

## A study on relationship between depression, anxiety and stress of pregnant women

Jerus Albert Britto<sup>1\*</sup>, Dr. B.Selvaraj<sup>2</sup>, Sharon John<sup>3</sup>

### ABSTRACT

This study aimed to determine the relationship between depression, anxiety and stress of pregnant women. The study was conducted Hospitals, Obstetrics and Gynecology department, Pellamedu, Coimbatore, 60 pregnant women in their three different trimesters viz. 3 months, 6 months, and 9 months in the age range of 23-30 years were selected by purposive sampling. Purposive sampling technique in which the individual's units are selected by some purposive method. The tools used were personal data sheet, DASS questionnaire by Lovibond S.H. The sample size was 60 pregnant women in various spans of trimesters. Response of the pregnant women tabulated category wise and analyzed, one-way SPSS (Version-21) were calculated to find out the significant differences. Based on the above findings it can be conclude that positive and close relationship between depression, anxiety, and stress of pregnant women in different trimester.

**Keywords:** *Anxiety, Depression, Stress, Pregnant Women*

**P**regnancy is the fertilization and development of one or more offspring, known as an embryo or fetus, in a woman's uterus. It is the common name for gestation in humans. A multiple pregnancy involves more than one embryo or fetus in a single pregnancy, such as with twins. Childbirth usually occurs about 38 weeks after conception; in women who have a menstrual cycle length of four weeks, this is approximately 40 weeks from the start of the last normal menstrual period (LNMP). Human pregnancy is the most studied of all mammalian pregnancies. Conception can be achieved through sexual or assisted reproductive technology.

An embryo is the developing offspring during the first 8 weeks following conception, and subsequently the term fetus is used until birth ("Embryo definition-April 2011).

In many societies' medical or legal definitions, human pregnancy is somewhat arbitrarily divided into three trimester periods, as a means to simplify reference to the different stages

<sup>1</sup>Lecturer in Psychology, Government Arts College, Coimbatore, India

<sup>2</sup>Associate Professor and Head, Department of Psychology, Government Arts College, Coimbatore, India

<sup>3</sup>Ph.D. Research Scholar, SNR College of Arts and Science, Coimbatore, India

\*Responding Author

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of prenatal development. The first trimester carries the highest risk of miscarriage. During the second trimester, the development of the fetus can be more easily monitored and diagnosed. The beginning of the third trimester often approximates the point of viability, or the ability of the fetus to survive, with or without medical help, outside of the uterus (Trimester definition- April 2011).

### ***Depression (Mood)***

Depression is a state of low mood and aversion to activity that can affect a person's thoughts, behavior, feelings and sense of well-being. Depressed people feel sad, anxious, empty, hopeless, worried, helpless, worthless, guilty, irritable, hurt, or restless. They may lose interest in activities that once were pleasurable, experience loss of appetite or overeating, have problems concentrating, remembering details, or making decisions, and may contemplate, attempt, or commit suicide. Insomnia, excessive, fatigue, loss of energy, or aches, pains, or digestive problems that are resistant to treatment may also be present. Depressed mood is not always a psychiatric disorder. It may also be a normal reaction to certain life events, a symptom of some medical conditions, or a side effect of some drugs or medical treatments. Depressed mood is also a primary or associated feature of certain psychiatric syndromes such as clinical depression. ("NIMH · Depression", 2012).

## **CAUSES**

### ***Life events***

Life events and changes that may precipitate depressed mood include childbirth, menopause, financial difficulties, job problems, a medical diagnosis (cancer, HIV, etc.), loss of a loved one, natural disasters, relationship troubles, separation, and catastrophic injury (Schmidt, Peter Rashid, T.; Heider, I., 2008).

### ***Medical treatments***

Certain medications are known to cause depressed mood in a significant number of patients. These include hepatitis C drug therapy and some drugs used to treat high blood pressure, such as blockers.

### ***Anxiety***

Anxiety is an unpleasant state of inner turmoil, often accompanied by nervous behavior, such as pacing back and forth, somatic complaints and rumination. It is the subjectively unpleasant feelings of dread over something unlikely to happen, such as the feeling of imminent death. Anxiety is not the same as fear, which is felt about something realistically intimidating or dangerous and is an appropriate response to a perceived threat; anxiety is a feeling of fear, worry, and uneasiness, usually generalized and unfocused as an overreaction to a situation that is only subjectively seen as menacing (Bouras, N.; Holt, G., 2007).

### ***Signs and Symptoms of Anxiety Disorders***

Anxiety is a mood. When it becomes a mental disorder, that is, characterized by excessive, uncontrollable and often irrational worry about everyday things that is disproportionate to the actual source of worry, it is diagnosed as generalized anxiety disorder (GAD). GAD occurs without an identifiable triggering stimulus. It is called generalized because the remorseless worries are not focused on any specific threat; they are, in fact, often exaggerated and irrational. Fear and anxiety were said to be differentiated in four domains: (1) duration of emotional experience, (2) temporal focus, (3) specificity of the threat, and (4) motivated direction. Fear is defined as short lived, present focused, geared towards a specific threat, and facilitating escape from threat; while anxiety is defined as long acting, future

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focused, broadly focused towards a diffuse threat, and promoting excessive caution while approaching a potential threat and interferes with constructive coping. Subtypes of anxiety disorders are phobias, social anxiety, obsessive-compulsive behavior, and Posttraumatic stress disorder. The physical effect of anxiety may include heart palpitations, tachycardia, muscle weakness and tension, fatigue, nausea, chest pain, shortness of breath, headache, stomach aches, or tension headaches. As the body prepares to deal with a threat, blood pressure, heart rate, perspiration, blood flow to the major muscle groups are increased. (Henig, Robin Marantz, 2012).

### ***Stress***

Stress is a person's response to a stressor such as an environmental condition or a stimulus. Stress is a body's method of reacting to a challenge. According to the stressful event, the body's way to respond to stress is by sympathetic nervous system activation which results in the fight-or-flight response. Stress typically describes a negative condition or a positive condition that can have an impact on a person's mental and physical well-being.

### **Chronic stress and development**

Chronic stress has also been shown to impair developmental growth in children by lowering the pituitary gland's production of growth hormone, as in children associated with a home environment involving serious marital discord, alcoholism, or child abuse (Powell, Brasel, & Blizzard, 1967).

## **METHODOLOGY**

### ***Objectives***

1. To find out the Depression of pregnant women in their I, II, III different trimester.
2. To find out the Anxiety of pregnant women in their I, II, III different trimester.
3. To find out the Stress of pregnant women in their I, II, III different trimester.
4. To find out the influence of demographic (Type of family, Husband's occupation, Monthly income, and Area of residence) Depression, Anxiety, and Stress of pregnant women in their different trimester.

### ***Hypothesis***

1. There will be significant difference among Depression of pregnant women in their different trimester.
2. There will be significant difference among Anxiety of pregnant women in their Different trimester.
3. There will be significant difference among Stress of pregnant women in their Different trimester.
4. There will be no significant mean difference among Depression of pregnant Women in their different trimester.
5. There will be no significant mean difference among Anxiety of pregnant women in their different trimester.
6. There will be no significant mean difference among Stress of pregnant women in their different trimester.
7. There will be no significant mean difference among Depression of pregnant Women in their type of family.
8. There will be no significant mean difference among Anxiety of pregnant Women in their type of family.
9. There will be no significant mean difference among Stress of pregnant women in their type of family

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10. There will be no significant mean difference among Depression of pregnant Women in their husband's occupation.
11. There will be no significant mean difference among Anxiety of pregnant Women in their husband's occupation.
12. There will be no significant mean difference among Stress of pregnant women in their husband's occupation.
13. There will be no significant mean difference among Depression of pregnant Women in their monthly income.
14. There will be no significant mean difference among Anxiety of pregnant Women in their monthly income.
15. There will be no significant mean difference among Stress of pregnant women in their monthly income.
16. There will be no significant mean difference among Depression of pregnant Women in their area of residence.
17. There will be no significant mean difference among Anxiety of pregnant Women in their area of residence.
18. There will be no significant mean difference among Stress of pregnant women in their area of residence.

### ***Area of the Sample***

The study was conducted Hospitals, Obstetrics and Gynecology department, Pellamedu, Coimbatore, 60 pregnant women in their three different trimesters viz. 3 months, 6 months, and 9 months in the age range of 23-30 years were selected by purposive sampling. Purposive sampling technique in which the individuals units are selected by some purposive method.

### ***Tools Used***

Personal data sheet was used to collect the relevant background of the Pregnancy period, Type of family, Husband's occupation, Monthly income, and Area of residence etc.... Depression, Anxiety, and Stress scale (DASS) Questionnaire by Lovibond, S.H. and Lovibond, P.F. (1995) was used to assess the depression, anxiety, and stress scale sample. This Questionnaire consists 42 questions which have to be responded by giving (0) or (1) or (2) or (3) scores are calculated to depression items, anxiety items, stress items. Total scores are summed and interpreted using the norms. The score for the response against each statement in the Depression, Anxiety, and Stress Scale is given below:  
Strongly Disagree -0, Disagree -1, Agree -2, Strongly Agree -3

### ***Procedure***

The investigator established rapport with the selected pregnant women of the hospital. Then, the personal data sheet was given to each of them and relevant personal background details were collected. Later, Depression, Anxiety, and Stress Scale (DASS) were provided to the pregnant women individually, one after the other. They were asked to respond to the questionnaires as per the given instructions. Scores were recorded and as per the norms, they were interpreted. Out of the total sample, 60 pregnant women whose responses to all the questionnaires were complete were selected as the sample.

### ***Data Analysis***

Response of the pregnant women tabulated category wise and analyzed, one way SPSS (Version-21) were calculated to find out the significant differences.

**RESULTS AND DISCUSSION**

**Table 1** The relationship among depression, anxiety and stress of pregnant women in their I trimester.

Variable		Anxiety	Stress
Depression	<i>R</i>	.577	.584
	<i>N</i>	20	20
	<i>Sig.</i>	.008	.007
Anxiety	<i>r</i>		.711
	<i>N</i>		20
	<i>Sig.</i>		.000

In order to find out the significant relationship among depression, anxiety and stress of pregnant women in their first trimester correlation was worked. It was found their pregnant women depression and anxiety are significantly correlated ( $r=.577$ ,  $N=20$ ,  $p=.008$ ). Similarly, it was found that there is a close relationship between depression and stress of pregnant women in their first trimester ( $r=.584$ ,  $N=20$ ,  $P=.007$ ). Pregnant women’s anxiety and stress were also found to be highly correlated ( $r=.711$ ,  $N=20$ ,  $P=.000$ ).

From the above analysis it may be concluded that depression, anxiety and stress of pregnant women. In their first trimester contributing each other and demeriting the mental health of the pregnant women further. Therefore, the alternative hypothesis stating that there will be significant relationship among depression, anxiety and stress of pregnant in their first trimester is accepted.

**Table 2** The relationship among depression, anxiety and stress of pregnant women in their II trimester.

Ho2: There will be significant differences between depression, anxiety and stress of pregnant women in their II trimester.

Variable		Anxiety	Stress
Depression	<i>R</i>	.662	.644
	<i>N</i>	20	20
	<i>Sig.</i>	.001	.002
Anxiety	<i>R</i>		.845
	<i>N</i>		20
	<i>Sig.</i>		.000

In order to find out the significant relationship among depression, anxiety and stress of pregnant women in their second trimester correlation was worked. It was found their pregnant women depression and anxiety are significantly correlated ( $r=.662$ ,  $N=20$ ,  $P=.001$ ). Similarly, it was found that there is a close relationship between depression and stress of pregnant women in their second trimester ( $r=.644$ ,  $N=20$ ,  $P=.002$ ). Pregnant women’s anxiety and stress were also found to be highly correlated ( $r=.845$ ,  $N=20$ ,  $P=.000$ ).

From the above analysis it may be concluded that depression, anxiety and stress of pregnant women. In their second trimester contributing each other deteriorating the mental health of the pregnant women further. Therefore, the alternative hypothesis stating that there will be significant relationship among depression, anxiety and stress of pregnant in their second trimester is accepted.

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**Table 3** *The relationship among depression, anxiety and stress of pregnant women in their III trimester.*

Ho3: There will be significant differences between depression, anxiety and stress of pregnant women in their III trimester.

Variable		Anxiety	Stress
Depression	<i>R</i>	.652	.660
	<i>N</i>	20	20
	<i>Sig.</i>	.002	.002
Anxiety	<i>r</i>		.837
	<i>N</i>		20
	<i>Sig.</i>		.000

In order to find out the significant relationship among depression, anxiety and stress of pregnant women in their third trimester correlation was worked. It was found their pregnant women depression and anxiety are significantly correlated ( $r=.652$ ,  $N=20$ ,  $P=.002$ ). Similarly, it was found that there is a close relationship between depression and stress of pregnant women in their third trimester ( $r=.660$ ,  $N=20$ ,  $P=.002$ ). Pregnant women's anxiety and stress were also found to be highly correlated ( $r=.837$ ,  $N=20$ ,  $P=.000$ ).

From the above analysis it may be concluded that depression, anxiety and stress of pregnant women. In their third trimester contributing each other deteriorating the mental health of the pregnant women further. Therefore, the alternative hypothesis stating that there will be significant relationship among depression, anxiety and stress of pregnant in their third trimester is accepted.

**Table 4** *Significant mean difference in depression score of pregnant women during different trimesters.*

Ho4: There will be no significant mean differences in depression score of pregnant women during different trimesters.

Periods	Mean	N	SD	F	Sig
I trimester	18.00	20	6.55	0.64	.938
II trimester	18.30	20	7.33		
III trimester	17.50	20	7.52		

In order to find out the significant mean differences in the depression score of pregnant women belonging to three different categories namely first trimester, second trimester and third trimester mean differences statistics (F test) was worked out by using SPSS (Version 21) statistical package. It was found that the obtained F value of 0.64 with  $d.f=2, 57$  was not significant. Therefore, it can be concluded that pregnant women do not differ significantly in their depression scores during different periods of their pregnancy and the null hypothesis stating that there will be no significant difference in depression score among pregnant women during different trimesters is accepted.

**Table 5** *Significant mean difference in anxiety score of pregnant women in different trimester.*

Ho5: There will be no significant mean difference in anxiety score of pregnant women in different trimester.

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<b>Periods</b>	<b>Mean</b>	<b>N</b>	<b>SD</b>	<b>F</b>	<b>Sig</b>
I trimester	17.35	20	6.75	.553	.578
II trimester	17.10	20	7.39		
III trimester	19.40	20	8.52		

In order to find out the significant mean differences in the anxiety score of pregnant women belonging to three different categories namely first trimester, second trimester and third trimester mean differences statistics (F test) was worked out by using SPSS (Version 21)-statistical package it was found that obtained F value of .553 with d.f=2,57 was not significant. Therefore, it can be concluded that pregnant women do not differ significantly in their anxiety score during different periods of their pregnancy and the null hypothesis stating that there will be no significant difference in anxiety score among pregnant women during different trimester is accepted.

**Table 6 Significant mean difference in stress score of pregnant women in different trimester.**

Ho6: There will be no significant mean difference in stress score of pregnant women in different trimester.

<b>Periods</b>	<b>Mean</b>	<b>N</b>	<b>SD</b>	<b>F</b>	<b>Sig</b>
I trimester	20.35	20	6.85	.388	.680
II trimester	18.60	20	6.40		
III trimester	20.05	20	6.90		

In order to find out the significant mean differences in the stress score of pregnant women belonging to three different categories namely first trimester, second trimester and third trimester mean differences statistics (F test) was worked out by using SPSS (Version 21)-statistical package it was found that obtained F value of .388 with d.f=2,57 was not significant. Therefore, it can be concluded that pregnant women do not differ significantly in their stress score during different periods of their pregnancy and the null hypothesis stating that there will be no significant difference in stress score among pregnant women during different trimester is accepted.

**Table 7 Significant mean difference in depression score of pregnant women from Joint and Nuclear families.**

Ho7: There will be no significant mean difference in depression score of pregnant women from Joint and Nuclear families.

<b>Type of Family</b>	<b>Mean</b>	<b>N</b>	<b>SD</b>	<b>F</b>	<b>Sig</b>
Joint	18.61	28	7.33	.478	.492
Nuclear	17.34	32	6.82		

In order to find out the significant mean differences in the depression score of pregnant women belonging to two different categories namely joint and nuclear families mean difference statistics (F test) was worked out by using SPSS (Version 21)-statistical package it was found that obtained F value of .478 with d.f =1,58 was not significant. Therefore, it can be concluded that pregnant women do not differ significantly in their depression score and the null hypothesis stating that their will be no significant difference in depression score among pregnant women during different trimester is accepted.

**Table 8 Significant mean difference in anxiety score of pregnant women from Joint and Nuclear families.**

Ho8: There will be no significant mean difference in anxiety score of pregnant women from Joint and Nuclear families.

Type of family	Mean	N	SD	F	Sig
Joint	18.82	28	7.50	.700	.406
Nuclear	17.19	32	7.59		

In order to find out the significant mean differences in the anxiety score of pregnant women belonging to two different categories namely joint and nuclear families mean difference statistics (F test) was worked out by using SPSS (Version 21)-statistical package it was found that obtained F value of .700 with d.f =1,58 was not significant. Therefore, it can be concluded that pregnant women do not differ significantly in their anxiety score and the null hypothesis stating that their will be no significant difference in anxiety score among pregnant women during different trimester is accepted.

**Table 9 Significant mean difference in stress score of pregnant women from Joint and Nuclear families.**

Ho9: There will be no significant mean difference in stress score of pregnant women from Joint and Nuclear families.

Type of family	Mean	N	SD	F	Sig
Joint	20.79	28	6.75	1.498	.226
Nuclear	18.69	32	6.52		

In order to find out the significant mean differences in the stress score of pregnant women belonging to two different categories namely joint and nuclear families mean difference statistics (F test) was worked out by using SPSS (Version 21)-statistical package it was found that obtained F value of 1.498 with d.f =1,58 was not significant. Therefore, it can be concluded that pregnant women do not differ significantly in their stress score and the null hypothesis stating that their will be no significant difference in stress score among pregnant women during different trimester is accepted.

**Table 10 Significant mean difference in depression score of pregnant women from who's husband are govt, job, business and other doing works.**

Ho10: There will be no significant mean difference in depression score of pregnant women from who's husband are govt, job, business and other doing works.

Husbands Occupation	Mean	N	SD	F	Sig
Govt	16.47	17	6.87	.899	.448
Job	16.71	7	8.28		
Business	17.86	22	6.11		
Others	20.43	14	8.01		

In order to find out the significant mean differences in the depression score of pregnant women belonging to four different categories namely govt, job, business, other works mean difference statistics (F test) was worked out by using SPSS (Version 21)-statistical package it was found that obtained F value of .899 with d.f=3,56 was not significant. Therefore, it can be concluded that pregnant women do not differ significantly in their depression score and the null hypothesis stating that their will be no significant difference in depression score among pregnant women during different trimester is accepted.

**Table 11 Significant mean difference in anxiety score of pregnant women from who's husband are govt, job, business and other doing works.**

Ho11: There will be no significant mean difference in anxiety score of pregnant women from who's husband are govt, job, business and other doing works.

Husbands Occupation	Mean	N	SD	F	Sig
Govt	16.41	17	6.19	3.132	0.33
Job	15.14	7	8.59		
Business	16.82	22	6.32		
Others	23.00	14	8.64		

In order to find out the significant mean differences in the anxiety score of pregnant women belonging to four different categories namely govt, job, business, other works mean difference statistics (F test) was worked out by using SPSS (Version 21)-statistical package it was found that obtained F value of 3.132 with d.f=3,56 was not significant. Therefore, it can be concluded that pregnant women do not differ significantly in their anxiety score and the null hypothesis stating that their will be no significant difference in anxiety score among pregnant women during different trimester is accepted.

**Table 12 Significant mean difference in stress score of pregnant women from who's husband are govt, job, business and other doing works.**

Ho12: There will be no significant mean difference in stress score of pregnant women from who's husband are govt, job, business and other doing works.

Husbands Occupation	Mean	N	SD	F	Sig
Govt	18.47	17	4.78	1.643	.190
Job	17.86	7	7.84		
Business	19.04	22	6.81		
Others	23.00	14	7.29		

In order to find out the significant mean differences in the stress score of pregnant women belonging to four different categories namely govt, job, business, other works mean difference statistics (F test) was worked out by using SPSS (Version 21)-statistical package it was found that obtained F value of 1.643 with d.f=3,56 was not significant. Therefore, it can be concluded that pregnant women do not differ significantly in their stress score and the null hypothesis stating that their will be no significant difference in stress score among pregnant women during different trimester is accepted.

**Table 13 Significant mean difference in depression score of pregnant women from monthly income.**

Ho13: There will be no significant mean difference in depression score of pregnant women from monthly income.

Monthly Income	Mean	N	SD	F	Sig
Below 15,000	18.03	37	6.95	0.17	.897
Above 15,000	17.79	23	7.32		

In order to find out the significant mean differences in the depression score of pregnant women belonging monthly income mean difference statistics (F test) was worked out by using SPSS (Version 21)-statistical package it was found that obtained F value of 0.17 with d.f=1,58 was not significant. Therefore it can be concluded that pregnant women do not differ significantly in their depression score and the null hypothesis stating that their will be

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no significant difference in depression score among pregnant women during different trimester is accepted.

**Table 14 Significant mean difference in anxiety score of pregnant women from monthly income.**

Ho14: There will be no significant mean difference in anxiety score of pregnant women from monthly income.

Monthly Income	Mean	N	SD	F	Sig
Below 15,000	19.14	37	7.66	2.450	.123
Above 15,000	16.04	23	7.05		

In order to find out the significant mean differences in the anxiety score of pregnant women belonging monthly income mean difference statistics (F test) was worked out by using SPSS (Version 21)-statistical package it was found that obtained F value of 2.450 with d.f=1,58 was not significant. Therefore, it can be concluded that pregnant women do not differ significantly in their anxiety score and the null hypothesis stating that their will be no significant difference in anxiety score among pregnant women during different trimester is accepted.

**Table 15 Significant mean difference in stress score of pregnant women from monthly income.**

Ho15: There will be no significant mean difference in stress score of pregnant women from monthly income.

Monthly Income	Mean	N	SD	F	Sig
Below 15,000	19.84	37	6.60	.063	.803
Above 15,000	19.39	23	6.87		

In order to find out the significant mean differences in the stress score of pregnant women belonging monthly income mean difference statistics (F test) was worked out by using SPSS (Version 21)-statistical package it was found that obtained F value of 0.63 with d.f=1,58 was not significant. Therefore, it can be concluded that pregnant women do not differ significantly in their stress score and the null hypothesis stating that their will be no significant difference in stress score among pregnant women during different trimester is accepted.

**Table 16 Significant mean difference in depression score of pregnant women from Rural and Urban area.**

Ho16: There will be no significant mean difference in depression score of pregnant women from Rural and Urban area.

Area of Residence	Mean	N	SD	F	Sig
Rural	15.60	10	9.78	1.328	.254
Urban	18.40	50	6.38		

In order to find out the significant mean differences in the depression score of pregnant women belonging to two different categories namely rural and urban area mean difference statistics (F test) was worked out by using SPSS (Version 21)-statistical package it was found that obtained F value of 1.328 with d.f=1,58 was not significant. Therefore, it can be concluded that pregnant women do not differ significantly in their depression score and the

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null hypothesis stating that there will be no significant difference in depression score among pregnant women during different trimester is accepted.

### **Table 17 Significant mean difference in anxiety score of pregnant women from Rural and Urban area.**

Ho17: There will be no significant mean difference in anxiety score of pregnant women from Rural and Urban area.

Area of Residence	Mean	N	SD	F	Sig
Rural	15.20	10	8.68	1.617	.209
Urban	18.50	50	7.25		

In order to find out the significant mean differences in the anxiety score of pregnant women belonging to two different categories namely rural and urban area mean difference statistics (F test) was worked out by using SPSS (Version 21)-statistical package it was found that obtained F value of 1.617 with d.f=1,58 was not significant. Therefore, it can be concluded that pregnant women do not differ significantly in their anxiety score and the null hypothesis stating that there will be no significant difference in anxiety score among pregnant women during different trimester is accepted.

### **Table 18 Significant mean difference in stress score of pregnant women from Rural and Urban area.**

Ho18: There will be no significant mean difference in stress score of pregnant women from Rural and Urban area.

Area of Residence	Mean	N	SD	F	Sig
Rural	18.00	10	8.91	.750	.390
Urban	20.00	50	6.17		

In order to find out the significant mean differences in the stress score of pregnant women belonging to two different categories namely rural and urban area mean difference statistics (F test) was worked out by using SPSS (Version 21)-statistical package it was found that obtained F value of .750 with d.f=1,58 was not significant. Therefore, it can be concluded that pregnant women do not differ significantly in their stress score and the null hypothesis stating that there will be no significant difference in stress score among pregnant women during different trimester is accepted.

## **CONCLUSION**

Based on the above findings it can be concluded that positive and close relationship between depression, anxiety, and stress of pregnant women in different trimester.

### **Limitations for The Study**

1. The study was conducted with a small sample. Therefore, generalization of the study result is difficult.
2. The study was conducted at PSG hospitals, Coimbatore. Since the sample is taken from only one hospital, it may not be a homogeneous representative sample.
3. While collecting data, the researcher experienced almost difficulty. The collection of data among pregnant mothers posed serious problems such as non-availability, their help conditions, emotionality etc.

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### *Suggestions for Further Research*

1. The study may be conducted separately on each variable namely depression, anxiety, and stress.
2. The study may be conducted large sample. That is different hospitals representing to forms of pregnant women.

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### *Conflict of Interest*

The author declared no conflict of interest.

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