

Research Article

Comparison of mental health and life quality in women with wanted and unwanted pregnancy

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ABSTRACT

Pregnancy time is an important event for a woman and it may have various mental reactions. Experts believe that pregnancy time is an emotional and mental experience. Unwanted pregnancy is an event that makes person scared, worry and anxious. This study was aimed to comparison of mental health and life quality in women with wanted and unwanted pregnancy. Method was descriptive and casual – comparative (post-test).statistical population were all pregnant women who were pregnant in second six month of 2015year in Amol city .according to Amol sanitation office , statistics of unwanted pregnancy in mentioned months were 73 individuals (all pregnant women in second six month of 1391) , sample of the study consisted of 55 women who their pregnancy were unwanted .55 women who their pregnancy were wanted randomly selected from each sanitation office of Amol city. Individuals were 110 out of which 55 were women with wanted and 55 were women with unwanted pregnancy that filled out questionnaires .we used two questionnaires: General health (GhQ-28) and life quality (SF-36).we used T-test in order to analyze two separate group data. Data analysis showed that mental health and life quality were different in women with wanted and unwanted pregnancy we also found that rate of general health of those women who had experienced unwanted pregnancy was less than women with wanted pregnancy.

Key words: Mental health, life quality, Wanted pregnancy, unwanted pregnancy

INTRODUCTION

Pregnancy time of a woman is an important event. Pregnancy days are differing from other days. Undoubtedly every woman will experience this event and she will tolerate all the problem. Physical and mental health are important in pregnancy time (cunninghan et al ,1997 : translated by Eshtiagi ,1997).

Pregnancy time is an important event for a woman and it may have various mental reactions. experts believe that pregnancy time is an

emotional and mental experience.in fact mental health of mothers that is an important in pregnancy time will effect on acceptance of playing a mother role after pregnancy [81]. Mental disorder is a situation that people are not able to accept any responsibility, they cannot do their daily activities and they cannot have appropriate reactions in community. Unwanted pregnancy is an event that makes person scared, worry and anxious. People who experience

unwanted pregnancy say that we don't like this situation [80]. Unwanted pregnancy is a global problem that has unfavorable effect on economic, society and health (Kanje J-C ,1992). Today rate of unwanted pregnancy is a determinant of mental health of society [110].

Iran's government try to learn people that how they can use of family planning equipment in a better way, despite of this just 55/4 percent of people use these equipment and investigations showed that prevalence of unwanted pregnancy is 18/32 percent. Two types of pregnancy considering as an unplanned pregnancy: type one is a pregnancy that happens earlier than desired so called mistimed and the type two is a pregnancy that the person does not want to have a child but she is pregnant. Majority of pregnancies are unplanned. When women do not to have a child it makes them anxious. Tense and reduce their life quality. Study of reproductive in unwanted pregnancies is a guide for increasing mental health of the women. Unwanted and its effect is a global problem that has a negative impact on women, families and society that led to abortion and death of the mother.45 percent of the married women use pregnancy methods in the world. Unwanted pregnancy is a danger for all women who are in reproductive time and it has been estimated by experts that 120 million women in developing countries experience unwanted pregnancy because they do not use of family planning methods. According to word health organization within 20 million dangerous abortion happen every year that led to death of 60 or 100 thousand mothers in all over the world .when rate of unwanted pregnancy is not high it led to reducing death of the mothers, cost of hospitalization and other essential costs (Shamshiri-Milani,2005).unwanted pregnancy not only has an impact on numbers of children and irregular birth order but also led to death of the mothers. When a woman experiences an unwanted pregnancy it makes her anxious and she does not want to have a child so she does not

prevent herself and her embryo. The mother does not tend to go to receive family planning services and after pregnancy mother does not attention to child's needs because he or she is unwanted. Unwanted pregnancy has an impact on two important criteria: death of mothers and death of children. In addition, unwanted pregnancy has an impact on life quality of the women. Studies showed that women who experience unwanted pregnancies in compare of normal women do not have a good life quality. we can see delay in prevention among women with unwanted pregnancies or it is possible that their prevention are not efficient and because of that their children will have less weight and will not in good health condition (Cheng et al 2009).general cost of health and social services are really high .research has shown that instead of each the US dollar government should pay 4 dollar for every women who have gotten unwanted pregnancy [32] .

Obligatory abortion is one of the unwanted pregnancy complications that led to precocious and posticous complication, infection, bloodsheds and death. Abortion is an illegal in some countries and because of that it happens without any sanitation and quality, those who do this are not expert, death and being disable are two complications of this phenomenon. High quality family planning equipment can be an obstacle for unwanted pregnancy and abortion.in addition, unwanted pregnancy may have impact on mental and physical health of mothers. Depression is like a danger for those women who experience unwanted pregnancy. When they have an unwanted child they get depressed, they are not happy any more. They do not pay attention to their child because he or she is unwanted. Unwanted children have an unfavorable impact on economic, society and sanitation. It is possible that parent do not show any attention to unwanted children. Undernourishment is one of the problem of these children and they tend to show antisocial

behaviors in the future. Unwanted pregnancy occurs when people do not use of family planning equipment , fail to use of birth control methods or having obligatory sex[48].

According to high prevalence of unwanted pregnancy in the world specifically developing countries that 95 percent of unwanted pregnancies happen in them and unfavorable impact of this phenomenon on health, economic and social development of human society. We should try more to prevent unwanted pregnancy and abortion in Iran because Iran's culture and religious believe of Iranian people are differ from other countries and abortion happens in bad condition without any sanitation. According to what discussed in this paper, prevalence of unwanted pregnancy and its complication like deliberate abortion or with poor sanitation in the world specially Iran led to death of mothers. Investigations have showed that unwanted pregnancy has impact on abortion with poor sanitation, early pregnancy and abnormal weight of children (Safenova,2002).unwanted pregnancy is an important problem in the world ,it has some sanitation, social and economic complications (Shafiei , 1999) in this way paying attention to those women who are in their pregnancy time is important because it is possible that they experience this phenomenon, it is essential to investigate ideas, believes and experience of them[139].

Method

According to the subject and goals of this investigation, method is descriptive (casual – comparative). Statistical population is all women who were pregnant in second 6 month of 2012 year in Amol city. According to Amol city sanitation office, rate of pregnancy in mentioned months were 3000 individuals. At first we received number of unwanted pregnancy in second 6 moth of 2012 in Amol city then we selected 55 women from 77 as a sample, we did it according to Morghan and Kerjci table. We

selected those women who their pregnancy were not unwanted from each sanitation office randomly, eventually 110 people out of which 55 women with unwanted pregnancy and 55 women with wanted pregnancy selected to fill out questionnaire.

INSTRUMENTS

Mental health scale

General health questionnaire is one of the best tools that widely used in the world. We used GHQ-28 questionnaire that include 28 questions about general health it has also 4 sub scales. Sub scales of this questionnaire are: A: body signs, B: insomnia and anxiety, c: impaired social skills and D: depression .the result of convergence validity test that examined hypothesis using each question's correlation with given scale were favorable and all correlation coefficients were more than 0/4 (coefficient range 0/58 till 0/95). Gold berg and Williams [131] investigated different versions of psychometrics properties in 43 investigations and they indicated that this version that we used in this paper is more reliable and sensitive. This version did according to Goldberg and Hiller factor analysis.

Life quality

There are a lot of research in field of psychometrics quality of life style that is one of the valid screening instrument, it determine psychological problem and recognize positive cases in population [23]. Sub scales of this questionnaire are : A : general health , B : physical performance , C : limitation of playing role for physical reasons , D : limitation of playing role for affect reasons , G : frustration or happiness and H : mental health. Factor analysis showed two major component that rationalize 65/9 percent dispersion among scales of questionnaire. Results showed that Persian standard instruments (SF-36) in order to measurement of life style that is link to health is more valid and reliable [142].

RESULTS

- Is there any difference between mental health of women with wanted and unwanted pregnancy?

Table 4-5 : summarize of statistics analysis about mental health of samples

Statistical Indicators				
Group				
Physical symptoms	wanted pregnancy	55	5.18	2.34
	unwanted pregnancy	55	10.11	2.44
Anxiety and insomnia	wanted pregnancy	55	5.53	2.92
	unwanted pregnancy	55	11.55	3.57
Social dysfunction	wanted pregnancy	55	6.67	3.34
	unwanted pregnancy	55	11.45	3.05
depression	wanted pregnancy	55	1.00	1.36
	unwanted pregnancy	55	2.84	2032

- There is a significant difference between two groups' physical signs points mean. Mean in group of unwanted pregnancies is larger than wanted pregnancies. Result: severity of sadness of physical signs in unwanted pregnancies group is more than wanted one.
- There is a significant difference between wanted and unwanted pregnancy in their

Anxiety and amnesia point mean (p-value < 0.001).mean of unwanted pregnancy is larger than wanted one. Result: severity of anxiety and amnesia in unwanted pregnancy group is more than wanted group.

- There is a significant difference between unwanted and wanted pregnancy group in their impairment of social function mean (p-value <0.001).mean in unwanted pregnancy group is larger than wanted pregnancy group. Result: severity of sadness
 - In depression in unwanted pregnancy group is more than wanted pregnancy group.
- Is there any difference between life quality of women with wanted and unwanted pregnancy?
- There is a significant difference between unwanted pregnancy group and wanted one in their general health percent mean (p- < value 0.001).mean of unwanted group is larger than wanted one. Result: level of energy in general health in unwanted pregnancy group is less than wanted pregnancy group.
 - There is a significant difference between unwanted pregnancy group and wanted pregnancy group in their physical function percent mean (p- value = 0.0005).mean of unwanted pregnancy group is larger than wanted pregnancy group. Result: level of energy in physical function in unwanted pregnancy group is less than wanted pregnancy group.

Table 4-6: Summary statistical analysis in relation to the quality of life of the subjects

Statistical Indicators					t		-
Group							
general health	wanted pregnancy	55	61.82	20.936	6.118	98.05	P<0.001
	unwanted pregnancy	55	40.55	15.052			
Physical performance	wanted pregnancy	55	33.18	33.698	2.891	95.36	P=0.005
	unwanted pregnancy	55	17.27	23.010			

Role limitations due to physical	wanted pregnancy	55	63.03	42.876	2.579	108	P=0.011
	unwanted pregnancy	55	42.44	40.813			
Bodily pain	wanted pregnancy	55	57.27	19.096	5.708	103.02	P<0.001
	unwanted pregnancy	55	38.45	15.271			
Social Performance	wanted pregnancy	55	74.25	16.198	6.830	108	P<0.001
	unwanted pregnancy	55	54.98	13.249			
Fatigue And happy	wanted pregnancy	55	68.41	20.952	7.544	99.89	P<0.001
	unwanted pregnancy	55	41.82	15.631			
Mental health	wanted pregnancy	55	64.55	18.035	4.844	108	P<0.001
	unwanted pregnancy	55	48.68	16.265			
quality of life	wanted pregnancy	55	75.09	14.922	8.011	108	P<0.001
	unwanted pregnancy	55	53.09	13.861			

- There is a significant difference between unwanted pregnancy group and wanted pregnancy group in their mean of playing role limitation percent for physical reasons (0.011 = p – value). Mean in unwanted pregnancy group is larger than wanted pregnancy group .result : energy level in playing role limitation for physical reasons in unwanted pregnancy group is less than wanted pregnancy group
- There is a significant difference between unwanted pregnancy group and wanted pregnancy group in their mean of playing role limitation percent for affect reasons (0.001 <p – value) .mean in unwanted pregnancy group is larger than wanted pregnancy group .result: energy level in playing role limitation for affect reasons in unwanted pregnancy group is less than wanted pregnancy group .
- There is a significant difference between unwanted pregnancy group and wanted pregnancy group in their mean of physical pain percent (0.001<value). Mean in unwanted pregnancy group is larger than wanted pregnancy group. Result: energy level in physical pain in unwanted pregnancy group is less than wanted pregnancy group.
- There is a significant difference between unwanted pregnancy group and wanted pregnancy group in their mean of exhilaration and frustration percent (0.011 < p- value) .mean in unwanted pregnancy group is larger than wanted pregnancy group. Result: energy level in exhilaration and frustration in unwanted group is less than wanted pregnancy group.
- There is a significant difference between unwanted pregnancy group and wanted pregnancy group in their mean of mental health percent (0.001 < value). Mean in unwanted pregnancy group is larger than wanted pregnancy group .result: energy level in mental health in unwanted pregnancy group is less than wanted pregnancy group.
- There is a significant difference between unwanted pregnancy group and wanted pregnancy group in their mean of life quality percent (0.011 <p-value). Mean in unwanted pregnancy group is larger than wanted pregnancy group. Result : energy level in life quality percent in unwanted

pregnancy group is less than wanted pregnancy group.

DISCUSSION AND CONCLUSION

Result of our first hypothesis and other secondary hypothesis that are link with this investigation indicate a significant difference between women with unwanted pregnancy and wanted pregnancy in their mental health is similar to research of Mir salah aldin Enayati and et al that showed that mental health of women with unwanted pregnancy is differ from women with wanted pregnancy. Krolinger (2000) in an article in this subject : study of mental health in women with unwanted pregnancy and wanted pregnancy showed that support of husband in pregnancy time helps to maintenance of mental health of a women and it is really important so ,results of this investigation are similar to first hypothesis results. According to the results of first hypothesis that show there is a significant difference in general health between unwanted pregnancy group and wanted pregnancy group and severity of sadness in general health in unwanted pregnancy group is more than wanted pregnancy group ,we suggest that it is really important to have couple counselling center in order to give information to couples about complications of unwanted pregnancy and its impact on mental health of women. All people should use of these facilities in a simple and better way.

Results of second hypothesis testing in this investigation that indicate there is a significant difference in life quality between women with unwanted pregnancy and wanted pregnancy are similar to results of Azizi et al research (study of beginning of unwanted pregnancy and its relationship with life quality that is related to mental health of pregnant women) that show mean of life quality score that is related to health of women with wanted pregnancy is significantly larger that women with unwanted pregnancies. According to results of second hypothesis that

showed there is a significant difference in life quality point mean between unwanted pregnancy group and wanted pregnancy group and level of life quality in unwanted pregnancy group is less than wanted pregnancy group, we suggest that people should know more thing about their matrimony rights. Math media, instructions in universities are two factors that can help to people to know about complication of unwanted pregnancy and its impact on women, people and reducing life quality and exhilaration of families.

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