



Introduction: Pregnancy, often described as a profound and transformative experience, represents a period of significant physiological and psychological adaptation for women. While pregnancy and childbirth are natural life events, they inherently expose women to considerable stress. Maintaining mental well-being during pregnancy is as critical as ensuring physical health. For some women, pregnancy is a time of joy and anticipation, yet it is frequently intertwined with fears and anxieties. This period of heightened expectations is also characterized by substantial physical, mental, and emotional changes. These encompass hormonal fluctuations, musculoskeletal discomfort such as backache, and gastrointestinal disturbances like morning sickness. These physiological shifts, coupled with psychological and social adjustments, can contribute to increased stress levels.

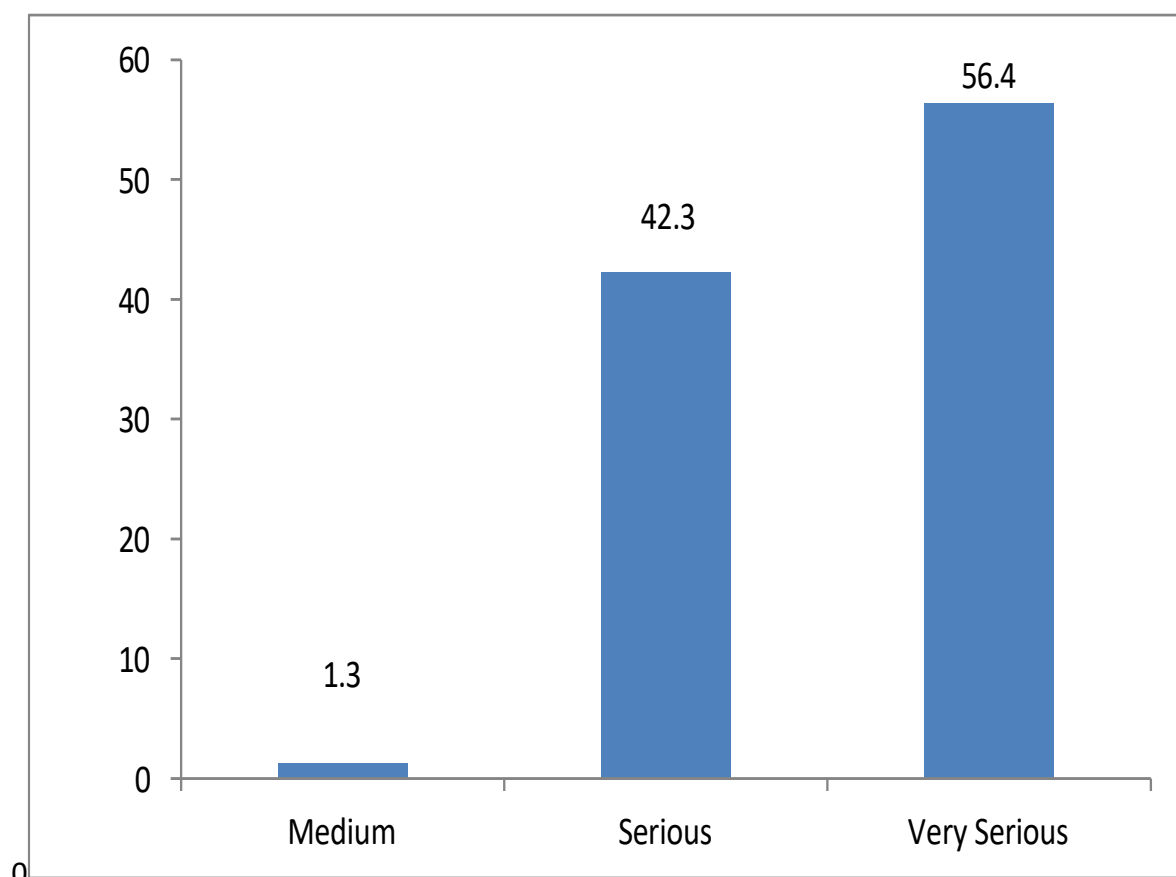
Objectives of the study: To assess the level of stress among primigravida mothers admitted in antenatal ward, to assess coping strategies adopted by primigravida mothers admitted in antenatal ward, to find out the association between stress and coping strategies adopted by primigravida mothers with selected demographic variables.

Ethical permission was obtained from the University Ethical Committee

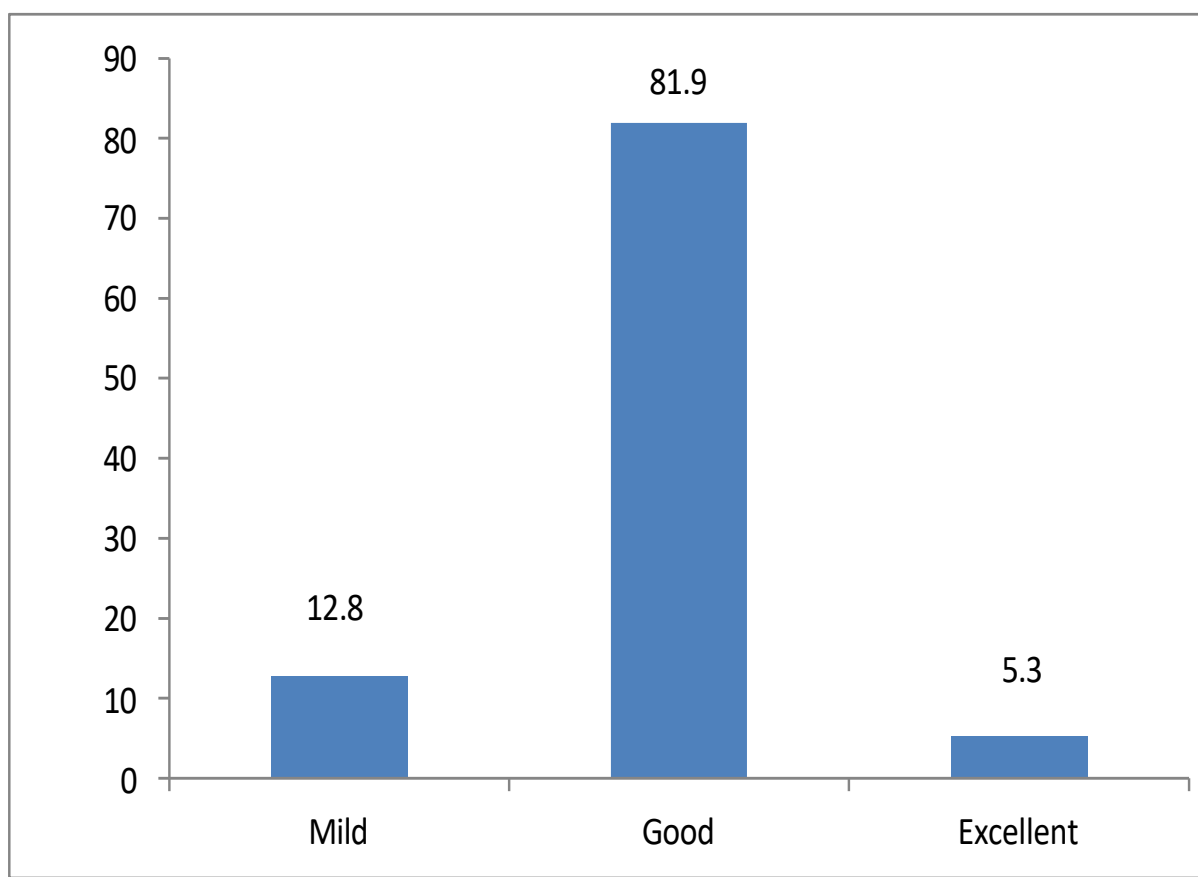
Research Methodology: Research Approach: Quantitative research approach Research Design: Descriptive cross sectional research design with Purposive sampling technique Tools Used: Socio demographic variable, Perceived stress scale and coping strategies scale, Inclusion Criteria: Primigravida mothers available during data collection, providing written informed consent, Exclusion Criteria: Mothers with pre-existing obstetrical or psychiatric conditions, declining study participation.

Results: The majority of participants exhibited serious (42.3%) to very serious (56.4%) levels of stress. Conversely, most women demonstrated good coping strategies (81.9%). Statistical analysis revealed significant associations between stress levels and coping strategies ($p < 0.05$). Furthermore, significant associations were found between stress levels and selected socio-demographic variables, specifically education, type of marriage, and family income ($p < 0.05$). Coping strategies were also significantly associated with education level ($p < 0.05$).

Bar graph depicting the stress of primigravida mothers admitted in antenatal ward:



Bar graph depicting the coping strategy of primigravida mothers admitted in antenatal ward:



Discussion: This study found high stress levels among primigravid women in the antenatal ward, despite most exhibiting good coping strategies. Stress significantly associated with education, marriage type, and income; coping also linked to education. These results highlight the high stress experienced by first-time mothers in this setting, suggesting a need for targeted support. Education appears crucial, influencing both stress and coping. Interventions should consider socio-demographic factors to effectively address stress and enhance coping, ultimately improving maternal well-being.

Conclusion The findings of this study highlight that primigravid women admitted to an antenatal ward in a tertiary care setting in Lucknow experience significant levels of stress. While most women demonstrate good coping strategies, the high prevalence of serious and very serious stress underscores the need for interventions to address maternal mental health during antenatal care. Socio-demographic factors, particularly education, marriage type, and family income, are important considerations in understanding stress experiences.

References:

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