

MATERNAL MENTAL HEALTH DURING PREGNANCY TEACHER OF NURSING AT THE JIZZAKH PUBLIC HEALTH TECHNICAL SCHOOL NAMED AFTER ALI IBN SINO."

Abdusamatova Difuza

perfectgirl29@mail.ru

Abstraction: *Many women experience problems with their mental health either during or after pregnancy. Anyone can experience it. The most well-known problems with psychological health during pregnancy are anxiety and depression. A considerable proportion of pregnant women are impacted by these. Women with a history of mental illness who stop taking psychotropic medications while pregnant are particularly vulnerable. Abortions, dysfunctional families, marital issues, poor work-life balance, excessive stress, physical ailments, and other related comorbidities can also be linked to mental health problems. Contrary to what is commonly believed, pregnancy is not a happy or pleasant period. Mental health was only considered important after childbirth until a few years ago, when conditions including postpartum depression (PPD) were prioritised.*

These days, mental health receives the attention it deserves from the moment of conception through prenatal care, labour, and the postpartum phase. Patients receive education on the value of mental health and how it affects both the mother and the unborn child in the short and long term. Because he can play a vital role, the baby's father has an education. Numerous studies demonstrate that low birth weight kids are the result of women who experience mental health conditions like depression. Social issues including poverty, overcrowding, overpopulation, and poor hygiene can also have a negative impact on a mother's mental health. Couple counselling, talking to close friends and family, exercising, talking to a therapist, using antidepressant medications, and de-stressing are some helpful remedies. Additionally common is a condition known as postpartum depression, and is given its due importance.

Categories: Internal Medicine, Obstetrics/Gynecology, Preventive Medicine

Keywords: anxiety, postpartum depression, women, pregnancy, mental health

1. Biological Factors:

- **Hormonal Changes:** The rapid hormonal fluctuations that occur after childbirth can significantly impact mood and emotional stability, contributing to the onset of PPD.
- **Genetic Predisposition:** A family history of depression or other mental health disorders can increase the risk of PPD.

2. Social Factors:

- **Support Systems:** Social support from partners, family, and friends plays a crucial role in mitigating the effects of stressors associated with motherhood. Lack of support can exacerbate feelings of isolation and depression.

MODERN EDUCATIONAL SYSTEM AND INNOVATIVE TEACHING SOLUTIONS

- **Relationship Quality:** The quality of the relationship with a partner can significantly influence maternal mental health. Supportive relationships are linked to lower rates of PPD, while conflictual or unsupportive relationships may increase risk.

3. Demographic Factors:

- **Socioeconomic Status:** Women in low- and middle-income countries are at a higher risk for PPD, often due to financial strain, lack of access to healthcare, and social inequities.

- **Age and Parity:** Younger mothers and those experiencing their first childbirth may be more vulnerable to PPD.

4. Mental Health History:

- **Previous Mental Illness:** A history of mental health issues, particularly depression or anxiety disorders, is one of the strongest predictors of PPD. Women with antenatal depression are especially at risk.

- **Coping Mechanisms:** How individuals cope with stress during pregnancy can influence their mental health postpartum. Avoidant coping strategies may lead to poorer outcomes compared to proactive emotional regulation strategies.

5. Emotional and Sexual Fulfillment:

- **Relationship Satisfaction:** High levels of relationship satisfaction are associated with lower rates of PPD. Conversely, dissatisfaction can lead to increased stress and depressive symptoms.

- **Sexual Fulfillment:** Changes in sexual intimacy following childbirth can impact emotional well-being and relationship satisfaction, potentially influencing the risk for PPD.

Implications for Treatment and Support

- **Holistic Approaches:** Interventions should address not only the biological aspects of PPD but also the social and relational dynamics that contribute to maternal mental health.

- **Enhanced Support Systems:** Building strong support networks for new mothers can help mitigate the risks associated with PPD. This includes encouraging partners to be actively involved in caregiving and emotional support.

- **Screening and Early Intervention:** Regular screening for depression during and after pregnancy should be implemented to identify at-risk individuals early and provide timely interventions.

- **Education and Awareness:** Increasing awareness about the signs and symptoms of PPD among healthcare providers, families, and communities can facilitate earlier recognition and treatment.

Conclusion

Postpartum depression is a complex condition influenced by a variety of interrelated factors. By understanding the biological, social, demographic, and emotional dimensions of PPD, healthcare providers can develop more effective prevention and treatment strategies that support mothers during this critical period of transition. Addressing these factors holistically will ultimately benefit not only the mothers but also their families and children, fostering healthier relationships and improved outcomes for all involved.

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