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THE RELATIONSHIP BETWEEN WEIGHT-RELATED BODY PERCEPTION IN PREGNANCY AND ACCEPTANCE OF PREGNANCY

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Aim: This study aims to investigate the relationship between weight-related body perception in pregnancy and acceptance of pregnancy.

Method: This cross-sectional study was conducted on n = 185 pregnant women who applied to a gynaecology-obstetric polyclinic of a university hospital in Edirne, Turkey. Data were collected with the personal information form prepared by the researcher according to the literature, the self-perception of pregnant scale (SPPS) and the prenatal self-evaluation questionnaire (PSEQ).

Results: Average age was found as 29.87 ± 6.43 , marriage time was 7.34 ± 6.50 , gestational week was 26.0 ± 8.34 , and the average weight they gained during pregnancy was 9.08 ± 4.11 . It was determined that 64.9% of pregnant women were uncomfortable with kilos and 14.6% of them thought that others were uncomfortable with their kilos. The mean of subscale body perception of pregnancy (SPSS-BPP) of SPPS was 15.69 ± 5.41 , acceptance of pregnancy subscale of PSEQ (PSEQ-AP) scores were 23.84 ± 14.60 . There was a correlation between SPSS-BPP scores and PSEQ-AP scores of pregnant women ($p < 0.001$). There was a statistically significant correlation between the age of pregnant woman, marriage age, the gestational week and the SPSS-BPP with PSEQ-AP ($p < 0.05$). When comparing the average of educational status of pregnant women, whether the pregnancy was planned and wished or not, whether care about to diet or not, feeling uncomfortable to gain weight and thinking someone else is uncomfortable with their kilos according to body perception of pregnancy and the acceptance of pregnancy, it was found that the difference was significant ($p < 0.05$).

Conclusion: As a result of this study, as body perception of pregnancy increases, also the acceptance of pregnancy increases.

Biography

Sevcan Oz, is a MSc student at the Department of Mental Health and Psychiatric Nursing at Trakya University and works as a Res. Asst. at Department of Mental Health and Psychiatric Nursing of Health Sciences Faculty at Trakya University. Her interest areas are mental diseases, mental health, and psychoeducation.

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