

Anxiety of Pregnant Woman in Relation to Education and Involvement in Tapovan Research Center of Children's University

Dr. A. N. Prajapati^{1*}, Pushpa V. Raval²

ABSTRACT

The aim of this research is to investigate some of factors affecting on anxiety of the pregnant woman. Null Hypothesis was framed regarding the pregnant woman from the involved and not involved point of view of Tapovan research center and from education point of view regarding below and above graduation. A random sample method was used to select 120 pregnant women of children's university of Gujarat. The research tool is Sinha's anxiety scale which translated in Gujarati by Dr. D. J. Bhatt. This contains personal data sheet and anxiety for pregnant woman. For analysis data 't' test was used. Results revealed that significant difference was found whenever pregnant woman involved in Tapovan research center.

Keywords: *Pregnant Woman, Involvement, Education And Anxiety, Tapovan Research Center.*

There is no only problem of anxiety. Different theorists and different experimental investigators have tackled a range of aspects of a broad multipart of phenomena, all of them summarized under the unifying conceptual type of anxiety. Anxiety has variously been considered as a phenomenal state of the individual organism, as a physiological syndrome, and as a theoretical construct invoked to account for self-protective behavior, the avoidance of noxious stimuli, and neurotic symptoms.

The role of anxiety in the study of personality has been peculiarly a teenager of the twentieth century. The eighteenth century and nineteenth-century precursors of current psychology were first of all concerned with the rational aspect of individual personality development, and it was not until the work of Alexander Bain (1859) that motivational concepts became significant in speculations about complex human behavior. Thus, with the existential philosophy and

¹Assistant Professor, Children's University, Gandhinagar, Gujarat, India

²M.Phil student, Children's University, Gandhinagar, Gujarat, India

*Responding Author

Received: March 1, 2017; Revision Received: May 19, 2017; Accepted: June 5, 2017

**Anxiety of Pregnant Woman in Relation to Education and Involvement in Tapovan
Research Center of Children's University**

psychology as Kierkegaard (1844), historically there was little middle concern with the problem of anxiety.

The source of 'automatic' anxiety is traced by Freud into the very earliest period of life, the birth trauma and the immediate period after that. Emphasis on the dependent infant as well as on the birth trauma as the origin of the anxiety state places him apart from Rank (1924), who relies solely on the birth trauma as the basis of anxiety.

For Freud (1926), the experience of anxiety as distinct from its antecedents or consequences or as a theoretical state has three aspects:

- A specific emotion of unpleasantness,
- Efferent or discharge phenomena, and
- The organism's perception of these discharge phenomena.

In other words, the perception of autonomic stimulation is associated with a specific feeling of unpleasantness Stimulation.

As to the primitive occasions for this anxiety experience, Freud is frequently hazy. While, on the one hand, he considers the predisposition toward anxiety as a genetic device ([1916-1917] 1952) at other times he considers anxiety as arising from separation from the mother, castration fears, and other early on experiences. He considers the specific unpleasant experience of the anxiety state as derived from the first experience of overstimulation at the time of delivery. He say that "the birth experience involved just such a concatenation of sore feeling, of discharges and excitation, and of bodily sensations, as to have become a prototype for all occasions on which life is endangered, ever after to be reproduced once more in us as the dread or 'anxiety' situation"(Freud [1916-1917] 1952, p. 344).

In line with C. D. Spielberger," Anxiety can be defined as a state of arousal caused by thread to well being."

Tapovan Research Centre

Pre-natal education is a part of cultural way of life in Indian tradition. It necessary that the education of a child's excellence begins from its conception and continues all though the life. During pregnancy the child's is affected by the physical, psychological and spiritual well-being of the mother. We need to authenticate this knowledge though a series of researches. Children's university has taken initiative with the help of a two-dimensional concept of Tapovan Research Centre. These two dimensions are: (1) Researches is the eugenics and (2) Guidance and education of pregnant mothers for giving birth to the best of the children.(cug)

**Anxiety of Pregnant Woman in Relation to Education and Involvement in Tapovan
Research Center of Children's University**

Concept of Tapovan Research center

1. It is a center of researches in eugenics.
2. Incredible center for educating pregnant woman; it has a beautiful garden and other facilities.
3. A unique place for nurturing best progeny for transforming the society.
4. A centre of development and implementation of profound and the best practices in Garbh-sanskar and Garbh-vignan.
5. A centre for harmony of family and the expecting mother.

A research center for studying the development progresses of a child in the expecting mother's physiological, psychological and affective development.

Activities of Tapovan Research Center

- | | |
|--------------------------------|---------------------------|
| 1. Pranayam/ Yoga | 9. Showing film/video |
| 2. Prayer | 10. Prakrtivihar |
| 3. Meditation | 11. Personal Counseling |
| 4. Garbhasamvad | 12. Group Counseling |
| 5. Art Skills/Painting | 13. Mathematical puzzles |
| 6. Games-Intellectual/Physical | 14. Development Elocution |
| 7. Music | 15. Storytelling |
| 8. Reading/ Discussion | |

Presented research was carried with the intention of chocking impact of Taovan research Center's activities on pregnant woman's anxiety (tapovan)

Objective Of This Study

The main objectives of study were as under:

1. To study the anxiety of pregnant woman with respect to her involvement in activities carried out by Tapovan research center
2. To study the anxiety of pregnant woman with respect to their education

Hypothesis Of This Study

1. There is no significant difference between score of anxiety of involved and not involved pregnant woman in tapovan research center
2. There is no significant difference between score of anxiety of below and above graduate pregnant woman in tapovan research center
3. There is no significant difference between score of anxiety of below and above graduate pregnant woman with respect to their involvement in Tapovan research center
4. There is no significant difference between score of anxiety of below and above graduate pregnant woman who were not involved in Tapovan research center

**Anxiety of Pregnant Woman in Relation to Education and Involvement in Tapovan
Research Center of Children's University**

5. There is no significant difference between score of anxiety involved and not involved pregnant woman with respect to their above graduation in Tapovan research center
6. There is no significant difference between score of anxiety involved and not involved pregnant woman with respect to their below graduation in Tapovan research center

Variables

The following variables were treated as independent and dependent variables:

Independent Variables:

- Education Level - Above and Below Graduate
 Involvement of Tapovan Activities - involvement & Not Involvement

Dependent Variables: Score achieved on Anxiety

Research design

	A			Total
		A1	A2	
B	B1	A1B1(30)	A2B1(30)	60
	B2	A1B2(30)	A2B2(30)	60
		60	60	120

2*2 Factorial design:

Research Population and Sample

According to the purpose of present study all the pregnant woman children's university of Gujarat were constituted as population for the present study. Total 120 pregnant women were randomly selected as a sample from Tapovan Research Centre of Children's University of Gujarat. Out of these 120 pregnant woman 60 pregnant woman were randomly selected who were participating in Tapovan research center activities and 60 who were not participating in Tapovan research center activities. Out of these 60 pregnant woman in both category randomly 30 pregnant woman who were below graduate and 30 were above graduate were selected as a sample.

Tools

Following standardized tools will be used for collecting the data.

1. Personal Data Sheet:

A personal data sheet developed by investigator was used to collect information about types of family, education, income per month and participating in Tapovan research center.

2. Anxiety:

Comprehensive Anxiety Test, Constructed and Standardized by Sinha, A. K. P. and Sinha L. N. K.(1971), To measure the Anxiety of school and college students. Test Re-Test reliability is shown 0.85 and Spearman Brown formula are 0.92. The validity of test is 0.62. The scale consists of 90 items. The maximum possible score of this test is 90 and minimum possible scores is zero.

**Anxiety of Pregnant Woman in Relation to Education and Involvement in Tapovan
Research Center of Children's University**

Each item of the test is scored 01(one) for positive response and 00(zero) for negative response. The sum of all positive or yes responses would be the total anxiety score of the individual.

RESULT AND DISCUSSION

Ho.1 There is no significant difference between score of anxiety of involved and not involved pregnant woman in tapovan research center.

Table:1 Result of mean scores of regarding involvement of pregnant woman in Tapovan research center .

Particular	N	M	S D	't'	Significant
Involved	60	15.83	5.41	6.58	0.01
Not involved	60	24.48	9.98		

It is observed that the mean scores in Table No. 01 revealed that pregnant woman who were not involved in the Tapovan research center activities acquire more score (M=24.38) than the involved (M=15.83) on Anxiety. The t value is (t=6.58). It reveal that null hypothesis no. 1 is rejected. From the mean score it has been seen that the Anxiety of the pregnant woman who are not involved in the Tapovan research center is significantly higher that the woman who are involved.

Ho.2 There is no significant difference between score of anxiety of above and below graduate pregnant woman in tapovan research center

Table: 2 mean Scores on Anxiety with regard to Education.

Particular	N	M	S D	't'	Significant
Above Graduate	60	19.68	9.81	0.69	N.S.
Below Graduate	60	20.63	8.37		

It could be seen the mean scores in Table No.02 that the above graduate exhibit Anxiety (M=19.68) than below graduate (M=20.63). For testing the significance of difference, t test has been calculated. The t value is (t=0.69) which is not significant. It reveal that null hypothesis no. 2 is not rejected.

Ho.3 There is no significant difference between score of anxiety of above and below Graduate pregnant woman with respect to their involvement in Tapovan research Center

Table: 3 Mean Scores on Anxiety with regard to Education and their involvement in Tapovan research center.

Particular	N	M	S D	't'	Significant
Above graduate	30	15.83	4.58	0.00	N.S.
Below graduate	30	15.83	6.20		

**Anxiety of Pregnant Woman in Relation to Education and Involvement in Tapovan
Research Center of Children's University**

It is observed that the mean scores in Table No. 03 that is mean scores of Anxiety of Above graduate pregnant woman who were involved in Tapovan research center activities acquire score (M= 15.83) than the below graduate (M=15.83).Table No.03 reveals that the difference between mean scores of two groups is not significant (t= 0.00) therefore null hypothesis No.3 is not rejected.

Ho.4 There is no significant difference between score of anxiety of above and Below Graduate pregnant woman who were not involved in Tapovan research center's

Table: 4 Mean Scores on Anxiety with regard to Education and their Not involvement in Tapovan research center.

Particular	N	M	S D	't'	Significant
Above graduate	30	25.53	12.00	0.79	N.S.
Below graduate	30	25.43	7.53		

It could be seen the mean scores in Table No. 04 that is mean scores of Anxiety of above graduate pregnant woman who were not involved in Tapovan research center activities acquire more score (M= 25.53) than the below graduate (M=25.43). Table No.04 reveals that the difference between mean scores of two groups is not significant (t= 0.79) therefore null hypothesis No.4 is not rejected.

Ho. 5 There is no significant difference between score of anxiety involved and not Involved pregnant woman with respect to their above graduation in Tapova Research center's activities

Table:5 Mean Scores on Anxiety with regard to Above graduation and involvement in Tapovan research center.

Particular	N	M	S D	't'	Significant
Involved	30	15.83	4.59	3.75	0.01
Not involved	30	23.53	12.00		

It is observed that the mean scores in Table No. 05 that is mean scores of Anxiety of above graduate pregnant woman who were involved in Tapovan research center activities acquire score (M= 15.83) than the not involvement (M=23.53).Table No.05 reveals that the difference between mean scores of two groups is significant at 0.01 level (t= 3.75) therefore null hypothesis No.5 is rejected.

Ho.6 There is no significant difference between score of anxiety involved and not involved.

**Anxiety of Pregnant Woman in Relation to Education and Involvement in Tapovan
Research Center of Children's University**

Pregnant woman with respect to their below graduation in Tapovan research center's

Table: 6 Mean Scores on Anxiety with regard to above graduation and their involvement in Tapovan research center.

Particular	N	M	S D	't'	Significant
Involved	30	15.83	6.19	5.77	0.01
Not involved	30	25.43	7.53		

It could be seen the mean scores in Table No. 06 that the mean scores of Anxiety of above graduate pregnant woman who are not involved in Tapovan research center activities is more (M=25.43) than involvement (M=15.83). Table No.06 reveals that the difference between mean scores of two groups is not significant (t= 5.77) therefore null hypothesis No.6 is rejected.

CONCLUSION

1. Pregnant woman who are not involved in the Tapovan research center is significantly higher anxiety that the woman who are involved.
2. No Significant difference was not found between above and below graduate pregnant woman's Anxiety, So that it was concluded that educational qualification has no impact on anxiety.
3. Significant difference was not found between above and below graduate pregnant woman's who were involved in activities which were carried out by Tapovan research center.
4. There is No significant difference between above and below graduate pregnant woman's who were not involved in activities which were carried out by Tapovan research center.
5. There is significant difference between involved and not involved pregnant woman's who were above graduate in activities which were carried out by Tapovan research center.
6. There is significant difference between involved and not involved pregnant woman's who below graduate in activities which were carried out by Tapovan research center.

Acknowledgments

The author appreciates all those who participated in the study and helped to facilitate the research process.

Conflict of Interests

The author declared no conflict of interests.

REFERENCE

- Anxiety Conceived as Motive to Approach Success and Motive to Avoid failure”, *Journal of Abnormal and Social Psychology*, 60, 1960, pp. 52-63.
- Atkinson, John W.; and Litwin, George H, (1960). “*Achievement Motive and Test*”
- Bain, Alexander, *The Emotion and the will*, 4th ed. London : Longmans, 1859, rpt. 1899.
- Freud, S, (1952). *A General Introduction to Psychologises*, Authorized English Translation of the rev.ed.by Joan Riviere, Garden City, N.Y. :Doubleday, 1916-1917,rpt.1952 The problem of Anxiety ‘New York : normal, 1926, rpt.1936.
- Kierkegaard, Soren., “*The Concept of Dread*, 2nded.Princeton Univ. Press, 1844, rpt.1957.
- Rank, Otto, (1952).*The Trauma of Brith*, New York: Brunner, 1924,rpt.
- Sinha A.K.P. & L.N.K. (1995) “*Manual for sinha's comprehensive anxiety scale*, “Department of psychology, Ravishankar university, Raipur (M.P.) 1995.
- Spielberjer, C.D. (1980). *Anxiety of Current Trend in Research*. New York: Academic.

How to cite this article: Prajapati A, Raval P (2017), Anxiety of Pregnant Woman in Relation of Education and Involvement in Tapovan Research Center of Children's University, *International Journal of Indian Psychology*, Vol. 4 (3), DIP:18.01.215/20170403