

IMPACT OF PSYCHOTHERAPY DURING PREGNANCY

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Abstract	<i>We are going to study here about the impact of psychotherapy during the period of Pregnancy. Pregnancy issues affect the health of the mother or child, put strain on a romantic partnership, and lead to life changes, both predicted and unpredictable. When concerns that arise during pregnancy cause distress or otherwise affect one's mental health.</i>
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INTRODUCTION

Pregnancy and childbirth are the normal life events but no matter how eagerly a child's birth is anticipated, stress and other forms of emotional distress are still likely to occur during the challenging period of pregnancy. Pregnancy issues affect the health of the mother or child, put strain on a romantic partnership, and lead to life changes, both predicted and unpredictable. When concerns that arise during pregnancy cause distress or otherwise affect one's mental health. The reason for unusual reaction towards anxiety and stress are related in some women due to poor socio-economic status, lack of family support and domestic violence. Many mother experience unnecessary changes in their life due to stress and anxiety because they don't anticipate and did not know the normal psychological changes, and the adjustments that are integral to the process of pregnancy.

A decreased maternal workload, family spacing and availability of rest and easy access to supportive people and environmental resources are perceived as markers of good health. How many women react to stress and perceive stress as stressful event. It is one's ability to adapt which is determined by one health, genetic endowment and a coping mechanism.

Herbert Benson MD is the father of modern mind-body medicine. From the late 1960 onwards, he demonstrated that the relaxation response, which brings about bodily changes that decrease heart rate, lower metabolism, decrease the rate of breathing and bring the body back into what is probably a healthier balance. Several stress reduction techniques have been used successfully in pregnancy. These include biofeedback, meditation, guided mental imagery and yoga (specific type for pregnant women).

Stress, however, does not have to be all bad, when managed properly, Stress can provide as with the drive to meet new challenges. The many studies have indicated that depression and anxiety during pregnancy affect neonatal outcome. Prim gravid mothers experiencing stress and facing complications such as low birth weight babies, premature rupture of membrane etc. When concerns that arise during pregnancy cause distress or otherwise affect one's mental health, the support of a therapist or other help care provider may be helpful.

CHALLENGES ASSOCIATED WITH PREGNANCY AND BIRTH

Though pregnancy can be challenging for both parents, in many cases the pregnant woman experiences the greatest amount of strain. A single mother may experience even higher levels of emotional distress, as single mothers may often lack help and support and loneliness. Pregnancy proceeds smoothly for many women, but even an "easy" pregnancy may be accompanied by some mental or physical concerns, and many mothers-to-be experience stress or anxiety regarding the health of their child, the impending birth, or the variety of complications that can occur with pregnancy. These worries may be mild or severe, but the stress they can cause may lead some women to experience increased physical or mental strain,

poor physical health, all of which may lead to increased risk in childbirth. So, Nursing professional provide best psychotherapy during conversation for changing the mind during pregnancy.

- **THE FINANCIAL CHALLENGES** can also be a source of distress during pregnancy. Recent figures show that the cesarean births are higher rates in the world. Because of the high cost attached to childbirth, many women who become pregnant may find themselves experiencing stress or anxiety due to the result of upcoming impending medical bills including frequently charges for unused items or unnecessary services.
- **THE PHYSICAL CHALLENGES** that often accompany pregnancy can also be difficult for many women to cope with. Morning sickness aches and pains, fatigue, insomnia, and indigestion are just a few of the concerns that a pregnant woman may face. Women who contract illnesses while pregnant can be more severely affected by symptoms and may have a greater risk of complications, the most severe of which are birth defects or fetal death. In order to prevent certain birth defects and foodborne illnesses, a physician advises to recommend certain dietary restrictions to women who are pregnant, such as the avoidance of alcohol and raw or unpasteurized foods. Beyond these restrictions, some women may find it difficult to eat a variety of foods, due to morning sickness or other pregnancy-related stomach concerns. Some women may have the opportunity to choose their own doctor or midwife, but many women are not able to do so and find themselves with an overburdened or distant health care provider or one who is difficult to connect with. This can make necessary doctor visits another source of distress, and some women may avoid essential care as a result. A therapist or counselor may be able to help women in this situation connect with a different doctor or clinic, if possible, and may also be able to help those in this situation explore other possible solutions.

- **PREGNANCY AND MENTAL HEALTH CHALLENGES**

While pregnancy often elicits many positive emotions, it can also cause a woman to experience negative thoughts and feelings. During pregnancy, past family issues, insecurities, relationship difficulties, and financial issues can become real and immediate concerns. A woman who is expecting may find herself experience mood swing anxiety, forgetfulness, or body image issues. Women who experienced depression or anxiety before becoming pregnant may be more likely to experience mental health concerns during pregnancy. When mental health conditions do occur during pregnancy, a woman's doctor will generally be able to provide referrals to mental health professionals as well as immediate health care and support.

Because some psychotropic medications can have harmful effects on developing fetuses, women who are taking these medications and discover they are pregnant or intend to become pregnant are advised to contact their doctor and mental health care provider.

In some cases, another medication is prescribed, and in others, a woman may receive an alternative form of treatment for the duration of the pregnancy, such as therapy only. This may not be effective for all individuals, but a therapist's help and support can help each woman find the right option for her. Some mothers who have mental health concerns may become anxious when considering the possibility of passing their illness on to their child, but information and resources obtained from a health care professional may be helpful at addressing their concerns.

Societal expectations of pregnant women may lead many women to experience anxiety or stress. Well-meaning individuals—family, friends, or even strangers—may criticize the practices, diet, and weight gain (or lack thereof) of pregnant women and May often offer unsolicited opinions or advice. Some women may experience irritation, anger, or

frustration as a result, but others may come to doubt their own ability to be good mothers. Soon-to-be parents may turn to parenting books or other sources of advice and become overwhelmed by conflicting opinions on the best or safest options for delivery.

IMPACT OF FEAR OF BIRTH ON EMOTIONAL HEALTH

It can sometimes be difficult to feel for having parents, especially new partners, A difficult birth can be both partners emotionally and physically fatigued, and it can be difficult and stressful for partners to adapt to new roles and responsibilities. Both the partners may be experience fatigue or have trouble sleeping, due to the demands of a newborn, and this lack of sleep may lead to a lowered immune system, increase irritability and stress. While it is often possible for a couple to communicate their issues and work through them together without outside help, often professional support is beneficial to this process.

Some women who have may find it difficult to accept that certain aspects of pregnancy did not happen as expected. A pregnant woman may be possible not able to use designed a birthing plan due to medical complications may be experience regret that the birth did not go the way it would be planned. Women who may be a difficult recovery lead frustration due to their inability to do things for themselves or find it difficult to cope with pain and fatigue. Some women who may be unable to breastfeed lead to experience feelings of failure or frustration and become stressed or experience symptoms of depression as a result.

There is possibility if a child will not be able to carried to term, is stillborn, or is discovered to have a fatal or life-threatening birth defect, this can cause significant grief that, if untreated, may lead to mental health concerns such as depression. Therefore it would be recommended that telling family and friends about the situation of that period that death of an infant instead of announcing the birth may be an exceedingly difficult task that may have a lasting impact on parents, especially the woman who carried the child. Then therapy may be helpful for addressing and treating feelings of grief.

TREATMENT MODALITIES PLAN FOR PREGNANCY

Pregnancy may be difficult, even when everything proceeds without significant upset. Parents who have a strong bond and the support of others may still face unavoidable health or financial challenges, among others, which can significantly strain a partnership. The support of family and friends is considered by many to be an essential aspect of the well-being of new partners, especially when they are going to become new parent.

Therapy can help expectant mothers, women who are facing problem during their pregnancy period and the partners of these women to address the various issues that pregnancy is likely to cause. Women who experienced mental health issues before pregnancy may fear that the added challenge of motherhood will exacerbate their conditions or cause further concerns to develop, but the support of a therapist or counselor throughout their pregnancy may help them feel more at ease. Women who may be experience postpartum depression or psychosis may find that that therapeutic treatment, combined with medication when necessary, has a beneficial effect.

The type of therapy used will generally vary based on the concerns a woman is experiencing. Some women feel that there are possibilities of stress during motherhood and new responsibilities to be difficult to handle and voicing their concerns in a support group to others in the same situation may be helpful to them. There is strong recommendation to take individual therapy who will be experiencing depression or anxiety. Couple therapy may also be helpful when a couple feels that a new baby may be placed added challenges and stresses on their relationship. In therapy, couples may voice concerns or areas of disagreement and resolve any issues in their partnership.

Parents or single mothers who lack assistance and support may also be able to seek resources

and find help developing a support network in therapy. In any case, a therapist will be able to offer resources and help for those having trouble.

Grief counseling, typically recommended if any loss of a child, may be help to parents come to terms with their loss, cope with their grief, and prepare to try again, should they wish to do so. Stress reduction is one of the most important way an expectant mother can achieve better health and prevent certain complications. The causes of stress during pregnancy are often varied. A woman may become stressed as her body begins to change, as she experiences the effects of pregnancy-related hormones, or as a result of anxiety or fears about pregnancy and childbirth. Individuals who experience negative or catastrophic life events during pregnancy or who have chronic stress, PTSD, or other mental health concerns may also experience greater levels of stress during pregnancy.

A health care professional will likely advise a woman experiencing stress to cut back on stressful activities, stay healthy and fit by eating nutritious foods and keeping as active as possible, maintain a support network and keep in contact with friends and family, seek and accept help when needed, participate in childbirth education classes, and take up relaxation techniques such as prenatal yoga or mediation. Professional help from a therapist or counselor may also be recommended.

EFFECT OF PREGNANCY LOSS

Stillbirth and miscarriage are two pregnancy complications that lead to fetal death. Miscarriage is pregnancy loss occurring within the first 20 weeks of pregnancy, while a stillbirth occurs after 20 weeks. About 1 in every 160 pregnancies will end in stillbirth, and between 10% and 25% of all clinically recognized pregnancies will end in miscarriage. Up to 50% of all pregnancies end in miscarriage, but a number of these occur before the pregnancy is recognized. Miscarriage and its causes are often misunderstood and stigmatized in most cases; the cause of a miscarriage cannot be determined. Some possible causes include chromosomal abnormalities, hormonal concerns, improper egg implantation, maternal age, and exposure to toxic substances. Stillbirth is somewhat more understood than miscarriage. Its causes, which include placental problems, birth defects, restricted fetal growth, and bacterial infections, among others, can more often be determined.

Pregnancy loss may lead to complex emotions, such as grief, shame, guilt, and isolation. Some of those who may have experience pregnancy loss believe they could have prevented it, but this is not often the case. Because pregnancy is not yet apparent in many of those who have a miscarriage, many feel isolated following this loss. Experts say acknowledging the pain and loss, and having it acknowledged by others, can help reduce these feelings and allow the processes of grieving and healing to take place.

CONCLUSION

Stress during pregnancy causes untoward complications like low birth weight babies, premature rupture of membrane and fetal morbidity. If it handles properly it reduces the complications to a great extent. Pregnant mother continue in therapy for a few more sessions, exploring ways that they can better support each other and strengthen their marriage. Therapist only the best option for pregnant mother. Desiree is going through, and the two begin to be better able to communicate their feelings and understand each other Treatment given by Demonstration (investigator demonstrated self) and with the help of video CD.

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