

**Comparative Study**

## **Comparative Study of Pregnant Women with Garbha Sanskar Challenge and without Garbha Sanskar Challenge on Stress, Depression and Anxiety**

Kshitija Itraj<sup>1\*</sup>, Eesha Rakhi<sup>2</sup>

### **ABSTRACT**

Motherhood is a beautiful journey, witnessing the transformation of a woman's body, mind, and soul. While the experience is often rewarding, it can also be incredibly stressful. Through this research we explored how the presence of Garbh Sanskar challenge (Garbha Sanskar Challenge) affected the psychological well-being of pregnant women specifically examining the impacts on stress, depression and anxiety. A comprehensive comparative study was undertaken to investigate the distinct psychological impacts of the Garbha Sanskar Challenge on pregnant women. This investigation encompassed a mix method approach, combining quantitative and qualitative methodologies, with the primary objective of discerning potential disparities arising from the Garbha Sanskar Challenge. The results substantiated the hypothesis with remarkable significance ( $p < .001$ ), highlighting the profound influence of the Garbha Sanskar Challenge on the psychological well-being of pregnant women. The outcomes of this research enrich our comprehension of the psychological repercussions stemming from the Garbha Sanskar Challenge course. Furthermore, these findings furnish actionable insights into optimal strategies for effectively bolstering pregnant women throughout this intricate yet rewarding expedition.

**Keywords:** *Garbha Sanskar, Mental Health, Stress, Depression, Anxiety*

**P**regnancy is the privilege of experiencing God's miracles on earth. It is one of the stages of joyful anticipation which brings many changes in the body, the emotion and family life.

Pregnancy is a transformative journey that marks the beginning of a new chapter in a woman's life, filled with excitement, anticipation, and profound changes as a tiny being grows and develops within the mother's womb. The miraculous process begins with the fertilisation of an egg by sperm, leading to the formation of a unique individual. Over the course of approximately nine months, this tiny being undergoes remarkable growth and development, from the delicate formation of vital organs to the emergence of tiny limbs and the steady growth of the nervous system. Witnessing the gradual transformation of a mere

<sup>1</sup>Undergraduate Psychology Student, St Mira's College for Girls, Pune

<sup>2</sup>Postgraduate Clinical Psychology Student, Modern College of Arts, Science and Commerce, Chatrapati Shivaji Nagar, Pune.

\*Corresponding Author

**Received: October 13, 2023; Revision Received: October 27, 2023; Accepted: October 31, 2023**

## **Comparative Study of Pregnant Women with Garbha Sanskar Challenge and without Garbha Sanskar Challenge on Stress, Depression and Anxiety**

cluster of cells into a fully formed and functioning human being is an experience beyond compare.

Along with these awe inspiring experiences, pregnancy also brings with itself about a myriad of physical and emotional changes in a woman's life, including the earliest signs of conception, visible changes in body shape and size, increased blood volume, and hormonal shifts. Emotionally, pregnancy is a time of immense joy, anticipation, and occasionally, anxiety. The expectant mother experiences a range of emotions, from elation and tenderness to moments of vulnerability and fear and stress, especially due to hormonal changes.

To study this pregnancy stress, Krishnamurthy et al (2015) studied the impact of psychological distress on pregnancy outcomes in women visiting antenatal clinics. They used the General Health Questionnaire 12 to screen for distress in the first, second, and third trimesters. Women scoring less than 3 were considered without distress, while those scoring more than 3 were considered significant. The study found that 21% of 180 women had psychological distress, leading to more negative pregnancy outcomes, such as preterm delivery, low birth weight baby, and Caesarean delivery.

Stress is typical throughout pregnancy, but too much unresolved stress can endanger both the mother and the baby. Prenatal stress can indirectly affect infant health and development by increasing the risk of the occurrence of adverse birth outcomes which are, in turn, associated with substantial developmental and health consequences. It causes sleeping issues, headaches, loss of appetite or overeating, high blood pressure, preterm foetus or low birth weight babies, and so on.<sup>1</sup>

The reasons for stress vary from woman to woman, but some frequent ones during pregnancy include nausea, vomiting, constipation, tiredness, and backache. Hormonal fluctuations can also induce mood swings causing sadness. A research was conducted by Pais et al, in 2014 to study the stress among antenatal women which focussed on the stress during pregnancy. A descriptive survey design was used to identify the stress and its associated factors amongst 160 antenatal women aged 20-45 years. The stress scale used for the study was a modified version of the standardised scale developed by A Kazi. Stress was more prevalent during the antenatal period among more than half the women and that Stress was significantly associated with gravida, educational status and monthly family income.

Pregnancy is a crucial and emotionally sensitive period, and social support is vital for pregnant women. It reduces stress and improves mental and physical health. Social support acts as a buffer, providing resources to help pregnant women cope with stressful situations. (2) Social support, especially family support, plays an important role in reducing this stress, as family is the innermost circle of a woman's life. Family support helps the mother to overcome the stress before and during pregnancy. Family members' assistance includes assisting her with physical chores such as cooking, washing, and cleaning, as well as fostering her psychological well-being by giving her a safe space for venting out when she is feeling hopeless and staying with her when she is unhappy. Meeting her needs via financial assistance and providing the mother with enough and required knowledge. This way, family members can assist moms in reducing their stress and ensure the expectant mother remains cheerful and healthy physically and mentally.

## **Comparative Study of Pregnant Women with Garbha Sanskar Challenge and without Garbha Sanskar Challenge on Stress, Depression and Anxiety**

The study by Haobijam, Sharma, and David (2010) investigated the impact of family support on maternal and neonatal health during pregnancy. Data was collected from 80 postnatal mothers at Christian Medical College and Hospital, in Ludhiana. The study found that emotional support was more crucial during pregnancy than other areas, and a significant positive relationship was found between family support and pregnancy outcomes. The research highlights the importance of emotional support during pregnancy.

Another study by Faramarz and Pasha (2015) examined the role of social support in predicting stress during pregnancy among 210 pregnant women aged 18-40. The study used demographic profiles, Pregnancy Experience Scale, and Social Support Questionnaire to assess the first, second, and third trimesters of pregnancy. Results showed a significant positive relationship between social support and pleasant experiences, while a negative relationship with unpleasant experiences and stress.

In order to deal with this stress, some of the yogic practices are performed during pregnancy by the expectant mother. One of these practices is garbha sanskar. Garbh Sanskar term is derived from the Sanskrit terms Garbh (womb, foetus) and Sanskar (mind education). Garbh Sanskar, out of 16 sanskara, is an Indian traditional practice which literally means "education in womb." It aims to influence the developing fetus positively (Sundar & Parmar, 2018)

It not only educates the foetus' mind but also is very helpful in lowering maternal stress. In a study conducted by Anjali Chaudhary et al. (2022) impact of Garbh Sanskar on maternal and fetal outcomes were studied. The intervention, which involved 200 expectant moms attending sessions for a year, lowered maternal stress (46.4% decrease in stress scores), anxiety (64% decrease in anxiety scores), and medical problems (7% incidence). It resulted in favourable neonatal outcomes, including a low incidence of low birth weight (16%), high Apgar scores (88% with Apgar >7), and a low NICU admission rate (6%). According to the research, Garbh Sanskar improves pregnancy outcomes through improving maternal well-being and newborn health. Another review article in the Journal of Ayurveda and Integrative Medicine by Choudhary et al. (2018) reported that several studies have suggested that Garbh Sanskar training can lead to enhanced maternal health, decreased stress levels, and better pregnancy outcomes.

It has long been assumed that a child's mental and behavioural development begins at conception. In the womb, his personality develops, and this might be impacted by the mother's mental condition during pregnancy. This information is rooted in ancient books and is included into Ayurveda and can be traced in our ancient texts like Mahabharata, ramayana. In Ramayana, also a reference is found that before the birth of Lord Ram during "Putra kameshti yagna" the agni devata gave King Dashratha "Payas" which can be considered as a form of garbh sanskar <sup>(3)</sup> In mahabharat, When Arjuna's wife Subhadra was pregnant with their son Abhimanyu, he told her about how to penetrate the chakravyuh, a particular war formation. He could only learn to decode and enter the trap because by that time her mother fell asleep. This was one of the reasons why he was killed, because he did not know how to come out of the trap. Also, the common personality of positivity among Lord Buddha, Pralhad and Vivekanand was inculcated by a positive thought of their mother's prayer. Acharya Charaka mentioned the concept of "Shreyasi Praja". Thus, Garbha Sanskar is a comprehensive procedure for maternal care, covering everything from conception planning to healthy baby delivery. Mother and child create a bond thanks to

## Comparative Study of Pregnant Women with Garbha Sanskar Challenge and without Garbha Sanskar Challenge on Stress, Depression and Anxiety

garbh sanskar. It is a method of educating the unborn child. A specific effort is made to gently stimulate a baby's senses from the outside in order to promote the physical and intellectual growth of that child. (4,11)

One of the effective practices of Garbh Sanskar is usage of sound, such as mantra and shloka, because children's subconscious minds are highly good at absorbing rhythmic noises. Sound of specific mantra chanting will cause the left and right hemisphere of the brain to synchronise. Such chanting also helps in oxygenation of brain, reduce heart rate, blood pressure and assist in creating calm brainwave activity (5) along with this, listening to certain types of music may generate energy for the development of the child's body, mind, and soul while he or she is still in the womb. The sound of the veena, flute, and Samaveda mantras, for example, provides health to the pregnant lady and the infant within. There are several "GarbhSangeet" music cassettes and CDs available.

Today, many organisations are working towards the goal of moulding the future generation through Garbha sanskar. One of these organisations is the Garbha Sanskar. Challenge. Prenatal education is a part of Indian tradition. **Garbha Sanskar challenge** takes an active part in utilising this knowledge and are working not only towards moulding the future generations but also by catering to the emotional and mental stability of pregnant women. This organisation is found by **Dr. Vishnu Mane** by distilling his 20 years of knowledge about hypnotherapy and study of mind.

### **METHODOLOGY**

#### *Sample Selection*

A sample of 122 pregnant women was meticulously chosen from diverse regions across India to ensure representation of varied backgrounds and demographics. Among these participants, 61 women actively engaged in the Garbha Sanskar Challenge, while the remaining 61 women did not. Within each group, 20 participants were thoughtfully matched to the corresponding trimester, resulting in a well-balanced distribution across the pregnancy stages.

The selection of participants was conducted through a purposive sampling approach, which enabled the researchers to deliberately target individuals with specific characteristics relevant to the study. Leveraging the convenience of online platforms, custom Google Forms were crafted to facilitate data collection. Subsequently, the links to these forms were thoughtfully disseminated to the respective samples via online channels, ensuring ease of participation and broad geographical coverage.

#### *Methods*

A mixed methodology, i.e. both quantitative and qualitative methods were used in order to gain more insights about the challenges of pregnant women and to know how they deal with it.

#### *Tools*

DASS 21 Test by Lovibond and Lovibond was used to collect the data. Online google forms were created and links were shared with the respective Samples.

The demographic details were also collected through the same form. The details included age, city, educational qualification, and the Trimester of the ladies. In case of the ladies with

## **Comparative Study of Pregnant Women with Garbha Sanskar Challenge and without Garbha Sanskar Challenge on Stress, Depression and Anxiety**

Garbha Sanskar Challenge, their month of joining Garbha Sanskar Challenge was also recorded.

The test, DASS 21 measures depression, anxiety and stress and is a short version of DASS-42, a 42 item self report instrument.

Each of the three DASS-21 scales contains 7 items, divided into subscales with similar content. The depression scale assesses dysphoria, hopelessness, devaluation of life, self-deprecation, lack of interest / involvement, anhedonia and inertia. The anxiety scale assesses autonomic arousal, skeletal muscle effects, situational anxiety, and subjective experience of anxious affect. The stress scale is sensitive to levels of chronic non-specific arousal. It assesses difficulty relaxing, nervous arousal, and being easily upset / agitated, irritable / over-reactive and impatient. The test has Likert Scale for scoring.

The reliability of DASS 21 showed that it has excellent Cronbach's Alpha values of 0.81, 0.89, and 0.78 for the subscales of depression, anxiety and stress respectively<sup>6</sup>. It was found to have excellent Internal Consistency, Discriminative, Concurrent and Conversion Validities.

### ***Qualitative Analysis***

The present study consisted of three phases - Getting required permissions, Conducting Unstructured Interview and Thematic Analysis of the data procured.

The mothers' interviews were analysed using inductive thematic analysis<sup>7</sup> Necessary consents pertaining to data collection were taken from Garbh Sanskar Challenge mentors in case of ladies associated with Garbha Sanskar Challenge. Ethical considerations were taken into account, participants were encouraged to discuss the challenges experienced in the phase of Pregnancy. Each interview lasted for over 30 minutes.

Transcripts were first checked against the audio recording, and then read and reread, and codes were identified inductively. Emerging concepts and codes were discussed and agreed upon. Both researchers were conscious of the necessity to approach the study reflexively and set aside their prior knowledge of the subject to ensure that the analysis stayed true to the experiences of the participants.

### ***Statistical Analysis***

The statistical analysis was done by using SPSS Software.

Descriptive statistics was used to analyse the distribution of the data. There were a total number of 122 samples with 61 women from pan India, in both the independent groups. As the data was not normally distributed, Mann Whitney U test (Non Parametric Test) was used on the SPSS software to find out the respective correlations.

Thematic analysis was also implicated on the data.

### ***About the interventions' procedure***

The intervention of the research is Garbha Sanskar Challenge by Dr. Vishnu Mane. Garbha Sanskar Challenge was a 9 month holistic course for pregnant women formulated on the knowledge and study of the mindset, mental stability and emotional health of pregnant ladies. Garbha Sanskar Challenge is moreover concerned with the mental health and emotional health of the pregnant ladies. Garbha Sanskar Challenge tries to keep the women

## Comparative Study of Pregnant Women with Garbha Sanskar Challenge and without Garbha Sanskar Challenge on Stress, Depression and Anxiety

Active, Stress free, and Tension free; as the course is online, it becomes easier for women to actively participate in all the activities of Garbha Sanskar Challenge.

Garbha Sanskar Challenge's backbone is the WhatsApp group which they create, further helping the women to interact with each other and not feel isolated. The ladies feel the strong connection to the Garbha Sanskar Challenge team and other expectant mothers which makes them approachable. Garbha Sanskar Challenge caters to the needs and problems and provides personalised plans to them.

Different activities conducted by Garbha Sanskar Challenge are Yoga Sessions, Pranayama and Meditation Sessions, Trance Sessions, Diet Sessions, Math Sessions to keep the brain active, occasional healthy Competitions and Fun sessions from morning till the end of the day.

The basic routine of the ladies starts with meditation, pranayam and yoga sessions till 8 am. Other sessions are generally flexible according to the common availability of pregnant women.

### Hypothesis

- There will be a significant difference between the women undergoing Garbha Sanskar Challenge and the women without Garbha Sanskar Challenge on stress.
- There will be a significant difference between the women undergoing Garbha Sanskar Challenge and the women without Garbha Sanskar Challenge on depression.
- There will be a significant difference between the women undergoing Garbha Sanskar Challenge and the women without Garbha Sanskar Challenge on anxiety.

## RESULTS

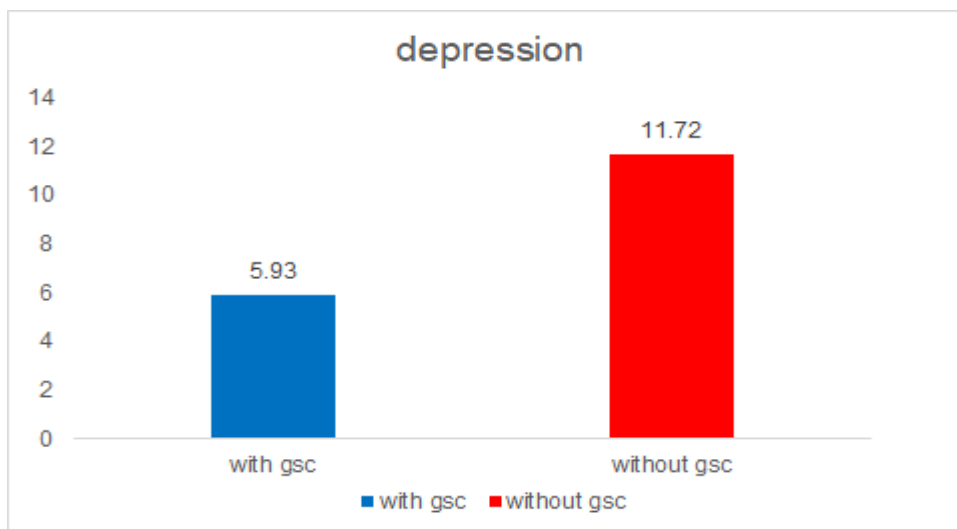
Table 1 Descriptive statistics comparing women with Garbh Sanskar challenge and without Garbh Sanskar challenge on stress, depression and anxiety.

Variables	With Garbh Sanskar challenge				Without Garbh Sanskar challenge				N=122 Sig(2 sided test)
	Mean	Median	Standard deviation	Variance	Mean	Median	Standard deviation	Variance	
Stress	7.85	7.00	5.199	27.028	12.82	14	5.408	29.250	<.001
Depression	5.93	5	5.344	28.562	11.72	13	5.398	29.138	<.001
anxiety	6.54	7	4.257	18.119	13.18	14	4.631	21.450	<.001

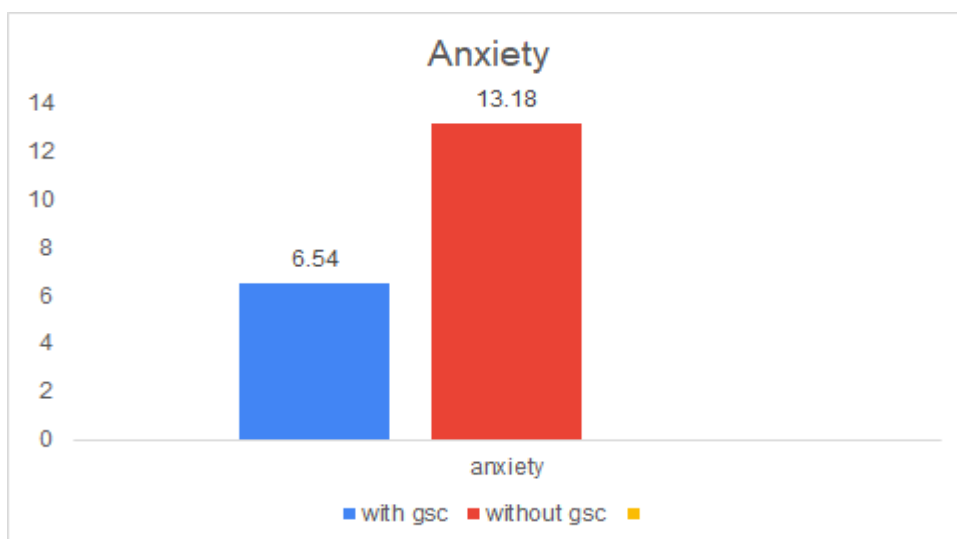
**Comparative Study of Pregnant Women with Garbha Sanskar Challenge and without Garbha Sanskar Challenge on Stress, Depression and Anxiety**



*Graph 1 showing mean stress scores of women with GSC and Without GSC*



*Graph 2 showing mean depression scores of women with GSC and without GSC*



*Graph 3 showing mean anxiety scores of women with GSC and without GSC*

## **Comparative Study of Pregnant Women with Garbha Sanskar Challenge and without Garbha Sanskar Challenge on Stress, Depression and Anxiety**

A total of 122 pregnant women were studied out of which 61 were associated with garbha sanskar challenge (GSC) and other 61 were not. 20 participants were thoughtfully matched to the corresponding trimester, resulting in a well-balanced distribution across the pregnancy stages. Data was collected from these 122 women and quantitative and qualitative analysis was done.

We found considerable differences in stress anxiety and depression levels of pregnant women associated with GSC.

The results from descriptive analysis showed that women associated with garbha sanskar challenge have lesser mean stress, depression and anxiety scores. As calculated from the standardised DASS-21 questionnaire, the mean stress score of women not enrolled in GSC was 12.82, which was 7.85 in women associated with GSC. Similarly, the mean scores of depression and anxiety were 11.72 and 13.18, respectively for women not associated with GSC. In the case of GSC these scores were 5.93 and 6.54. Interestingly, all of these scores were found statistically significant at  $<.001$  level.

### **DISCUSSION**

Pregnancy is a remarkable time for a couple since it brings about changes in their emotional, physical, and familial dynamic. The eight to nine months of pregnancy are when the embryo or foetus develops inside the female body's womb. Numerous mental, hormonal, and physical changes occur throughout pregnancy. The different aspects that women experience throughout the pregnancy phase may lead to stress, depression, and anxiety.

This study was aimed to investigate the level to which women who enrolled in garbha sanskar challenge have stress, anxiety and depression then that of those not enrolled in GSC. The results of the present study support the hypothesis that, there will be a significant difference between the women undergoing Garbh Sanskar Challenge and the women without Garbha Sanskar Challenge on stress, depression and anxiety. The results of this research provide supporting evidence that women who practised interventions given by GSC were better able to manage their prenatal stress, anxiety and depression during this journey of motherhood, than the women not enrolled in GSC. Furthermore, the congruence of these findings with a study conducted by Anjali Chaudhary et al. (2022) provides additional validity to our observations. The parallel results across studies emphasize the consistent positive influence of such interventions on the psychological aspects of expectant mothers.

Interventions used by GSC like meditation, pranayama help mothers tackle stress throughout pregnancy. Symptoms like mood swings and irritability are also in control due to these practices. This difference is evident through the responses given on dass 21 questionnaire. According to the responses given by participants, women associated with GSC found it easier to wind down, found life more meaningful and less mood swings than women not associated with GSC. Garbha sanskar and yoga are directed towards keeping expectant mothers happy. Excessive stress produces adrenaline output and reduction of anxiety symptoms. But due to meditation, there is decreased adrenal output and reduction in anxiety symptoms<sup>(12,13)</sup>. Along with the traditional practices of garbh sanskar, GSC also combined modern practices like brainteasers and fun sessions, to keep the expectant mother happy and engaged. All this is also evident from the graphical representations of the score obtained on DASS-21. These graphical representations were an integral component of statistical analysis, and were also generated in order to enhance comprehension of the data.



## Comparative Study of Pregnant Women with Garbha Sanskar Challenge and without Garbha Sanskar Challenge on Stress, Depression and Anxiety

Graph 1 depicts the average stress levels among women who are enrolled in GSC compared to those who are not. Evidently, women without GSC exhibit higher levels of stress (12.82) than women enrolled in GSC (7.85). Graph 2 illustrates the average level of depression experienced by women, revealing that those undergoing the GSC tend to exhibit lower levels of depression (5.93) in comparison to their counterparts without GSC (11.72). Graph 3 portrays the average anxiety levels among women with and without GSC. The graphical depiction indicates that women without GSC tend to experience higher levels of anxiety, (13.18) as evidenced by the higher bar, in contrast to women with GSC (6.54). All the scores were found statistically significant at  $< .001$  level.

As mentioned earlier in the methods, qualitative analysis was also done. The qualitative data can be supported with the help of interviews which were conducted on 10% of the women from each group. A variety of themes were brought to light through the in-depth interviews.

### *Following are the specific themes unearthed during the discussions:*

**Social support:** Pregnancy is a significant and emotionally sensitive time in a woman's life, and social support is essential. Pregnant women benefit from social support by having less stress and having better mental and physical health.<sup>(8)</sup> A substantial risk factor for prenatal depression and anxiety is a lack of social support<sup>(9)</sup>. People who are part of social networks and support systems feel secure and like they belong, which raises their self-esteem and reduces their risk of stress and mental illness<sup>(10)</sup> Social support can serve as a buffer by giving people access to additional resources that can help pregnant ladies cope with stressful situations.<sup>(10)</sup> Ladies enrolled in the Garbha Sanskar Challenge attested to this truth. All of the interviewees stated that the mentors and women enrolled in Garbha Sanskar Challenge offer unwavering emotional and social support, which enhanced their self-esteem and confidence for becoming mothers. Women unrelated to Garbha Sanskar Challenge, on the other hand, struggled to get social support, making their pregnancy journey difficult.

**Peer support:** Peer support: peer support is when people use their own experiences to help each other. Here, they can feel 'safe' to talk about their feelings of distress or share the difficulties in life. **Mead and Macneil** define peer support as the ability of those with similar experiences to empathise and, as a result, provide more genuine empathy and affirmation.<sup>(10)</sup> It is a promising and valued intervention and also prove to be effective in case of pregnant women. The therapeutic effect of one pregnant woman helping another pregnant woman is amazing and this fact is corroborated by the interviews conducted with Garbha Sanskar Challenge women, who mentioned that they used to post whatever issues they were having on the WhatsApp group, and the other pregnant women used to share with them suggestions without passing judgement, which helped them feel like they weren't the only ones going through this process. In contrast, interviewees who were not a part of the support group spoke of feeling ashamed for having "failed" at an idealised notion of parenting or pregnancy and becoming alone with their tough emotions since they lacked peers with whom to communicate.

**Advice from an expert:** A person with expertise in a topic is able to give appropriate advice to those who lack enough knowledge or expertise in that discipline. In these circumstances, the individual needs proficient, structured coaching, as can be observed in the examples of women taking the Garbha Sanskar Challenge course. Each pregnant lady enrolled in the Garbha Sanskar Challenge programme receives a mentor. All cases handled in the holistic course are given personalised attention by Dr. Vishnu Mane, sir, who gives particular

## Comparative Study of Pregnant Women with Garbha Sanskar Challenge and without Garbha Sanskar Challenge on Stress, Depression and Anxiety

attention to complex or urgent circumstances. His pre-recorded talks and videos support women in coping with challenges by helping them comprehend the numerous issues that may occur. This was confirmed by one of the interviewees, who mentioned that this was her third pregnancy and that she had previously experienced two miscarriages. However, as she was this time undergoing Garbha Sanskar Challenge, the problems associated with her pregnancy were properly addressed, and Dr. Vishnu Mane was available to give guidance at every turn. She received a well-structured, tailored timetable from Dr. Vishnu Mane after he carefully assessed her situation and guided her in a healthy manner to ensure that both her pregnancy and the baby were happy and healthy.

**Safe Spaces:** A safe space is a setting where a person can speak openly about concerns relating to their emotional, physical, or mental health, as well as issues pertaining to their families or self-inflicted problems. The Garbha Sanskar Challenge offered expectant women a secure environment where they could discuss their issues and challenges with other Garbha Sanskar Challenge members as well as their mentors and supervisors. The Garbha Sanskar Challenge-created WhatsApp group, which also includes other expectant mothers, gives people a secure place to express themselves and feel free. This sub theme identified for women who were not experiencing Garbha Sanskar Challenge were unable to find an appropriate outlet for their thoughts, felt ignored, and were unable to find simple solutions.

**Help-Seeking Behaviour:** Help Seeking Behaviour refers to seeking out for help when in need. During the phase of pregnancy, women often face the dilemma of whom to approach when in need of help. Various questions regarding the same arise, like, will I be judged? Will I get proper solutions? Will I be able to overcome the problem?, etc. as said by the women not undergoing Garbha Sanskar Challenge. While, Garbha Sanskar Challenge provides the women a platform where they can ask any sort of question and seek help from other pregnant women or the experts in the field itself. This helps the woman, not only to be able to seek help but also deal with the specific difficulty in a graceful manner.

### CONCLUSION

The Garbh Sanskar Challenge (GSC) emerges as a commendable solution offering a resolute response to the challenges of pregnancy-related distress and prenatal stress. The findings of this study underscore the undeniable advantages for expectant mothers who actively participate in GSC. Evidently, women enrolled in GSC experienced a substantial reduction in stress levels, coupled with enhanced coping mechanisms and an improved sense of overall well-being, in comparison to their non-enrolled counterparts.

GSC not only bridges the gap between time-honored Indian traditions and contemporary remedies but also addresses the crucial mental and emotional well-being of expectant mothers. By fostering a holistic approach, GSC strives to provide comprehensive support to mothers navigating the intricate journey of pregnancy. The range of activities curated by GSC serves as a safeguard against potential complications associated with pregnancy, effectively managing mood swings that can significantly impact both maternal and fetal health.

The integration of innovative methodologies, such as creative pursuits and nurturing hobbies, within the framework of GSC plays a pivotal role in sustaining maternal engagement and happiness. As a result, the potential benefits extend beyond the mother's immediate well-being to encompass the mental development of the growing fetus. This

## Comparative Study of Pregnant Women with Garbha Sanskar Challenge and without Garbha Sanskar Challenge on Stress, Depression and Anxiety

reinforces the notion that a content and joyful mother contributes significantly to the emotional landscape of the unborn child.

The implications of this study are instrumental in advocating for the inclusion of GSC or similar interventions in prenatal care strategies. As the pursuit of holistic well-being gains prominence, acknowledging the interdependence of maternal mental health and fetal development becomes paramount. The amalgamation of ancient wisdom and contemporary approaches, as showcased by GSC, can undoubtedly shape a more positive and enriched experience for expectant mothers, yielding enduring benefits for both maternal and child health.

### **Limitations**

Although the researchers tried to include pan-India participants, we accept our shortcomings of a small sample size.

### **REFERENCES**

- 1) Wadhwa, P. D., Sandman, C. A., Porto, M., Dunkel-Schetter, C., & Garite, T. J. (1993). The association between prenatal stress and infant birth weight and gestational age at birth: a prospective investigation. *American journal of obstetrics and gynaecology*, 169(4), 858–865. [https://doi.org/10.1016/0002-9378\(93\)90016-c](https://doi.org/10.1016/0002-9378(93)90016-c)
- 2) Cohen S, Wills TA. Stress, social support, and the buffering hypothesis. *Psychol Bull.* 1985; 98:310.
- 3) PhadPrashantAdinath et.al, Pune (2015), Garbh Sanskar- a natural extension of the concept of Achara Rasayana. *Ayurlog: National journal of research in ayurved science-2014;3(2):1-8.*
- 4) Dr. BrahmanandTripathi, Carakasamhita elaborated by Caraka and Drudhabala edited with 'CARAKA-CHANDRIKA' Hindi commentary ChaukhambaSurbharti Prakashan, Vol 1, Shareerasthana.
- 5) B.R Parthasarathy et.al, Tamil Nadu (2015), Yoga and garbhavidhya- IJEYHS- Volume 2, Issue 2.
- 6) Coker, Ayodele & Coker, O.O. & Sanni, D. (2018). Psychometric properties of the 21-item Depression Anxiety Stress Scale (DASS-21). *African Research Review.* 12. 135. 10.4314/afrrrev.v12i2.13.
- 7) Braun V, Clarke V. Using thematic analysis in psychology. *Qual Res Psychol.* 2006;3(2):77–101.
- 8) Bedaso, A., Adams, J., Peng, W. *et al.* Prevalence and determinants of low social support during pregnancy among Australian women: a community-based cross-sectional study. *Reprod Health* 18, 158 (2021). <https://doi.org/10.1186/s12978-021-01210-y>
- 9) Littleton, H. L., Breitkopf, C. R., & Berenson, A. B. (2007). Correlates of anxiety symptoms during pregnancy and association with perinatal outcomes: a meta-analysis. *American journal of obstetrics and gynaecology*, 196(5), 424–432. <https://doi.org/10.1016/j.ajog.2007.03.042>
- 10) Mead S, MacNeil C. Peer support: what makes it unique? *Int J Psychosoc Rehabil.* 2006;10(2):29–37.
- 11) Gupta N, Jain V, Pathak AK. Review on Garbha Sanskar and its Role in Mental Development of Children. *Himalayan J H Sci* [Internet]. 2022 Dec 15 [cited 2022 Dec 15]; 7(4):1-3. Available from: <http://www.hjhs.co.in/index.php/hjhs/article/view/152>

**Comparative Study of Pregnant Women with Garbha Sanskar Challenge and without Garbha Sanskar Challenge on Stress, Depression and Anxiety**

- 12) A. K Jain, text book of physiology; fourth edition; volume I (2009) page-499,506,508.[doi:10.1007/s00737-015-0531-2](#) [[Crossref](#)][[PubMed](#)][[Google Scholar](#)]  
[[Crossref](#)][[PubMed](#)][[Google Scholar](#)]
- 13) Chakrabarti, Ghosh and Sahana. Human physiology; 2nd edition 1984 page1233-1244.[doi:10.1007/s00737-015-0531-2](#)[[Crossref](#)][[PubMed](#)][[Google Scholar](#)]  
[[Crossref](#)][[PubMed](#)][[Google Scholar](#)] [[Crossref](#)][[PubMed](#)][[Google Scholar](#)]

***Acknowledgment***

We would like to thank Dr Sharmin Palsetia mam, Dr Abhra Pratip ray sir for their guidance throughout this journey of research.

***Conflict of Interest***

The author(s) declared no conflict of interest.

***How to cite this article:*** Itraj, K. & Rakhi, E. (2023). Comparative Study of Pregnant Women with Garbha Sanskar Challenge and without Garbha Sanskar Challenge on Stress, Depression and Anxiety. *International Journal of Indian Psychology*, 11(4), 840-851. DIP:18.01.077. 20231104, DOI:10.25215/1104.077