

MINDFULNESS OF PREGNANT WOMEN IN RELATION TO INVOLVEMENT IN TAPOVAN CENTRE OF CHILDREN'S RESEARCH UNIVERSITY

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ABSTRACT

Pregnancy and childbirth are one of the most exciting and stressful experiences of a woman's life. Pregnancy brings about physical, mental, and emotional changes, and, due to this, many changes are seen in women. During the nine months of pregnancy, women go through many physical, mental, and emotional ups and downs. Therefore, it is not necessary, but very necessary, to maintain the mindfulness of pregnant women in this state. Therefore, the purpose of the present research was to study the effect of family type and pregnancy sequence on the mindfulness of pregnant women in Tapovan Centre. In which 240 pregnant women were selected through a comprehensive demonstration method. The Mindful Attention Awareness Scale developed by Brown and Ryan (2003) was used for data collection. The Gujarati standardisation was done by Dr. A. N. Prajapati and Dharti N. Gajjar. The 'f-test' has been used to statistically analyse the data. At the end of the present study, it was found that the pregnant women who participate in the Tapovan Centre have an increase in mindfulness compared to the non-participant pregnant women.

Keywords: Children's University, Tapovan Centre, Pregnant Woman, Type of Family, Number of Pregnancies, Mindfulness

1. INTRODUCTION

In this wonderful process from pregnancy to child birth, it is very important to do everything carefully, in harmony. Mindfulness originates from the ancient Eastern 2500-year-old Buddhist philosophy. The concept of mindfulness has been attempted by many. Jon Kabat and Zinn have impressively established the concept of mindfulness in the West, as...

"Mindfulness consists of paying attention in the present moment, purposefully, and with acceptance."

Kabat&Zinn (1994)

Mindfulness is paying attention to something. It means slowing down to really notice what you are doing. Being mindful is the exact opposite of rushing and multitasking. Any activity that the mother is doing has a direct effect on the child. And when anything is done carefully, it can be done better. Therefore, it is very important to maintain the mindfulness of pregnant women in this stage. When there are many definitions of a concept, to understand it in simple language, it is easy to understand the difference between the word and the definition. As mindfulness is a quality; Whereas mindfulness meditation is a practice. Mindfulness is seen as a personality trait in many individuals. While many individuals develop their own mindfulness through meditation and mindfulness exercises.

Mindfulness is essential in a person's life and especially in the life of a pregnant woman. Mindfulness is self-control, objectivity, tolerance, great flexibility, ability, concentration, mental clarity, emotional intelligence and kindness, acceptance and compassion towards others and towards oneself. Enhances the ability to build relationships.

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.

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)

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.

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.**

Family: Family is the institution within which the cultural traditions of a society are handed over to a newer generation. This indispensable function could not be fulfilled unless there are relations between parents and children; the relations reciprocally of authority and respect (Malinowski, 1927).

Type of Family: In olden days, most of the families were of joint type. In joint families the children were brought up with the guidance of grandparents and with

other family members, developing the moral values. But the parents were not able to spend enough money and time for their children. Now days the trend has been changed such that, joint family culture is degraded and there is wide prevalence of nuclear families only. In nuclear families, parents are able to spend more time and money for their wards, since they do not have many commitments. Their only aim is the quality of future of their children. Especially at Higher Secondary stage, the parents give full support to their wards, since it is the stage at which their future is decided. In this context, Family Type is treated as an independent variable in this study.

Number of Pregnancies: The number of pregnancies is when she conceives a First time, it is called a First pregnancy. and when she conceives a second time, it is called a second pregnancy.

Mindfulness: Mindfulness consists of paying attention in the present moment, purposefully, and with acceptance. (Kabat&Zinn,1994)

Eltelt, R. M. H. & Mostafa, M.M. (2019) study concluded that women who learn mindfulness during pregnancy are likely to use those skills to manage stressful aspect of pregnancy, childbirth and parenting resulting in reductions in psychological distress and improvement in psychological well-being.

Muthukrishnan, S., Jain, R., kohli, S. & Batra, S. (2016). The results of this study suggest that mindfulness meditation improves parasympathetic functions in pregnant women and is a powerful modulator of the sympathetic nervous system during pregnancy.

Prajapati, A. N. (2015). Study 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.

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. & Gajjar, D. N. (2022). The finding of the study showed that there was a significant difference of Psychophysical stress in the context of Involvement in Tapovan (garbh sanskar) Centre of Pregnant women. The involved pregnant women have Low Psychophysical stress than that of not involved pregnant women in Tapovan Research Centre.

Menon, P., Doddoli, S., Singh, S. & Bhogal, R. S. (2014). Study findings demonstrate that as dispositional mindfulness has not received its due attention except in Western studies, the current study has been able to create some base by exploring it in the Indian context. Moreover, it has also been able to replicate meta analytical results from a Western context, thereby establishing cross cultural validity to some extent to investigated relations. This study, thus, draws a mini profile of highly mindful individuals to be that characterized by higher levels of emotional stability and/or self discipline, although more studies with different types of samples and cultures need to be conducted in the future to confirm and elaborate on such a profile of a mindful person, especially in terms of looking at the complex interactions that would emerge in a neurotic at the same time conscientious individual. Besides, this study also suggests that the “females being neurotic across cultures” phenomenon is likely to find a deviation depending on certain important influencing factors.

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.

2. OBJECTIVES OF THIS STUDY

- 1) To investigate the main effect of Involvement on Mindfulness among Involved and not involved pregnant women in Tapovan Centre.
- 2) To investigate the main effect of Type of Family on Mindfulness among Joint and Nuclear Family of pregnant women.
- 3) To investigate the main effect of Number of Pregnancies on Mindfulness among First and second pregnancy of pregnant women.
- 4) To investigate the interaction effect of Involvement and Type of Family on mindfulness among pregnant women.
- 5) To investigate the interaction effect of involvement and Number of Pregnancies on Mindfulness among pregnant women.
- 6) To investigate the interaction effect of Type of Family and number of Pregnancies on Mindfulness among pregnant women.
- 7) To investigate the interaction effect of Involvement, Type of Family and Number of Pregnancies on Mindfulness among pregnant women.

3. HYPOTHESES OF THIS STUDY

- 1) There will be no significant main effect of Involvement on Mindfulness among involved and not involved in Tapovan Centre of pregnant women.
- 2) There will be no significant main effect of Type of Family on Mindfulness among Joint and Nuclear family's pregnant women.
- 3) There will be no significant main effect of Number of Pregnancies on Mindfulness among first and Second pregnancy of pregnant women.
- 4) There will be no significant interaction effect of Involvement and Type of Family on Mindfulness in pregnant women.
- 5) There will be no significant interaction effect of Involvement and Number of Pregnancies on Mindfulness in pregnant women.
- 6) There will be no significant interaction effect of Type of Family and Number of Pregnancies on Mindfulness in pregnant women.
- 7) There will be no significant interaction effect of Involvement, Type of Family and Number of Pregnancies on Mindfulness in pregnant women.

4. VARIABLES

Table 1

| Table 1 The Following Variables were Treated as Independent and Dependent 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 | Type of Family | 2 | 1. Joint family 2. Nuclear Family |
| 3 | Independent Variables | Number of Pregnancies | 2 | 1. First Pregnancy 2. Second Pregnancy |
| 4 | Dependent Variables | Mindfulness | 1 | Mindfulness |

5. RESEARCH DESIGN

In Present study to examine the main and interaction effect of two variables i.e., Involvement in Tapovan centre, Type of Family and Number of Pregnancies a 2x2x2 factorial design were used for collecting the data.

6. RESEARCH SAMPLE

The sample of the study was comprised of 240 pregnant women who was Involved and not involved in Tapovan Centre in children's research university, Gujarat. The sample was selected by Probability 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 Research University was selected.

7. RESEARCH TOOLS

1) Personal Date Sheet:

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) Mindfulness Attention Awareness Scale (MAAS):

For This research study to measure the Mindfulness of pregnant woman's, Mindfulness Attention Awareness Scale (MAAS) was used. This tool was developed by Brown & Ryan, (2003). Which was Standardize in Gujarati language by Dr. A. N. Prajapati & Dharti N. Gajjar. The scale consists 15 items. The items were to be rated 6-point scale. Whose Options respectively, Almost Always, Very Frequently, Somewhat Frequently, Somewhat Infrequently, Very Infrequently and Almost Never. The MAAS had good internal consistency ($\alpha \geq .82$) and 4-week test-retest reliability 0.81. A Spilt half Reliability of the test found after Gujarati standardization was found to be .78.

3) Statistic Tool:

The obtained data from 120 pregnant women has been analysed with adequate statistical techniques of Analysis of variance (ANOVA).

8. RESULT DISCUSSION

Table 2

Table 2 Showing Analysis of Variance for Mindfulness in Relation to Involvement Tapovan Centre, Type of Family and Number of Pregnancies

| Variable | Sum of Squares | df | Mean Sum of Square | F | Significance |
|--|----------------|-----|--------------------|-------|--------------|
| Involvement (A) | 11426.4 | 1 | 11426.4 | 56.63 | 0.01 |
| Type of Family (B) | 290.4 | 1 | 290.4 | 1.44 | NS |
| Number of Pregnancies (C) | 58.02 | 1 | 58.02 | 0.29 | NS |
| Involvement x Type of Family (AxB) | 16.02 | 1 | 16.02 | 0.08 | NS |
| Involvement X Number of Pregnancies (AxC) | 64.07 | 1 | 64.07 | 0.32 | NS |
| Type of Family x Number of Pregnancies (BxC) | 60.00 | 1 | 60.00 | 0.3.0 | NS |
| Involvement x Type of Family x Number of Pregnancies (AxBxC) | 0.02 | 1 | 0.02 | 0.00 | NS |
| SSW | 46810.67 | 232 | 201.77 | | |
| SST | 58725 | 239 | | | |

Signification Level 0.05 = 3.87

0.01 = 6.72

Main Effects:

It could be seen from Table No. 02 that the one main variable, i.e., involvement (F = 56.63), is significantly influencing mindfulness, while the type of family (F = 1.44) and number of pregnancies (F = 0.29) variables are not found to be significant. The involvement Tapovan center and type of family were not found to be significant (F = 0.08). The involvement of the Tapovan center and the number of pregnancies were not found to be significant (F = 0.32). type of family, the number of pregnancies was not found to be significant (F = 0.30). Involvement, type of family, and number of pregnancies were not found to be significant (F = 0.00).

The null hypothesis regarding the involvement variable can be stated in the following manner:

Ho₁ There will be no significant main effect of Involvement on Mindfulness among involved and not involved in Tapovan Centre of pregnant women.

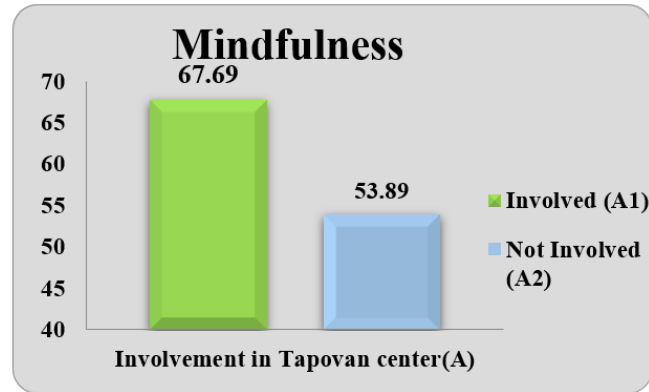
Table 3

Table 3 Showing Mean Score on Mindfulness for Pregnant Women with Regards to Involvement in Tapovan Centre (A)

| Variables | N | M | F | Sig. |
|------------------------------------|-----|-------|-------|------|
| Involve in Tapovan Centre (A1) | 120 | 67.69 | 56.63 | 0.01 |
| Not Involve in Tapovan Centre (A2) | 120 | 53.89 | | |

Sig. level at 0.01 = 6.72

0.05 = 3.87

Graph 1**Graph 1** Showing Bar Chart of Mean Scores on Involvement with Regarding Mindfulness of Pregnant Woman

It is observed that the mean scores in Table No.03 and Graph No. 01 revealed that pregnant Women who were involved in tapovan Centre acquire more score ($M=67.69$) than the not involved ($M=53.89$) on Mindfulness. For testing hypothesis f test has been calculated. The f value is 56.63 which is significant at 0.01 level. It proves that null hypothesis no. 1 is not accepted.

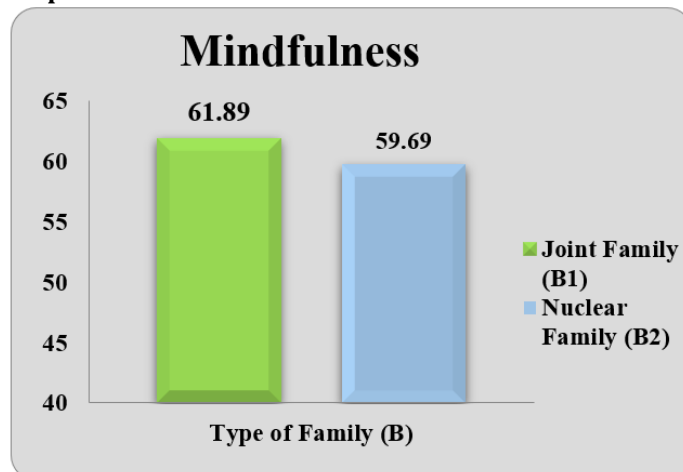
Ho2 There will be no significant main effect of Type of Family on Mindfulness among Joint and Nuclear family's pregnant women.

Table 4**Table 4 Showing Mean Score on Mindfulness for Pregnant Women with Regards to Type of Family (B)**

| Variables | N | M | F | Sig. |
|---------------------|-----|-------|------|------|
| Joint Family (B1) | 120 | 61.89 | 1.44 | NS |
| Nuclear Family (B2) | 120 | 59.69 | | |

Sig. level at 0.01 = 6.72

0.05 = 3.87

Graph 2**Graph 2** Showing Bar Chart of Mean Scores on Type of Family with Regarding Mindfulness of Pregnant woman

It is observed that the mean scores in Table No.04 and Graph No. 02 revealed that the pregnant Women of joint family acquire more score ($M=61.89$) than the nuclear family ($M=59.69$) on Mindfulness. For testing hypothesis f test has been calculated. The f value is 1.44 which is not significant. It proves that null hypothesis no. 2 is not rejected.

Ho3 There will be no significant main effect of Number of Pregnancies on Mindfulness among first and Second pregnancy of pregnant women.

Table 5

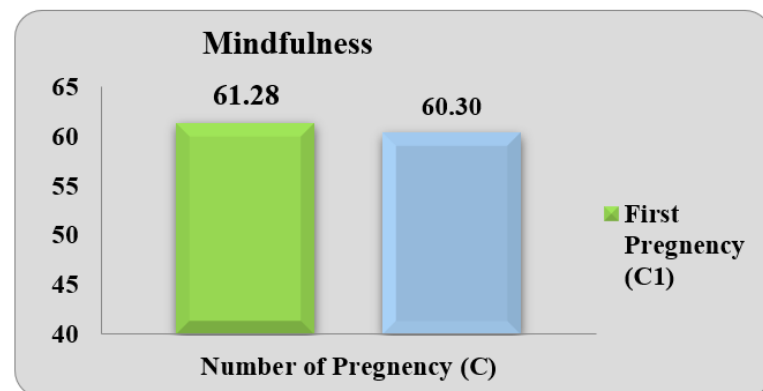
Table 5 Showing Mean Score on Mindfulness for Pregnant Women with Regards to Number of Pregnancy (C)

| Variables | N | M | F | Sig. |
|-----------------------|-----|-------|------|------|
| First Pregnancy (C1) | 120 | 61.28 | 0.29 | NS |
| Second Pregnancy (C2) | 120 | 60.3 | | |

Sig. level at 0.01 = 6.72

0.05 = 3.87

Graph 3



Graph 3 Showing Bar Chart of Mean Scores on Number of Pregnancy with Regarding Mindfulness of Pregnant Woman

It is observed that the mean scores in Table No.05 and Graph No. 03 revealed that the pregnant women of first pregnancy were more score ($M=61.28$) than the second pregnancy ($M=60.30$) on Mindfulness. For testing hypothesis f test has been calculated. The f value is 0.29 which is not significant. It proves that null hypothesis no. 3 is not rejected.

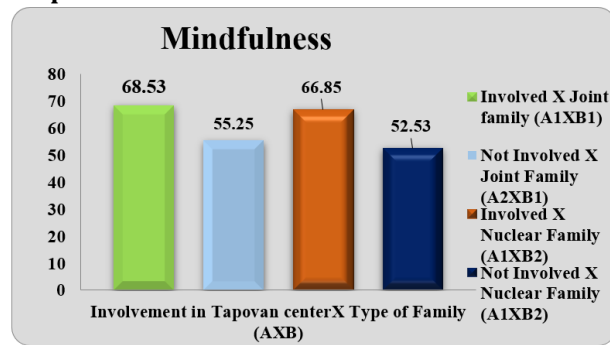
Ho4 There will be no significant interaction effect of Involvement and Type of Famil on Mindfulness in pregnant women.

Table 6

Table 6 Showing Mean Score on Mindfulness for Pregnant Women with Regards to Involvement in Tapovan Centre and Type of Family (Axb)

| Type of Family (B) | Involvement in Tapovan Centre (A) | | F | Sig. |
|--------------------|-----------------------------------|---------|------|------|
| | A1(60) | A2 (60) | | |
| B1 (60) | 68.53 | 55.25 | 0.08 | NS |
| B2 (60) | 66.85 | 52.53 | | |

Sig. level at 0.01 = 6.72
0.05 = 3.87

Graph 4**Graph 4** Showing Bar Chart of Mean Scores on Involvement and Type of Family with Regarding Mindfulness of Pregnant Woman

It is observed in table No. 06 and graph No. 04 that the F ratio for interaction effect of involvement and type of family on mindfulness in pregnant women (AxB) is 0.08 which is not significant. To summarise among AxB group, the group (A1B1) acquired high mean score (68.53) on mindfulness and the group (A2B2) acquired low mean score (52.53) on mindfulness. For testing hypothesis F test has been calculated. which is not significant. It proves that null hypothesis no. 4 is not rejected.

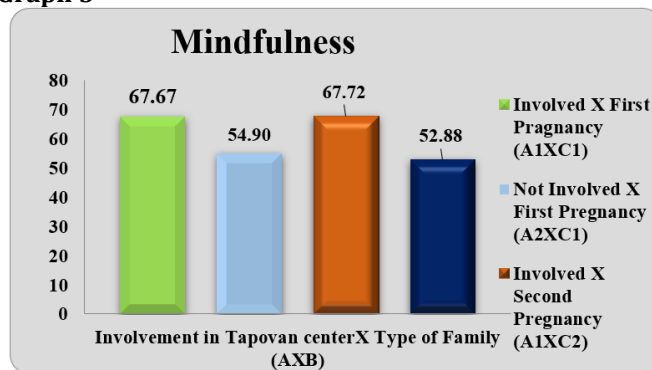
Ho5 There will be no significant interaction effect of Involvement Number of Pregnancies on Mindfulness in pregnant women.

Table 7**Table 7 Showing Mean Score on Mindfulness for Pregnant Women with Regards to Involvement in Tapovan Centre and Number of Pregnancy (Axc)**

| Number of pregnancy (C) | Involvement in Tapovan Centre (A) | | F | Sig. |
|-------------------------|-----------------------------------|----------|------|------|
| | A1(120) | A2 (120) | | |
| C1 (120) | 67.67 | 54.9 | 0.32 | NS |
| C2 (120) | 67.72 | 52.88 | | |

Sig. level at 0.01 =6.72

0.05 =3.87

Graph 5**Graph 5** Showing Bar Chart of Mean Scores on Number of Pregnancy and Involvement in tapovan with regarding Mindfulness of Pregnant woman

It is observed in table No. 07 and graph No. 05 that the F ratio for interaction effect of Involvement in tapovan centre and Number of Pregnancies on Mindfulness in pregnant women (AXC) is 0.32 which is not significant. To summarise among AxC group, the group (A1C2) acquired high mean score (67.72) on mindfulness and the group (A2C2) acquired low mean score (52.88) on mindfulness. For testing hypothesis F test has been calculated. which is not significant. It proves that null hypothesis no. 5 is not rejected.

Ho6 There will be no significant interaction effect of Type of Family and Number of Pregnancies on Mindfulness in pregnant women.

Table 8

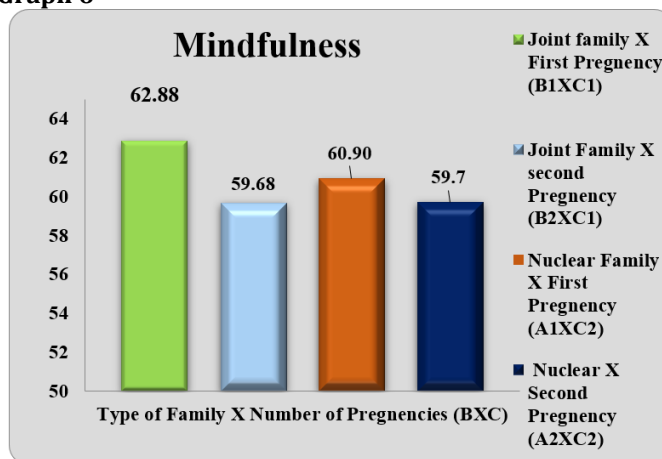
Table 8 Showing Mean Score on Mindfulness for Pregnant Women with Regards to Type of Family and Number of Pregnancy (Bxc)

| Number of pregnancy (C) | Type of Family (B) | | F | Sig. |
|-------------------------|--------------------|----------|-----|------|
| | B1(120) | B2 (120) | | |
| C1 (120) | 62.88 | 59.68 | 0.3 | NS |
| C2 (120) | 60.9 | 59.7 | | |

Sig. level at 0.01 = 6.72

0.05 = 3.87

Graph 6



Graph 6 Showing Bar Chart of Mean Scores on Number of Pregnancy and Type of Family with Regarding Mindfulness of Pregnant Woman

It is observed in table No. 08 and graph No. 06 that the F ratio for interaction effect of number of pregnancy and type of family with regarding mindfulness of pregnant women (BxC) is 0.30 which is not significant. To summarise among BxC group, the group (B1C1) acquired high mean score (62.88) on mindfulness and the group (B2C1) acquired low mean score (59.68) on mindfulness. For testing hypothesis F test has been calculated. which is not significant. It proves that null hypothesis no. 6 is not rejected.

Ho7 There will be no significant interaction effect of Involvement, Type of Family and Number of Pregnancies on Mindfulness in pregnant women.

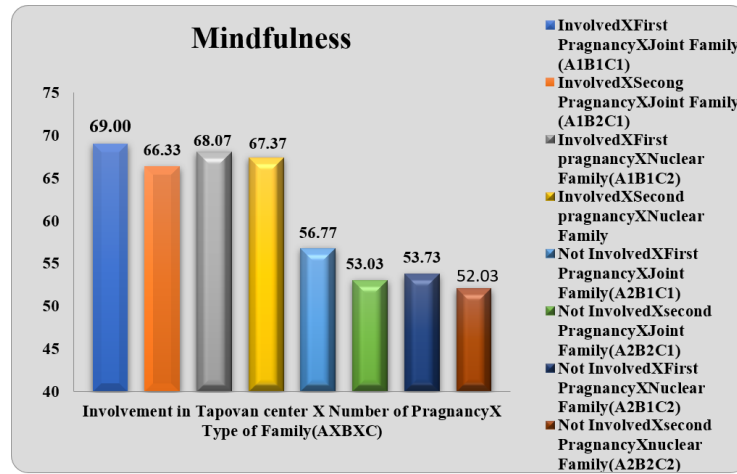
Table 9

Table 9 Showing Mean Score on Mindfulness for Pregnant Women with Regards to Involvement in Tapovan Centre, Type of Family and Number of Pregnancy (Axbxc)

| Type of Family (C) | M | | F | | Sig. | |
|--------------------|---------|-------|----------|-------|------|----|
| | A1(120) | | A2 (120) | | | |
| | B1 | B2 | B1 | B2 | 0 | NS |
| C1 | 69 | 66.33 | 56.77 | 53.03 | | |
| C2 | 68.07 | 67.37 | 53.73 | 52.03 | | |

Sig. level at 0.01 = 6.72

0.05 = 3.87

Graph 7

Graph 7 Showing Bar Chart of Mean Scores on Number of Involvement in Tapovan Centre, Type of Family and Number of Pregnancy with Regarding Mindfulness of Pregnant Woman

It is observed in table No. 09 and graph No. 07 that the F ratio for interaction effect of Involvement, Type of Family and Number of Pregnancies on Mindfulness in pregnant women (AxBxC) is 0.00 which is not significant. To summarise among AxBxC group, the group (A1B1C1) acquired high mean score (69.00) on mindfulness and the group (A2B2C2) acquired low mean score (52.03) on mindfulness. For testing hypothesis F test has been calculated. which is not significant. It proves that null hypothesis no. 7 is not rejected.

9. CONCLUSION

- 1) The different between Pregnant Women Involved and not involved in Tapovan Centre on Mindfulness is found to be Significant on 0.01 level ($F = 56.63$); the Pregnant women involved in Tapovan Centre have High level of Mindfulness ($M = 67.69$) then the Pregnant women did not involve ($M=53.89$). Therefore, null hypothesis no. 1 is not accepted. Which proves that the activities like Garbhadhyaan, Garbhavsanvad, prayer, Music, yoga embroidery, reading, discussion etc. activities conducted at Tapovan Centre the Increases mindfulness of pregnant women.
- 2) The different between Pregnant Women of Joint and Nuclear Family on Mindfulness is found to be non-significant ($F=1.44$); the Pregnant women of Joint Family have slightly High level of Mindfulness ($M = 61.89$) then

- the Pregnant women of Nuclear Family ($M = 59.69$). Therefore, null hypothesis no. 2 is not rejected.
- 3) The difference between Pregnant Women of First Pregnancy and Second Pregnancy on Mindfulness is found to be non-significant ($F=0.29$); the Pregnant women of First Pregnancy have slightly High level of Mindfulness ($M = 61.28$) then the Pregnant women of Second Pregnancy ($M= 60.30$). Therefore, null hypothesis no. 3 is not rejected.
 - 4) The interaction effects regarding involvement in Tapovan Centre and Type of Family on Mindfulness of pregnant women is found to be non-significant ($F= 0.08$); Therefore, null hypothesis no.4 is not rejected.
 - 5) The interaction effects regarding involvement in Tapovan Centre and Number of Pregnancies on Mindfulness of pregnant women is found to be non-significant ($F=0.32$); Therefore, null hypothesis no.5 is not rejected.
 - 6) The interaction effects regarding Type of Family and Number of Pregnancies on Mindfulness of pregnant women are found to be non-significant ($F=0.30$); Therefore, null hypothesis no.6 is not rejected.
 - 7) The interaction effects regarding involvement in Tapovan Centre, Type of Family and Number of Pregnancies on Mindfulness of pregnant women is found to be non-significant ($F = 0.00$); Therefore, null hypothesis no. 7 is not rejected.

CONFLICT OF INTERESTS

None.

ACKNOWLEDGMENTS

None.

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