an adequate perception of the value of the child and an unfavorable tendency of interference of values, with a deviation from an adequate type of maternal attitude. The attitude to changes in one's condition and claims against other people, including the father of the child, close relatives, medical staff, reflect dissatisfaction with the situation of motherhood (and pregnancy) and can serve as one of the diagnostic indicators. The study revealed the types of pregnancy experiences that are most susceptible to dynamics during pregnancy and lead to the most diverse deviations in the style of maternal attitude (a group with anxious and ambivalent types of pregnancy experiences).

Analyzing the influence of stress factors on the development of anxiety in pregnant women, it was revealed that in the first trimester of pregnancy, pregnant women identified changes in their own well-being, fatigue, fatigue as one of the most significant stress factors. In the second trimester of pregnancy, among the stressful factors associated with increased anxiety, hospitalization, conflicts at work, fear of childbirth can be distinguished. The change in her own well-being did not affect the development of personal anxiety, this is due to the fact that a woman gets used to her position. In the third trimester of pregnancy, significant changes occur. All stress factors are positively associated with the level of anxiety. It was in the third trimester that women identified anxiety for the unborn baby as the most significant stress factor for themselves. And all other factors in one way or another can affect the health of the unborn child, therefore they cause an increased level of anxiety. For repeat-bearing women, among the stress factors affecting the development of anxiety, diseases of older children, diseases of parents or husband were noted. In women who had a medical or spontaneous abortion, such stressful factors as anxiety for the baby and hospitalization in the hospital occupied a leading position throughout pregnancy. The general emotional state of a pregnant woman is very unstable, she

constantly thinks about the upcoming birth, about her health and about the health of the unborn baby, so "bad sleep during pregnancy", "conflicts with superiors", "hospitalization to the hospital", "increased fatigue, fatigue", "fear of childbirth" – all entails it represents an increase in the level of anxiety. A high level of anxiety was found in 67.5% of pregnant women, which indicates the manifestation of anxiety in a variety of situations. This is a violation of the emotional sphere of the individual, testifies to the insufficient adaptability of a person to certain social situations. Such a level of anxiety can disorganize any activity, which in turn can lead to low self-esteem, self-doubt, this condition can act as one of the mechanisms for the development of neurosis, as it contributes to the aggravation of personal contradictions. 73% of pregnant women have an average level with a tendency to high anxiety, which indicates the tendency of a pregnant woman to experience anxiety, i.e. an emotional state that occurs in situations of uncertain danger and manifests itself in anticipation of an unfavorable development of events. The disorder of mental adaptation, which is observed in all pregnant women, is a multifactorial formation associated with both the manifestations of pregnancy itself and personality traits, the structure of neurosis-like disorders and various psychosocial characteristics. Stress factors and the resulting mixed anxiety and depressive disorders are one of the reasons for the threat of termination in both the 1st and 2nd half of pregnancy. Mixed anxiety and depressive disorder during pregnancy is one of the serious risk factors for perinatal pathology. The threat of termination of pregnancy is increasing. In the women surveyed, a high level of personal anxiety was revealed, manifested in emotional discomfort (83.4%), asthenia (78.8%), a feeling of incomprehensible threat and self-doubt, an anxious assessment of prospects (63.4%). The study of the level and specificity of neuroticism, as a predominantly personal typological characteristic, showed that, in pregnant women, regardless of the duration of pregnancy, its level is lowered or low. With neuropsychiatric stress, aggressiveness, irritability, and short temper appear at any stage of pregnancy. Girls' academic performance decreases (20%), conflicts with friends and colleagues arise (27%). The degree and originality of the severity of symptoms are influenced by certain psychosocial factors. The older a woman is, the more pronounced her neurosis-like disorders are. The less favorable the general radical of psychosocial factors is, the more pronounced neurosis-like disorders are, there is a greater percentage of the presence of neurotic asthenia, the level of neuroticism and anxiety is increased.

Conclusions. Thus, the violation of mental adaptation, which is observed in the clinical picture, is a multifactorial formation associated with both clinical manifestations and personality characteristics, the structure of neurosis-like disorders and various psychosocial characteristics.

References:

1. Abdurazakova Robiya Sheraliyevna, Turaev Bobir Temirpulatovich 2023. Characteristic features of affective disorders in children with autism. *Iqro jurnali*. 2, 2 (Apr. 2023), 722–727.
2. Allambergenov A. J. et al. Postcovid syndrome and its neuropsychiatric consequences after covid-19 in patients with alcoholism // *European Journal of Interdisciplinary Research and Development*. – 2023. – T. 11. – C. 42-46.
3. Asliddinovich M. O. et al. Psychological characteristics of patients with gastrointestinal diseases // *IQRO*. – 2023. – T. 3. – №. 1. – C. 225-230.
4. Murodullayevich K. R., Temirpulatovich T. B., Holierovna K. H. Social assistance in patients with phobic anxiety disorders // *Iqro jurnali*. – 2023. – T. 2. – №. 2. – C. 408-413.
5. Ochilov U. U., Turaev B. T., Zhumageldiev N. N. Peculiarities of the formation and course of alcoholism in persons with character accentuations and personality disorders // *Bulletin of Science and Education*. – 2020. – №. 10-4. – C. 88.

6. Temirpulatovich T. B. Depressive disorders in alcohol recipients and its socio-economic consequences during the covid-19 pandemic //Web of Scientist: International Scientific Research Journal. – 2023. – T. 4. – №. 1. – C. 162-168.
7. Temirpulatovich T. B. et al. Alkogolizm bilan kasallangan bemorlarda covid-19 o'tkazgandan keyin jigardagi klinik va laborator o'zgarishlar //journal of biomedicine and practice. – 2023. – T. 8. – №. 1.
8. Temirpulatovich T. B. et al. Clinical Manifestations of Suicidal Behaviors as a Result of Depressive Disorders During Adolescence //Eurasian Medical Research Periodical. – 2022. – T. 8. – C. 55-58.
9. Temirpulatovich T. B. et al. Prevalence of borderline personality disorder among people addicted to alcohol and drugs //IQRO. – 2023. – T. 2. – №. 2. – C. 395-400.
10. Temirpulatovich T. B. et al. Study of the dominant signs of a manifest attack of schizophrenia with the use of psychoactive substances //IQRO. – 2023. – T. 2. – №. 2. – C. 388-394.
11. Temirpulatovich T. B. Patients With Alcoholism Functional Changes in the Liver After Covid-19 Disease //The Peerian Journal. – 2023. – T. 15. – C. 38-47.
12. Temirpulatovich T. B. Sexual behavioral disorders after the covid-19 pandemic in patients with alcoholism //World Bulletin of Public Health. – 2022. – T. 10. – C. 207-209.
13. Temirpulatovich T. B., Hamidullayevna X. D. Neuropsychiatric disorders that develop in a complication of covid-19 to alcoholism //European Journal of Interdisciplinary Research and Development. – 2023. – T. 11. – C. 47-51.
14. Temirpulatovich T. B., Murodullayevich K. R. Characteristic features of postkovid syndrome in patients with alcoholism, the presence of various liver diseases //Open Access Repository. – 2023. – T. 4. – №. 2. – C. 266-277.
15. Temirpulatovich T. B., Murodullayevich K. R., Uzokboyevich T. A. The Interrelationship of The Covid-19 Pandemic with Alcohol Abuse //Eurasian Medical Research Periodical. – 2022. – T. 8. – C. 137-139.
16. Temirpulatovich T. B., Sabriyeva V. A. Effects of the Covid-19 Pandemic on the Frequency of Alcohol Abuse and Clinical and Psychopathological Features //Eurasian Medical Research Periodical. – 2022. – T. 8. – C. 68-71.
17. Temirpulatovich T. B., Uzokboyevich T. A. Biochemical Changes in the Liver After Covid-19 Disease in Alcohol-Dependent Patients and Their Effects on the Course of Alcoholism //The Peerian Journal. – 2023. – T. 15. – C. 28-37.
18. Temirpulatovich T. B., Uzokboyevich T. A. Effects of exogenous psychological effects on alcohol consumption during the covid-19 pandemic //Web of Scientist: International Scientific Research Journal. – 2023. – T. 4. – №. 1. – C. 157-161.
19. Temirpulotovich T. B. et al. The Impact Of Medical And Social Factors On Alcohol Abuse In Patients With Alcoholism During The Covid-19 Pandemic //Journal of Pharmaceutical Negative Results. – 2022. – C. 8195-8200.
20. Turaev B. the course of the disease during the covid-19 pandemic in patients with alcoholism //Science and innovation. – 2022. – T. 1. – №. D8. – C. 130-134.
21. Turaev B., Velilyaeva A. Formation and course of alcoholism in young women with alcoholic psychosis //Eurasian Journal of Medical and Natural Sciences. – 2022. – T. 2. – №. 6. – C. 226-232.

22. Turaev Bobir Temirpulatovich 2023. Socio-demographic, personal and clinical characteristics of relatives of alcoholism patients. *Iqro jurnali*. 1, 2 (Feb. 2023), 685–694.
23. Turaev Bobir Temirpulatovich 2023. Ways to prevent negative disorders in schizophrenia. *Iqro jurnali*. 1, 2 (Feb. 2023), 35–44.
24. Turaev Bobir Temirpulatovich, Kholmurodova Hulkar Holierovna, Ochilova Nigina Ulug'bek qizi 2023. Prevalence of borderline personality disorder among people addicted to alcohol and drugs. *Iqro jurnali*. 2, 2 (Apr. 2023), 395–400.
25. Turaev Bobir Temirpulatovich, Ochilova Nigina Ulug'bek qizi. "Study of the dominant signs of a manifest attack of schizophrenia with the use of psychoactive substances". *Iqro jurnali*, vol. 2, no. 2, Apr. 2023, pp. 388-94.
26. Turaev Bobir Temirpulatovich. "Clinical manifestations of anxiety depressions with endogenous genesis". *Iqro jurnali*, vol. 1, no. 2, Feb. 2023, pp. 45-54,
27. Turgunboyev Anvar Uzokboyevich, Turaev Bobir Temirpulatovich, Kholmurodova Hulkar Holierovna 2023. Clinical and psychological analysis of the risk of second admission of patients with psychoses of the schizophrenia spectrum to a psychiatric hospital. *Iqro jurnali*. 2, 2 (Apr. 2023), 380–387.
28. Usmanovich O. U. et al. Detection of adrenaline and stress conditions in patients using psychoactive substances with hiv infection //CUTTING EDGESCIENCE. – 2020. – С. 42.
29. Xushvaktova Dilnoza Hamidullayevna ,Turaev Bobir Temirpulatovich 2023. Clinical and psychological features of alcoholism patients with suicidal behavior. *iqro jurnali*. 1, 2 (Feb. 2023), 711–720.
30. Xushvaktova Dilnoza Hamidullayevna ,Turaev Bobir Temirpulatovich 2023. Factors of pathomorphosis of alcoholic delirium. *Iqro jurnali*. 1, 2 (Feb. 2023), 721–729.
31. Очиллов У. У. и др. Диагностические особенности у пациентов с эндогенными психическими заболеваниями //Проблемы современной науки и образования. – 2020. – №. 10 (155). – С. 50-52.
32. Очиллов У. У. и др. Клинические особенности психопатического поведения у подростков с психическими расстройствами //Вестник науки и образования. – 2020. – №. 23-3 (101). – С. 71-74.
33. Очиллов У. У. и др. Оптимизация профилактики когнитивных и депрессивных расстройств при алкоголизме //Вестник науки и образования. – 2022. – №. 1-1 (121). – С. 109-113.
34. Очиллов У. У. и др. Проблемы современной науки и образования //проблемы современной науки и образования Учредители: Олимп. – №. 1. – С. 64-67.
35. Очиллов У. У. и др. Эндогенный психоз и расстройства шизофренического спектра в позднем возрасте //Проблемы современной науки и образования. – 2022. – №. 1 (170). – С. 64-67.
36. Очиллов У. У., Тураев Б. Т., Жумагелдиев Н. Н. Особенности формирования и течения алкоголизма у лиц с акцентуациями характера и личностными расстройствами //Вестник науки и образования. – 2020. – №. 10-4 (88). – С. 101-103.
37. Очиллов У. У., Тураев Б. Т., Жумагелдиев Н. Н. Особенности формирования и течения алкоголизма у лиц с акцентуациями характера и личностными расстройствами //Вестник науки и образования. – 2020. – №. 10-4 (88). – С. 101-103.

38. Очилов У. У., Тураев Б. Т., Жумагелдиев Н. Н. Особенности формирования и течения алкоголизма у лиц с акцентуациями характера и личностными расстройствами //Вестник науки и образования. – 2020. – №. 10-4 (88). – С. 101-103.
39. Очилов У. У., Тураев Б. Т., Хушвактова Д. Х. Распространенность когнитивных нарушений у пациентов с алкоголизмом //Вестник науки и образования. – 2020. – №. 17-2 (95). – С. 104-106.
40. Очилов У., Тураев Б., Алкаров Р. Клинические особенности депрессивных расстройств у подростков //Журнал вестник врача. – 2022. – Т. 1. – №. 4. – С. 75-77.
41. Очилов У., Тураев Б., Алкаров Р. Ўсмирларда депрессив бузилишларнинг клиник хусусиятлари //Журнал вестник врача. – 2020. – Т. 1. – №. 4. – С. 75-77.
42. Тураев Б. и др. Алкоголизм билан касалланган беморларда депрессив бузилишларнинг клиник ва психопатологик хусусиятларини ўрганиш //Журнал вестник врача. – 2020. – Т. 1. – №. 2. – С. 92-94.
43. Тураев Б. и др. Изучение клинико-психопатологических особенностей депрессивных расстройств больных с алкоголизмом //Журнал вестник врача. – 2022. – Т. 1. – №. 2. – С. 92-94.
44. Тураев Б. Т. и др. Covid-19 pandemiyasi davrida ruhiy omillarning spirtli ichimliklarni iste'mol qilishga ta'siri //Журнал биомедицины и практики. – 2022. – Т. 7. – №. 3.
45. Тураев Б. Т. и др. Covid-19 pandemiyasi vaqtida spirtli ichimliklarni iste'mol qiluvchi shaxslarda depressiv buzilishlarning tarqalishi //Журнал биомедицины и практики. – 2022. – Т. 7. – №. 1.