

Abstract

Introduction. Pregnancy and childbirth are extraordinary events for a woman which remain in memory for a lifetime. The time of approaching delivery significantly affects the state of a pregnant woman in each of the spheres of human functioning. The aim of the study was to assess the biopsychosocial status of women in the antenatal period and to indicate whether there are factors that significantly differentiate the selected groups of pregnant women awaiting childbirth.

Material and methods. The study was carried out in St. Hedwig's Clinical Provincial Hospital No 2 in Rzeszów. The test material were 200 women awaiting childbirth: 100 women preparing for physiological delivery and 100 women qualified for elective caesarean section. The following research tools were used in the study: Labor Anxiety Questionnaire (KLP II) created by L. Putyński and M. Paciorek, Social Support Scale according to D. Zarzycka, Sources of Social Support Questionnaire (in Polish adaptation by E. Bielawska – Batorowicz), McGill Pain Questionnaire, short version (Polish translation by K. Sadlek) and the questionnaire developed by the author.

Results. Statistical analysis showed a relationship between the biopsychosocial status of pregnant women and the planned mode of delivery. In turn, the sense of availability of social support was influenced by: place of residence and living conditions, number of people cohabiting with the surveyed subject and the number of people with whom the respondent maintained contacts during pregnancy. However, the occurrence of somatic complaints was associated with the level of labour anxiety. There were no statistically significant relationships between the psychosocial functioning of pregnant women and marital status and obstetric history. In the case of the level of labour anxiety, the participation in the antenatal classes, and in terms of pain sensations - the parity did not matter.

Discussion. The situation of pregnant women in the antenatal period is extremely complex. Obtained results in our research indicating the presence of anxiety and a significant role of social support at this time, are confirmed in the reports of other authors. The assessment of the physical condition of pregnant women in the context of the intensity of pain sensations is a novelty in the previously published material.

Conclusion. The biopsychosocial status of women in the antenatal period is conditioned by many factors. Each of the spheres of the proper functioning of the pregnant woman is mutually dependent. Proper social relations positively influence psychological

well-being, which in turn is closely related to the lack of pain sensations in the biophysical sphere. The results of the research provide many practical guidelines in recognizing the needs of pregnant women awaiting a certain type of delivery in a short time. They also point to the need to involve the public and conduct specialist training in this matter among medical staff.