

SUMMARY

EMOTIONAL TRANSFORMATION AMONG WOMEN AFTER NATURAL CHILDBIRTH

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The formation of human psyche is a dynamic process exposed to numerous confounding factors. Pregnancy, childbirth and puerperium are undeniably significant periods in a woman's life that have a strong impact on her psyche. An enormous amount of changes relating to a physical and mental sphere activates the process of the emotional metamorphosis. It results in creating new patterns of behavior. It has long been known that a mother's psychophysical condition strongly influences her child's psychomotor growth.

This thesis presents two research projects that are supposed to answer two fundamental questions:

1. What is women's emotional transformation after natural childbirth in reference to the negative emotions (depression, fear, negative affects) and to those positive ones (a feeling of satisfaction, effectiveness and positive affects)?
2. Is it possible to intervene in that kind of transformation intensifying a physical contact with an infant child with a Shantali massage?

For this purpose the attempt was made to characterize the process of women's emotional transformation after natural childbirth. The attempt was made with the use of standardized questionnaires assessing women's emotional state after the childbirth. The tools used to assess emotional positives have been taken into account deliberately in the selected gathering of the scales. (It has been done) to confront the researchers' tendency to concentrate on negative emotions that accompany childbirth and puerperium. Consequently the domain of positive emotions has been emerged together with relevant questionnaires such as Edinburgh Postnatal Depression Scale, Hospital Anxiety and Depression Scale (including subscales of depression and fear) and a subscale of 'negatives' of Positive and Negative Affect Schedule. Simultaneously the domain of positive emotions has been introduced together with a subscale of 'positives' of Positive and Negative Affect Schedule and Parenting Sense of Competence Scale (with subscales: satisfaction and efficiency).

The first research model (Project 1) comprised prospective exploratory data analysis of women's cohort without a control group with double measurement of dependent variables before and after 12-week-observation. The participants with appropriate criteria were the

patients of the gynecology and obstetrics ward in the clinic in Bielsko-Biała. The group of 125 participants was recruited. Taking into consideration emotionally sensitive puerperium and the criteria of the exclusion 92 participants got to the final survey research. The complete analyzed data set was acquired from those participants.

The other research model comprised non-randomized quasi-experimental studies with double measurement of the same dependent variables that were applied in the Project 1 (before and after 12-week-observation period). The research group consisted of 67 volunteers recruited during the pregnancy period. The volunteers were provided with the 5-hour-training regarding the intervention (Shantali massage) required in the experimental group. The control group comprised properly selected participants of the Project 1. 43 patients proceeded to the final questionnaire survey for the same reason that had been applied in the Project 1.

Conclusions of the Project 1 - Characteristic of the emotional transformation among women after natural childbirth:

1. Postnatal emotional transformation does not have the same course. Two oppositional types were distinguished in the process: a negative type and a positive one.
2. In the whole group of participants of the Project 1 the average values of the dependent variables indicate the absence of clear changes of their emotional state. After having taken into account the division into subgroups of the negative and positive course of the emotional transformation a different effect has been recorded. The deterioration has been observed in the negative course in the domain of both negative and positive emotions. In the positive course the improvement of the participants' emotional state has been visible in both domains.
3. In the case of the negative emotional transformation the number of the participants classified with emotional disorders is increased. In the case of the positive emotional transformation the number lessens. This tendency is clearer in the domain of negative emotions. The symptomatic emotional disorders emerge relatively seldom. The highest percentage recorded was the percentage of negative affects (max 56%) as well as the percentage of depression (max 29%). Mild or moderate symptoms of emotional disorders or the lack of them can be recorded among the rest of the participants.
4. Side independent variables (age, body mass index, education and planning of pregnancy) do not affect the course of the emotional transformation. It may be regarded that another unknown factor is the crucial one.

5. Within the whole group of the participants of the Project 1 the scores on the scales of the domain of the negative emotions have been always positively correlated with one another (in the initial research, the final research and the delta of the scores) , similarly to the scores on the scales of the domain of the positive emotions. The correlations within the emotional domains have been observed as the negative ones. All the correlations (from the moderate to strong ones) have been regarded as statistically essential ones. This observation is a proof of the coherence of the particular domains and a proof of the existence of the opposite correlation among them. The similar results have been observed considering the division into the subgroups of negative and positive emotional transformation.
6. None of the side independent variables did not indicate crucial or substantively essential correlations with values of the dependent variables.

Conclusions in the Project 2 - The impact of intensified physical contact with an infant child on the course of a woman's emotional transformation after a natural childbirth:

1. In the experimental group it is possible to point out the subgroups of negative and positive emotional transformation with the specification that is very similar to the specification of the subgroups distinguished in the Project 1.
2. The experimental group records the statistically essential improvement in the domain of positive and negative emotions under the scores of almost all the scales used without taking into account the subgroups of negative and positive emotional transformation (excluding EPDS questionnaire, $P=0,050$ (exactly being borderline)). The important inter-group differences are often observed, too. Such an observation can lead to the conclusion that the implementation of the intensification of the physical contact with an infant child is unambiguously beneficial.
3. Considering the division into subgroups of the different courses of transformation:
 - The experimental group does not show crucial changes. In the control group essential intra-group changes have been recorded. The changes indicate the deterioration of the participants' emotional condition. As a result, in the final research the significant inter-group diversity has been frequently observed to the disadvantage of the control group. That kind of observation points out that the intensification of the physical contact with an infant child does not improve a woman's emotional state but only protects from its deterioration.
 - The improvement of the participants' condition has been observed in the positive course both in the experimental and control group. The desired an statistically significant inter-

group differences have been recorded more often in the experimental group. The inter-group differences (particularly the differences of the delta scores) also induce some bias in favor of this particular group. That type of observation indicate that the progress has been noticed in both groups, however it is significantly higher in the experimental group.

In both Projects presented , 1 and 2, the knowledge acquired can be beneficial in future research. Other researchers dabbling in similar subject matter can take advantage of that knowledge.