ORIGINAL ARTICLE

IMPACT OF BODY ESTEEM ON ANTENATAL DEPRESSION AMONG PREGNANT WOMEN OF SOUTH PUNJAB: MODERATING ROLE OF SOCIAL SUPPORT

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# ABSTRACT OBJECTIVE

To measure the impact of body-esteem on antenatal depression among pregnant women;moderatingrole of socialsupport.

# STUDY DESIGN

Cross-sectional researchdesign,

# PLACE AND DURATION OF THE STUDY

Pregnant women from three cities (Bahawalpur=100,Multan= 100 & Dera Ghazi Khan= 100) of South Punjab, Pakistan participated inthisstudy fromJanuary 2018to July 2018.

# SUBJECTS AND METHODS

Tile total sample **of** 300 pregnant women were selected through purposive sampling technique. Three questionnaires; Body­ Esteem Scale for Adolescents and Adults, Multidimensional Self-Perceived Social Support and Edinburgh Postnatal Depression Scalewere used.

# RESULTS

The results of regression analysis exhibited that body-esteem and social support of pregnant women significantly impacted their antenatal depression. Further, social support found to be a significant moderator between body-esteem andantenataldepression.

# CONCLUSION

Body-esteem has a significant impact on antenatal depression among pregnant women. While, social support plays a moderating role between body-esteem and antenatal depression.

# KEYWORDS

Antenatal Depression, Body-Esteem, Social Support,PregnantWomen,South-Punjab.

# INTRODUCTION

In any community, mothers areregarded asnot only establishing a priority group,they arealso susceptible andparticular to haverisk or adopting depression.' The children of such mothers whom arebrought up with depressive environment have the tendency to share less with the strangers.' Antenatal or prenatal depression isthe term used for the depression which is caused during pregnancy. It is the most prevailing mental disorder and it strongly leads toward postnatal depression.If woman suffer with guilt, regret, sense of hopelessness and have thoughts of self-harm, they are most likely to havedepression.'"' The risky and threatening factors for antenatal depression includes inheritance, environment, lack of social support networks, and bodily dissatisfaction.' The physical and social changes occur in pregnancy for which social support is very important.' Inadequate socialsupport isasignificant risk andthreat in pregnancy which could cause depression.'

The social support refersto the actually received or perceived social5upport fromtheir relations.' It *can* be utilized to help recognizing the women's risk of depression.' Moreover, social support also facilitates to enhance the motivation for actively participating in the physical activitiesfor the pregnant women.,.,, Although, the family structure of pregnant women affects their perception of social support." Whereas. in past studieshavereportedthere ispositive relationship between the body esteem and social support, the same studies also revealed that there is negative correlation between the depression and body esteem. ,,\_,, Social support provided by the relationships reduces antenatal depression and increases the body-esteem during pregnancy. It has been specified that inadequate social support is one of common dangerousaspectsfor antenatal depression" It washypothesized thatthere would be a significant impact of body-esteem and social support on antenatal depression among pregnant women. Besides that, body-esteem and antenatal depression would be significantly moderated by social supportof pregnant women.

# SUBJECTSAND METHODS

**Participants**

In total,300 pregnant women who agedbetween 18 to 40 years wereselected through purposive sampling technique. The data were collected from three cities of South Punjab (Bahawalpur, Multan and Dera Ghazi Khan).The sample was justified by using onlineA-priori statisticsmultiple regressionanalysis."

# Instruments

*Body-Esteem Scale for Adolescents and Adults":* Body-Esteem scale for adolescents and adults was used to measure the body esteem among pregnant

women.This scaleconsisted of 22-items having5 pointLikert scale(0 forneverand 4 for always).Thisscaleshowedgoodreliability ( *a=0.88).*



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***Multidimensional Scale* of *Perceived Social Support (MPPSJ":*** To measure the perceived social support among pregnant women, MPPS was used. This is 12 items scale having 7- point ratingsresponse [1=very strongly disagree to 7= very strongly agree). Cronbach's alpha reliability of perceived social support was 0.84whichshowedgoodinternalconsistency.

***Edinburgh Postnatal Depression Scale'":*** It is a screening tool which measures the prenatal depression.This isa 1oitem self-report questionnaire,it hasfourresponses foreachitem.

**Procedure**

Considering the quantitative research design, mandatory ethical considerationswereaddressed. After obtaining thepermission from authors, instruments wereadministered on the participants. Formal permission was also taken from the ethical review board before startingthe study. Participantswereapproached for the collectionof dataandrapportwas also developed with them. After explaining the purpose of study, they were requested to fill demographic information sheet and research questionnaires. Participants were also acknowledged for their participation and cooperation in the study. Thecollecteddata wereanalysedthroughSPSS(23.0).

# RESULTS

300 pregnant women aged between 18 to 40 years were selected through purposive sampling technique. To check the relationship among all variables bivariate correlation analysis was used whereas for moderation, hierarchical regression analysis was used following BaronandKennyl9 guidelines.

Table I

Bivariate Correlation among Body-Esteem. Social Support and Anttnat-al Depression

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Body-Esfet'm** | **Soclill Support** | **Anwna11I Depr.. .ion** |
| Body-£s1eem | . | .51.. | -.24.. |
| Social su,,pon |  | . | ...2 • |
| Antenatal Depr sion |  |  | - |

*N* - *300.. />* < *.0 I*

The table 1 showed that Body-esteem was significantly positively correlated withsocial support andsignificantly negatively correlated with antenatal depression. While, social support was significantly negativelycorrelatedwithantenataldepression.

Table 2

Mulliple Hie.rnrchical Regression Anal is fur Mc>derating Roll!of Social Support between Body-Esteem andAnlcnatul Depre.s.sion (N=300)

|  |  |  |
| --- | --- | --- |
| **Variables** | **AnlllDl!tal O..pression** | |
|  | dR' | B |
| Step I | .03 |  |
| Control Variables• |  |  |
| Step 2 | .os••• |  |
| Social Suppon |  | -.10"'\*• |
| Step 3 | .09...... |  |
| 8od)1-Estccm | ,,.... | -.06· |
| Step 4 | . |  |
| Body-Esteem X Social Suppon |  | \_77••· |
| Total R1 | .11••· |  |

*Nole Com,t,I tlarwble.*,*s*-- *t!d1u·mron, Ja,mly s1-s1em: home resuience: •p<.05:*

*·••p<.(/()/*

The results revealed that after controlling demographic variables (i.e., education, family system and home residence) in step 1. Social support was added in step 2, body-esteem was added in step 3, and interaction terms between body-esteem and social support were added in step 4, the overall model explained the 11.3% of varianceIn

antenatal depression,F (6,293) 6.21,p <.001.In step2,socialsupport

was found to be a significant predictor of antenatal depression. In step 3, body-esteem was found to be significant negative predictor of antenatal depression. Furthermore, in step 4 the interaction of body-esteem and social support was found significant and social support appeared as a significant moderator between body esteem andantenatal depression.

Figure J

lntcraction plot Qf Body-esteem and SociaJSupport wi1h Antenatal Depression

**MODERATOR**

-+- Low Sci,cial Support

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Low Body-E. teem

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Theplot1showed that thenature of the relationship between body· esteem with social support become negative for antenatal depression.

**DISCUSSION**

Antenatal depression has been receiving great attention in recent yearsand it isconsidered as the considerable disease burden around the globe. For women pregnancy and childbirth are times of great physical and emotional stress. Such unexpected variations in physical body which are different from pre-pregnancy may encourage body image dissatisfaction." Study has reported that pregnant women are well aware about their body-image, but they continue to meet the standards of pregnancy and feel much worried about meeting the standards of shaping up their body after the child birth.' This research was hypothesized that there would be a significant impact of body-esteem and social support on antenatal depression amongpregnant women. The resultsshowedin table 1, revealed that body-esteem was significantly positively correlated with social support and significantly negatively correlated with antenatal depression.The results of present research aresimilar with past studies, where another research also found significant negative correlation between body-esteem and depression in the start of pregnancy, although the researchers have claimed that body· esteem was significant predictor in antenatal depression". Many previous studies also showed that there is negative association between body esteem and antenatal depression'°',,,. Pregnant women also perceive social support inadequately. Families and relationships are considered as the common sources of social support for the pregnant women, there would be a chance of antenatal depression if they would lack the social support by their familyandspecial people in theirlives".



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This studyalso explored thatbody-esteem and antenatal depression would be significantly moderated by social support of pregnant women.The table 2 depicts that social was a significant moderator between body-esteem and antenatal depression. The results also showed that body-esteem and social support were significant predictor in antenatal depression.The results of present research are supported through previous studies, that there is positive relationship between the body esteemand social support,the same study also revealed that there is negative correlation between the depression and body esteem. "·" So, it can be said that improper social support can increase the chance of antenatal depression amongthe pregnant women'.

# CONCLUSION

Conclusively, body-esteem and social support condense antenatal depression among pregnant women. While, social support plays a moderating role between body-esteem and antenatal depression.

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