

# 3<sup>rd</sup> Euro Nursing & Medicare Summit

July 27-29, 2015 Valencia, Spain

## A study on perceived pregnancy stress and stress index in pregnant women

**Myung Haeng Hur and Hyo Kyeong Kim**  
Eulji University, South Korea

This research is a descriptive study to explain the perceived pregnancy stress level and stress index in pregnant women. The subjects were 211 pregnant women who visited Eulji University Hospital and those participated in a pregnancy and child birth, and parenting class in D city from August to October 2014. This study was reviewed and approved by the Institutional Review Board. The study instruments were general and obstetrical questionnaires, perceived pregnancy stress scale and stress index level using Canopy9 professional 4.0. As for results, the age of the subjects was between 18 and 45 and their mean age was  $30.8 \pm 4.50$ . Duration of their pregnancy was from 28 to 287 days, the average was  $192.6 \pm 60.53$ . The average perceived pregnancy stress of the subjects was  $67.8 \pm 13.80$ , and stress index was  $6.9 \pm 2.39$ . The results showed perceived pregnancy stress was significantly different depending on marital condition ( $Z = -2.126$ ,  $p = .034$ ), marital satisfaction (Kruskal-Wallis  $\chi^2 = 11.663$ ,  $p = .003$ ), sexual satisfaction (Kruskal-Wallis  $\chi^2 = 6.753$ ,  $p = .034$ ), satisfaction with physical change ( $t = -3.994$ ,  $p < .001$ ), duration of pregnancy ( $t = 2.866$ ,  $p = .005$ ), experience of abortion ( $t = 3.235$ ,  $p = .002$ ), satisfaction with parental support (Kruskal-Wallis  $\chi^2 = 6.834$ ,  $p = .033$ ), and satisfaction with parent in-laws' support (Kruskal-Wallis  $\chi^2 = 14.205$ ,  $p = .003$ ). Stress index was significantly different depending on age ( $t = -2.750$ ,  $p = .006$ ), satisfaction with physical change ( $t = -2.223$ ,  $p = .027$ ), experience of abortion ( $t = 2.305$ ,  $p = .022$ ), types of abortion (Kruskal-Wallis  $\chi^2 = 6.219$ ,  $p = .045$ ) and prenatal care ( $Z = -2.520$ ,  $p = .012$ ). Perceived pregnancy stress was significantly correlated with stress index ( $r = .573$ ,  $p < .001$ ). In conclusion, this study showed that perceived pregnancy stress was moderate and stress index was higher than that of other female adults. Also, perceived pregnancy stress and stress level were correlated.

### Biography

Myung-Haeng Hur has completed her PhD from Catholic University. She is a Professor of College of Nursing, Eulji University in South Korea. She is an aromatherapist, trained in IFPA. She has published more than 60 papers in reputed journals and has been serving as a Reviewer Member of Asian Journal of Nursing and Journal of Korean Academy of Nursing. HyoKyeong Kim is a master in Nursing Science. Also she is a RN in Eulji University Hospital.

[mhur@eulji.ac.kr](mailto:mhur@eulji.ac.kr)

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