

# Health Problems in Pregnancy

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## 1. Introduction

Pregnancy is a physiological condition in which the foetal growth is accompanied by intensive changes in maternal body composition and metabolism (Hytter and leith 1964). Pregnancy is a period of considerable physiological and nutritional stress, during which the maternal requirement of almost all the nutrients are greatly increased.

Nutrition plays an important and special role in the course of pregnancy for the maintenance of sound maternal health.

It is unfortunate to know that nutritional status of pregnant women in India is very poor as the diets are grossly deficient in supplying energy and other essential nutrients such as iron, vitamin A, B – complex vitamin and ascorbic acid.

Therefore a study was conducted to assess “Nutritional and Health status of pregnant and Lactating women in parbhani Taluka”

## 2. Methodology

A random sample of 300 pregnant women was selected. The sample of early pregnancy stage (1<sup>st</sup> trimester) was selected for this observed. Data were stratified on the basis of women’s socio economic status, living area and education.

## 3. Results and Discussion

Background information of the selected pregnant women dependent on their living area.

In case of the type of family, from rural area the majority of the pregnant women (72%) were found to be nuclear family and remaining 28 percent were found to be joint family. Whereas from urban sample, 75 percent pregnant women belonged to the nuclear type family and 25 percent pregnant women belonged to joint family.

As compared to rural area, somewhat higher percent of the urban respondents were from nuclear type of family. The percentage of respondents from joint family was less due to changing family pattern.

Among the selected pregnant women 70 percent of the respondents from rural area were Hindu and the remaining 30 percent were Muslim, whereas from Urban area 74 percent respondents belonged to Hindu religion and remaining 26 percent belonged to Muslim religion respectively.

In case of educational level majority of the pregnant women (36.44%) from rural area were middle school educated, 28

percent high school educated, 13 percent were college educated, where as 14 percent were primary educated and the remaining 8 percent were non-literates. On the other hand majority of the pregnant women (60%) from urban area were college educated, 14 percent were high school educated and non-literate respectively.

This result showed that majority of the respondents from urban area were college educated as against the rural area there were middle school educated area wise difference in educational level are seen.

In terms of occupation from the rural area the majority of the respondents (77 and 71 percent) were in service or in their own business and home makers respectively, while 11 percent respondent were labour and one percent of respondents were in skilled worker.

**Table 1:** Background information of the selected pregnant women depending on the basis of their area  
 Area percentage and No. of respondents

Sr. No.	Particulars	Rural (N-118)	Urban (N-182)
1	Type of Family		
	Joint	(28) 33	(25) 46
	Nuclear	(72) 85	(75) 136
2	Religion		
	Hindu	(70) 83	(74) 134
	Muslim	(30) 35	(26) 48
3	Educational Level		
	Non-literate	(08) 10	(06) 12
	Primary	(14) 17	(05) 09
	Middle School	(36) 43	(14) 25
	High School	(28) 33	(14) 25
	College	(13) 15	(60) 110
4	Occupation		
	Home makers	(75) 89	(37) 67
	Labourer	(11) 13	(05) 09
	Service / business	(11) 13	(43) 78
	Skilled worker	(0.14) 01	(05) 09
	Semi Professional	(0.14) 1	(04) 08
	Professional	Nil	(06) 11
5	SES group		
	Low	(48) 56	(24) 44
	Middle	(43) 51	(27) 49
	High	(09) 11	(49) 89
6	Food Habit		
	Vegetarian	(60) 71	(65) 118
	Non-vegetarian	(40) 47	(35) 65
7	Age in years		
	Below 20 years	(10) 12	(05) 08
	20-35	(90) 106	(95) 174

Figures in parenthesis indicates percentage

One percent of the respondents were in semiprofessional jobs. On the other hand from urban area majority of the respondents (43 percent) were in service or in their both in labourer and skilled workers and 6 and 4 percent of the respondent were occupied in professional lecturer, doctor

and semi professional jobs respectively. On the basis of above result 10 percent belonged in the age group below 20 years. The similar results were observed from urban area is more percent of the respondents (96 %) belonged in the age group of 20-35 years and the remaining (47) percent belonged to age group 20 years.

It is clear from this study that more percent of the respondents from both rural and urban areas belonged to the nuclear type of family and were vegetarian, where as the majority of the urban respondents were college educated, high SES group and occupied in professional area, that is more rural respondent were educated up to middle school, belonging in low SES group and occupied as labourer and skilled worker only.

Kaur et. al (1982) reported that majority of expectant mothers in suburban, villages were reported to be vegetarian.

**Table 2:** Health Problems reported by the pregnant women depending on the basis of living are

Sr. No.	Particulars	Area		Total Frequency
		Rural	Urban	
1	Loss of Appetite	07 (07)	01 (01)	08
2	Pain in calf Muscle	01 (01)	02 (02)	03
3	Back pain	11 (11)	18 (18)	29
4	Vomiting	17 (17)	32 (32)	49
5	Constipation	02 (02)	17 (17)	19
6	Stomach pain	07 (07)	05 (05)	12
7	Oedema	04 (04)	01 (01)	05
8	Blood pressure	07 (07)	14 (14)	21
9	Anaemic condition	29 (30)	44 (43)	73
10	Headach	08 (08)	15 (15)	23
11	Weakness	08 (08)	08 (08)	16
12	Nausea	01 (01)	08 (08)	09
13	Nil	14 (13)	14 (14)	27

It was found that anaemic condition was the major problem of the pregnant women irrespective of their living area. In case of urban area respondent's vomittings, back pain, blood pressure and nausea were reported by the 32, 18, 14 and 8 percent of the pregnant women. Only one percent of pregnant women noticed hypertension some of them were found to have pain in calf muscle, constipation, stomach pain, headache, weakness and infectious disease.

It can be said that from rural area large number of respondents were home makers and the remaining occupied as labourer whereas from urban area, more of the respondent were engaged in their own business and in service. Nobody from rural area occupied in professional job but urban area respondent worked in professional job. As the educational level increased the occupation level also increased and as the occupation increased the SES status also increased.

In case of SES of the selected pregnant women, the majority of the respondents (45%) from rural area belonged to low SES group where as the respondents that is 49 percent from urban area were from high SES, 27 percent were middle SES and remaining 24 percent were from low SES group respectively.

It is Clear from the study that the majority of the respondents from the rural area belonged to low SES group

where as majority of the respondents from urban area belonged to high SES group.

In case of food habit, more percent (60) of the pregnant women were vegetarian and remaining 40 percent were non-vegetarian and 35 percent of the respondents were vegetarian from both urban and rural area.

From rural area large number of the respondents (90%) were belonging in the age group 20-35 years and remaining.

Figures in parenthesis indicate percentage.

Near about 14 percent of the pregnant women from urban area reported that they did not have any health problems. Similar results were observed in rural areas respondents. Among rural area 17, 7, 7, 8 and 8 percent of women reported vomiting stomach pain, blood pressure, headache and weakness problems. The reasons behind it may be the lack of adequate diet required as per pregnancy. The reasons behind it may be the lack of adequate diet required as per pregnancy stage and rare consumption of green leafy vegetables as a rich source of iron.

These results are comparable with that of Dandegaonkar (1994) where it shows that 50 percent of the pregnant women were found to be having high blood pressure and presence of infectious diseases on the other hand pain in calf muscle and oedema were found to be reported by more (40%) women other ailments like loss of appetite, constipation, burning head, pain in calf muscle respectively.

#### 4. Conclusion

From these results it is clear that because of lack of adequate diet pregnant women have health problems in pregnancy. Anaemic condition, vomiting, pain in calf muscle these are major health problems found in pregnancy.

#### References

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