

عنوان مقاله:

Effect of mindfulness-based childbirth and parenting program education on pregnancy anxiety and marital satisfaction in pregnant women

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خلاصه مقاله:

Introduction: From early pregnancy until the postpartum period, simultaneously many changes occur in the biological, social and psychological levels. While adapting to these changes, women and even men can be at risk for psychological problems. This research was a quasi-experimental study in order to assess the effects of mindfulness-based childbirth and parenting education programs on pregnancy anxiety and marital satisfaction in pregnant women. **Method:** In this study, the target population (statistics), were all the pregnant women in the end of their second trimester or early third trimester of pregnancy who were anxious during pregnancy according to the pregnancy anxiety questionnaire. After the available sampling, participants were randomly assigned to experimental and control groups. The experimental group was a group which received nine sessions of mindfulness-based childbirth and parenting education programs. The control group received no psychological training and was in the routine prenatal care process of the Gynecological center. Before starting the program, both groups filled out the pregnancy anxiety questionnaire and after having the participated criteria for this research, located in the respective groups, and completed questionnaires related to the research variables. After the end of the classes, questionnaires were completed by all the participants, both the experimental and control group. The results obtained by covariance analysis, were analyzed. **Results:** Mindfulness based childbirth and parenting programs could make a significant difference between the pre-test and post-test in pregnancy anxiety and marital satisfaction. It seems that, this program can create good relations between couples; involving managing difficult emotions and creating greater flexibility in dealing with stressful situations. **Conclusion:** According to the preliminary efficacy of this program in this study, and psychological, biological, and social challenges related to pregnancy and childbirth, and relatively little attention to preventive programs on stress and cognitive/behavioral problems during pregnancy and its long-term effects on the fetus and baby, the Ministry of Health can use this program to prevent problems for mothers and their baby during pregnancy and postpartum.

کلمات کلیدی:

Pregnancy Anxiety, marital satisfaction, mindfulness-Based Childbirth and Parenting

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