

Association between Physical and Psychological status of pregnant woman and child health

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Abstract

The origins of children's health lie in the prenatal period and directly depend on the physical and psychological health of a pregnant woman, determining her future quality of life. Despite the fact that at present there are a large number of questionnaires for assessing the quality of life of the population of different age groups, the study of this integral characteristic in relation to the "pregnant woman-newborn child" complex has not been sufficiently studied. The aim of the study was to study the relationship between the quality of life of a pregnant woman and a newborn child with the identification of the most significant risk factors. The survey involved 408 women with newborns and at the time of the study in both Perinatal Centers. The tool for assessing the quality of life of the selected groups were questionnaires specially developed . Data analysis was carried out using the STATISTICA 6.0 program using descriptive statistics methods (Me, SD), frequency tables, calculation of Pearson's correlation coefficient (at $p < 0.05$) and Student's t-test.. The analysis showed that pregnant women and newborns have a significant decrease in the quality of life (total score 14.7 and 20.8). The leading factor in childhood morbidity is gestational age, which has significant correlations with respiratory disorders and neurological disorders in a child ($r = -0.42$, at $p < 0.001$). The psychological status of a woman, which negatively affects the course of pregnancy, deserves special attention ($p = 0.003$). In Conclusions , correction of the psychological status of the mother, along with the prevention of somatic and obstetric-gynecological morbidity in a pregnant woman, is an important reserve for reducing perinatal pathology.

Keywords: *Quality of life; Perinatal Health, Physical, Psychological; newborn baby*
