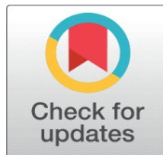
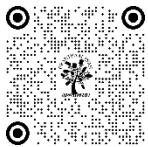


MENTAL HEALTH OF PREGNANT WOMEN IN THE CONTEXT OF INVOLVEMENT IN TAPOVAN CENTRE OF CHILDREN'S RESEARCH UNIVERSITY

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ABSTRACT

Pregnancy brings physical, mental, and emotional changes, and women experience many changes because of it. During the nine months of pregnancy, women go through many physical, mental, and emotional ups and downs. Therefore, maintaining the mental health of pregnant women in this state is not only necessary but very necessary. Therefore, the aim of the present research was to study the involvement of pregnant women in the Tapovan Centre and the effect of the number of pregnancy on their mental health. In which 120 pregnant women were selected through a purposive sampling method. The Mental Health inventory for pregnant Woman was Developed by Dr. A. N. Prajapati & Dharti. N. Gajjar (2023) was used for data collection. The 'f-test' has been used to statistically analyze the data. At the end of the present study, it was found that the pregnant women who involved in the Tapovan Centre have an increase in mental health compared to the non-involved pregnant women.

Keywords: Children's Research University, Tapovan Centre, Pregnant Woman, Number of Pregnancies, Mental Health

1. INTRODUCTION

Every woman always dreams of becoming a mother in her life. According to the social system, the desire to become a mother increases day by day in a woman's life after marriage. Pregnancy and childbirth are among the most exciting as well as stressful experiences of a woman's life. Pregnancy brings about physical, mental and emotional changes and women experience many changes due to it. During the nine months of pregnancy, women go through many physical, mental and emotional ups and downs. Also, pregnancy is a time of responsibility. The responsibility of giving birth to an excellent child. In this process of giving birth to a perfect child, it is very important that every kind of health of the woman is maintained. Because what the

mother eats, speaks, reads, thinks and does any activity has a direct impact on the unborn child.

- 1) **Pregnant Woman:** According to WHO the nine months or so for which a woman carries a developing embryo and fetus in her womb – is for most women a time of great happiness and fulfillment. However, during pregnancy, both the woman and her developing child face various health risks. For this reason, it is important that all pregnancies should be monitored by skilled care providers.
- 2) **Tapovan Center's:** "Pre-natal education is a part of cultural way of life in Indian tradition. It necessary that the education of a child's excellence begins from its conception and continues all though the life. During pregnancy the child's is affected by the physical, psychological and spiritual well-being of the mother. We need to authenticate this knowledge though a series of researches. Children's university has taken initiative with the help of a two-dimensional concept of Centre. These two dimensions are: (1) Researches is the eugenics and (2) Guidance and education of pregnant mothers for giving birth to the best of the children. (Thanki)"
- 3) **Involvement in Tapovan Center's:** Those pregnant women who regularly participate in daily activities performed by Tapovan Center of Children's University are termed as involvement in the Tapovan Center. When pregnant women do not take regular part in the daily activities performed by Tapovan Center of Children's University, they are termed as non-involved in the Tapovan Center.
- 4) **Children's Research University:** Children's University (CU) is a unique enterprise in the educational arena of Gujarat. Our cardinal aim is to guide stakeholders and beneficiaries on the part leading to genuine child development and education per se. Our immediate, mediate and ultimate beneficiaries are: children from age of minus 9 months to adolescents of 18 years, their parents, teachers, teacher-educators, curriculum designers, policy makers, and volunteers of NGOs working in the areas related to child development and education. To fulfill our aim, we will start by taking up extensive research studies on child and its multiphase development, along with experiments in child-education. For this, we will seek guidance and counsel from the experts in child education in India and abroad. We have a clear vision of the child and its progressive enfoldment. We believe: Every Child Matters.

"Prajapati, A. N. (2024) Studies result indicates that the pregnant women who were involved in the Tapovan Centre had an increase in mindfulness compared to the not involved pregnant women. While no significant difference was observed in terms of area."

"Prajapati, A. N. (2024) Studies result indicates that the pregnant women who were participated in the Tapovan Centre had an increase in home environment compared to the non-participated pregnant women. While no significant difference was observed in terms of type of family."

"Prajapati, A. N. (2024) Studies result shows that the pregnant women who were involved in the Tapovan Centre had a decrease in psychophysical stress compared to the not involved pregnant women. This proves that the activities like Garbhadhyaan, Garbhavsanvad, prayer, music, yoga embroidery, reading, discussion, etc. conducted at Tapovan Centre decrease the psychophysical stress of

pregnant women. While no significant difference was observed in terms of working & non-working women.”

“Thaker, V. K. & Prajapati, A. N. (2024) Studies result shows that there was a significant difference of Psychological Counselling needs of pregnant women in the context of involved and not involved pregnant women in tapovan Centre and also found in Urban and Rural area. In which the psychological counselling needs of pregnant women not involved in the Tapovan Center was found to be higher than that of involved pregnant women. This proves that the activities performed at Tapovan Center have significant effects on psychological counselling needs of pregnant women.”

“Prajapati, A. N. & Raval, P. N. (2017). Study result indicates that Pregnant woman who are not involved in the Tapovan research center is significantly higher anxiety that the woman who are involved.”

“Prajapati, A. N. (2018) Study’s Results Show that involvement plays an important role in psychological wellbeing of pregnant women with involved pregnant women having better psychological wellbeing as compared to not involved pregnant women in Tapovan Research Centre. It means that the activities are carried out by Tapovan research center was effective for psychological wellbeing.”

“Prajapati, A. N. (2019). Study result indicates that the difference between involved and not involved pregnant women in Tapovan Research Centre on Anxiety is significant. The involved pregnant women have Low Anxiety than that of not involved pregnant women in Tapovan Research Centre.”

“Prajapati, A. N. & Purohit, V. P. (2017). study Results Show that Pregnant women who were involved in activities which were carried out by Tapovan research center whose mental health was better than pregnant women who were not involved in it. It means that the activities are carried out by Tapovan research center was effective for mental health.”

“Alipour. Z., Kheirabadi, G. R., Kazemi, A. & Fooladi, M. (2017) study Results Show that socioeconomic status and marital quality are the most important risk factors for disturbing mental health among Iranian pregnant women.”

“Thomas, S. & John Michael Raj, S. (2020). The results show that Pregnancy women mood has been changed by time to time. Majority of the pregnant women have mild to moderate levels of depressive features. The mental health professionals will be providing counseling to cope with pregnancy pain.”

“Prajapati, A. N. (2015) Studies results revealed that significant difference was found whenever pregnant women involved in Tapovan research center activities. On the contrary no significant difference was found with respect to education.”

“Prajapati, A. N. & Purohit, V. P. (2017) Studies results revealed that significant difference was found whenever pregnant women involved in Tapovan research center.

2. RESEARCH OBJECTIVES

- 1) To investigate the main effect of Involvement on mental health among Involved and not involved pregnant women in Tapovan Centre.
- 2) To investigate the main effect of Number of Pregnancies on Mental Health among First and second pregnancy of pregnant women.
- 3) To investigate the interaction effect of involvement and Number of Pregnancies on Mental Health among pregnant women.

3. RESEARCH HYPOTHESIS

- 1) There will be no significant main effect of Involvement on Mental Health among involved and not involved pregnant women in Tapovan center.
- 2) There will be no significant main effect of Number of pregnancies on Mental Health among First and second pregnancy of pregnant women.
- 3) There will be no significant interaction effect of Involvement and Number of pregnancies on Mental Health in pregnant women.

4. RESEARCH VARIABLES

Table 1

Table 1 The Following Variables were Treated as Independent and Independent Variables				
No	Type of variable	Name of variable	Level of variable	Name of level of variable
1	Independent Variables	Involvement in Tapovan Centers	2	1. Involved 2. Not involved
2	Independent Variables	Number of Pregnancies	2	1. First Pregnancy 2. Second Pregnancy
3	Dependent Variables	Mental Health	1	Mental Health

5. RESEARCH SAMPLE

The sample of the study was comprised of 120 pregnant women who was Involved and not involved in Tapovan Centre in children's research university, Gujarat. The sample was selected by Purposive Sampling Technique from various locations of Gujarat as per the requirement of research design of this study. Pregnant women who regularly participate and non-participated in daily activities performed by Tapovan Centre of Children's University will be selected.

6. RESEARCH DESIGN

Table 2

Table 2 In Present Study to Examine the main and Interaction Effect of two Variables I.E. Involvement and Number of Pregnancy A 2x2 Factorial Design was Used For Collecting the Data				
Variable		Involvement (A) ↓		
		Involved (A1)	Not Involved (A2)	Total
Number of pregnancies	First Pregnancy (B1)	30	30	60
	Second Pregnancy (B2)	30	30	60
Total		60	60	120

7. RESEARCH TOOLS

Following standardized tools was used for collecting the data.

- 1) **Personal Date Sheet:** A personal data sheet developed by investigator was used to collect information about types of family, Number of Pregnancy, Spouse's Education, education, area, age, income per month and participating in Tapovan center.
- 2) **Mental Health Inventory for Pregnant Woman:** For This research study to measure the Mental health of pregnant woman's, Mental Health inventory for pregnant Woman was Developed by Dr. A. N. Prajapati & Dharti. N. Gajjar (2023). In which a total of 32 statements have been included 22 positive and 10 negatives. Whose Options respectively, Agree, Neutral and Disagree. The present test is divided into 5 sections like 1. Perception of Reality, 2. Integration of Pregnancy, 3. Positive Self-Evaluation, 4. Pregnancy Group oriental Attitudes and 5. Environmental Mastery. Split half reliability of test was 0.72 and validity of the presented scale has been discovered by experts at a high level.

8. RESULT AND DISCUSSION

Table 3

Table 3 Showing Analysis of Variance for Mental Health in Relation to Involvement and Number of Pregnancy					
Variables	Sum of square	df	Mean sum of Square	F	Sig. Level
Involvement (A)	2394.133	1	2394.133	70.8	0.01
Number of Pregnancy (B)	16.133	1	16.133	0.48	NS*
Involvement & Number of Pregnancy (A x B)	374.533	1	374.533	11.08	0.01
SS _w	3922.667	116	33.816		
SS _T	6707.467	119			
				Sig. level: 0.05 = 3.86	
				0.01 = 6.84	
				* Not Significant	

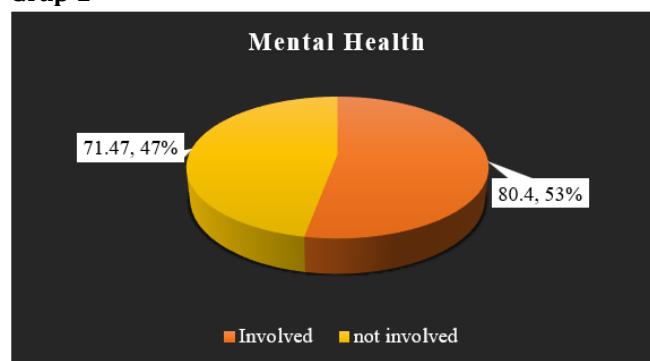
It could be seen from the Table No. 01 that the one main variable i.e., involvement in Tapovan center of pregnant women ($F=70.80$) are significantly influencing the mental health, while number of pregnancy variable is not found to be significant ($F=0.48$) and the involvement & number of pregnancy are found to be significant. (11.08).

Main Effects:

Ho1 There will be no significant main effect of involvement on mental health among involved and not involved pregnant women in Tapovan center

Table 4

Table 4 Showing Mean Score on Mental Health with Regards to Involvement				
Variables	N	M	F	Sig.
Involved (A1)	60	80.4	70.8	0.01
Not Involved (A2)	60	71.47		
			Significant level at 0.05 = 3.92	
			0.01 = 6.84	

Grap 1**Graph 1** Showing Pie Chart of Mean Scores on Mental Health with Regarding to Involved and Not Involved in Tapovan Center of Pregnant Women

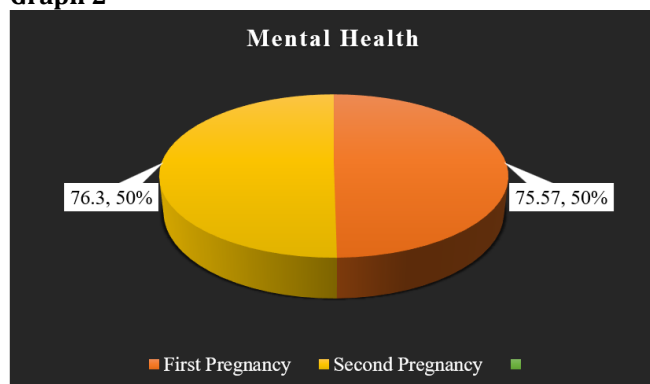
It is observed that the mean scores in Table No. 02 and Graph No. 01 reveal that pregnant women involved in Tapovan centres acquire a higher score ($M = 80.40$) than pregnant women not involved in Tapovan centers ($M = 71.47$) on Mental health. For testing hypothesis, an f test has been calculated. The f value is 70.80, which is significant. It proves that null hypothesis no. 1 is not accepted.

Ho2 There will be no significant main effect of Number of pregnancies on Mental Health among First and second pregnancy of pregnant women.

Table 5**Table 5 Showing Means Score on Mental Health with Regards to Number of Pregnancy**

Variables	N	M	F	Sig.
1 st Pregnancy (B1)	60	75.57	0.48	NS*
2 nd Pregnancy (B2)	60	76.3		

Significant level at 0.05 = 3.92 0.01 = 6.84

Graph 2**Graph 2** Showing A Pie Chart of Mean Scores on Mental Health with Regard to Number of Pregnancy

It's observed that the mean scores in Table No.03 and Graph No. 02 revealed that second pregnancy acquire slightly more score ($M=76.30$) than the first pregnancy of pregnant women ($M=75.57$) on mental health. For testing hypothesis f test has been calculated. The f value is 0.48 which is not significant. It proves that null hypothesis no. 2 is not rejected.

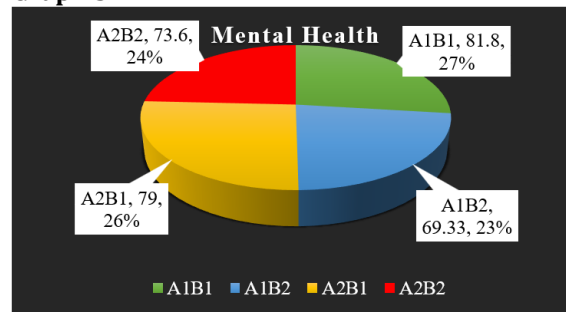
Interaction Effect:

Ho3 There will be no significant interaction effect of involvement and number of pregnancies on mental health in pregnant women.

Table 6**Table 6 Showing Mean Scores on Mental Health with Regards to Involvement & Number of Pregnancy (A X B)**

Gender	Involvement		'F'	Sig.
	Involved	Not Involved		
1 st Pregnancy	81.8	79	11.08	0.01
2 nd Pregnancy	69.33	73.6		

Significant level at 0.05 = 3.92 0.01 = 6.84

Graph 3**Graph 3** Showing A Pie Chart of Mean Scores on Mental Health with Regard to Involvement and Number of Pregnancy

It is evident from Table No. 04 and Graph No. 03 that the F value ($F = 11.08$) is significant, which suggests that the obtained differences among involvement and number of pregnancy interaction subgroups are significant. To sum up, among the A x B interacting groups, the group with slightly high mental health is involved in Tapovan centres and first pregnancy of pregnant women ($M = 81.80$), and the slightly lower group is involved in Tapovan centres and second pregnancy of pregnant women ($M = 69.33$). Result reveals that the mean scores of two groups as regards involvement and number of pregnancy are differ on mental health ($F = 11.08$); therefore, null hypothesis No.3 is not accepted.

9. CONCLUSION

- 1) The difference between the mental health of pregnant women with respect to involvement of Tapovan Centre was found to be significant ($F = 70.80$). Therefore, the preformed hypothesis is not accepted. This proves that the activities like Garbhadhyan, Garbhavsamvad, prayer, music, yoga embroidery, reading, discussion, etc. conducted at Tapovan Centre increase the mental health of pregnant women.
- 2) No significant difference was found between the first and second pregnancy of pregnant women's mental health. So that it was concluded that number of pregnancy has no impact on mental health in this research. Therefore, the preformed hypothesis is not rejected.
- 3) The difference between the mental health of pregnant women with respect to involvement of tapovan center and number of pregnancy was

found to be significant ($F = 11.08$). Therefore, the preformed hypothesis is not accepted.

CONFLICT OF INTERESTS

None.

ACKNOWLEDGMENTS

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