Psychological features of stress in pregnant women

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Abstract

© 2018, Advanced Scientific Research. All rights reserved. Pathology of pregnancy can be associated not only with infectious, metabolic and endocrine factors, but also with psychoemotional factors. The correlation of stress and somatic reactions is urgent in obstetrics. According to statistical data obtained from various studies, women, due to their psychological characteristics, are more exposed to stress than men. Pregnant women are the most vulnerable in stressful situations, they are more susceptible to various changes that may occur during pregnancy, as changes in the functional state of the nervous system cause increased sensitivity, instability of mental reactions. The psychoemotional state can affect the development of somatic diseases; in the case of pregnancy, there is a threat of disruption in the regulation of central and peripheral homeostasis; stress can also affect the specificity of uterine contractions, the volume of blood loss in labor, the condition of the fetus and the newborn. Psychoemotional disorders increase the risk of complications in pregnancy and have an adverse effect on the social functioning of women. The authors analyze the characteristics of the course of stress in pregnant women depending on the trimester, social factors, housing conditions, health characteristics, biological factors. Various reactions to stress and the relationship of these reactions to psychosomatic diseases are also considered. The paper diagnostic scales and complex instruments used in the practice of obstetrician-gynecologists and clinical psychologists working with pregnant women.

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Keywords

Clinical linguistics, Gynecology, Obstetrics, Pregnant women, Psychological state, Stress

References


