

The Review on Lifestyle and its Relation with the Pregnancy Outcomes in the Pregnant Women Coming to Educational Hospitals of Tabriz in 2004

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Abstract: The life style which is called for individual life manner is described as one of the important factors which influence the health. The health and progress of every society to some extent is dependent on the health of women, the pregnancy and child delivering have had significant effect on the women's health and hygiene and is accounted for national health and important indexes. On the other hand, the life style has had long-term and permanent effect on the health of mother and child. Therefore, this research is done for objective reviewing pregnant women's life style and its relation with pregnancy outcomes in pregnant women coming to educational centers of Tabriz. This research is cross-sectional study in the form of comparative which in it 385 women coming to AL-Zahra and Taleghani Hospitals studied; they have had a unit characteristics of research case, The procedure was in the aim of choice and with the help of questionnaires containing three parts socio-individual characteristics; life style and the pregnancy outcomes, the data collected and analyzed with the help of computer software SPSS/Win11 and statistic tests ANOVA, correlation and t test. The research results showed that the life style 44.7% of pregnant women studied were middle and 55.3% were good, which only in the field of physical exercise were poor and in the rest cases the situation evaluated in the majority was good and from point view of statistic, the relation between life style and weight of newborn was significant ($p = 0.006$), with the use of Pearson's ratio scales it was defined that the relation between physical exercise (from part of life style) and pregnancy age ($r = 0.1$ and $p = 0.046$) and relation between nutrition (from part of life style) and the weight of newborn and pregnancy age (in order $p = 0.033$ and $p = 0.005$) was significant. Regarding to research findings, there is relation between the life style situation and nutrition with the weight of newborn and also nutrition and physical exercise with pregnant age, for helping to promote women's health during pregnancy and improving the pregnancy outcomes with education to the style of healthy life (regular exercise, healthy nutrition, not to smoke, suitable caring himself and acceptable social relation) are suggested from hygienic personnel during this period.

Key words: Life style, the pregnancy outcomes, hygienic, physical exercise, pregnant woman, Tabriz

INTRODUCTION

Nowadays, in the world, although the tremendous progress has been achieved in the technology and significant reduction in fatal disease, the problem of health care remains on the agenda (Nikniaz, 2002). Hygienic experts have described the life style as one of the important factors which influence the health (Smith and Maurer, 2000). Life style which returns to the manner of living or method of living reflects the social values personnel outlooks and activities (Basavan, 1999) are the behaviors that individuals do in relation to the kind of nutrition and their feeding customs, how spending their leisure times, habit of smoking, body activities, the

manner in the office and how to benefit from hygienic and treatment services (Ashrafinia *et al.*, 2001).

Healthy life style helps to promote health and unhealthy life style has bad effects on health (Basavan, 1999).

Considering that the health and progress of every nation is based to some extent on the health of women (Rangbar, 2002) and pregnancy and delivering child has had significant effect on women's health and hygiene (Danish, 2000). Therefore, securing women and newborn's health should be in the priority of hygienic services (Rangbar, 2002).

The studies have showed the relation among socio psychological factors and life style and their effects in

Table 1: Frequency distribution status of life style (Research objectives)

Life style	Status							
	Poor		Moderate		Good		Total	
	No.	(%)	No.	(%)	No.	(%)	No.	(%)
Exercise	154	40	170	44.2	61	15.8	385	100
Nutrition	0	0	99	25.7	286	74.3	385	100
Self-care	6	1.6	116	30.1	263	68.3	385	100
Use of drugs and alcohol	0	0	0	0	385	100	385	100
Social relation	17	4.4	187	48.6	181	47	385	100
Total (life style)	0	0	172	44.7	213	55.3	385	100

pregnancy and they have mentioned socio-psychological health of woman and her social ground including social protection and different kinds of depression and stresses are the important factors of her life (Ahluwalia *et al.*, 2001). In pregnancy the positive healthy behaviors like regular prenatal care, prenatal classes, getting minerals and vitamins, feeding all kinds of food, healthy feeding habits (Faden *et al.*, 1997; Raiser and Allen, 2002) and unhealthy behaviors like smoking, drinking alcohol, malnutrition, delayed prenatal care effect the pregnancy outcomes (Ahluwalia *et al.*, 2001). Life style has had long-term effects on mother and child in pregnancy (Ohio State University Extension Footshead, 2002). Therefore, it is necessary to know the factors causing physical and emotional problems and the prevention procedures could be recognized until the health could be promoted (Rangbam, 2002). The present research has been done with the purpose of defining pregnant women's life style and its relation with pregnancy outcomes in women coming to Tabriz educational hospitals.

MATERIALS AND METHODS

The present research is cross-sectional study in the form of comparative and the samples were pregnant women that after finishing their 20 weeks pregnancy have come to Al-Zahra and Taleghani educational hospitals for child delivering and they have had unit characteristics for research. They have been chosen with the method to purpose. The material for collecting data included a questionnaire containing 3 sections relating to the life style (physical exercise, nutrition, self-care, using drugs and social relations) and pregnancy outcomes. For gaining scientific credit test methods have been used which the materials were in the access of 10 professors of Tabriz nursing and Midwifery faculty and after collecting views, the necessary correction has been done for achieving scientific credit, the comparative methods have been used with the ratio scales 0.81 material has been confirmed. For collecting the data, the researcher himself was present in the research area and after presenting himself and expressing the objectives for people completed the questionnaire with interviewing methods and studying the case and for analyzing the

findings the computer soft ware of SPSS/win11 and statistic tests ANOVA, correlation and T test have been used.

RESULTS

The research results showed that 84.4% of individuals were in 18-35 years old age group and they have primary education and women under research were housewives. 62.9% of women were inhabited in cities and towns and 84.4% of women were not family relatives with their husbands and 37.7% of cases, the husband's education were primary and 64.4% of individuals, the husbands have had free business or other occupations. 62.6% of women have only one pregnancy and 63.6% have one live baby and in 76.1% of them, the pregnancies were wanted, In 83.6% of cases, the weight of babies were 2500-4000 g, 97.7% of newborns have borne alive. The pregnancy age in 83.9% of cases were term, 76.9% of women under research, the labors were vaginal and Apgar score in the first and fifth minutes were orderly 92.5% and 96.1% cases were over 7, only in 2 cases neonatal abnormalities were observed.

In relation to the special aims of research, the results showed that 40% of pregnant women under research from point view of physical exercise were in poor condition, 44.4% were moderate and 15.8% were good.

The majority of the individuals that is 74.3% from point view of nutrition were in good condition and 25.7% were moderate. The majority of pregnant women under research that is 68.3% from point view of self-care in pregnancy, they were in good condition, 30.1% were moderate and 1.6% were poor. 100% of pregnant women under research were in good condition from point view of drinking alcohol and using drugs. The pregnant women under research in majority that is 48.6% from point view of social relation were in moderate condition and 47% were in good condition. In total, 55.3% of pregnant women from point view of life style were in good condition and 44.7% were in moderate (Table 1).

Also, the findings showed that physical exercise and nutrition have had significant relation with pregnancy age and also nutrition and life style have had significant

Table 2: Relation between life style and Pregnancy outcomes

Life style	Variables						
	Gestational age	Type of Delivery	Life of Neonate	Malformation of Neonate	APGAR score (1min)	APGAR score (smin)	Weight of Neonate
Exercise	p=0.046 r=0.1	p=0.56	p=0.6	p=0.43	p=0.16	p=0.49	p=0.1
Nutrition	p=0.033 r=0.1	p=0.57	p=0.51	p=0.63	p=0.18	p=0.17	p=0.005 r=0.14
Self-care	p=0.39 r=0.04	p=0.31	p=0.37	p=0.36	p=0.66	p=0.63	p=0.17
Use of drugs and alcohol	p=0.94	p=0.48	p=0.58	p=0.12	p=0.88	p=0.87	p=0.082
Social relation	p=0.052	p=0.73	p=0.97	p=0.17	p=0.49	p=0.86	p=0.1
Total (life style)	p=0.1	p=0.78	p=0.99	p=0.82	p=0.32	p=0.65	p<0.006 r=0.14

relation with the weight of baby. (by using statistic test of correlation). Nutrition condition figure, self-care and life style have had significant and reversed relation with the numbers of pregnancy. (By using statistic test of correlation), Nutrition condition figure, self-care and social relation and life style have had significant relation with mother's education. Also physical exercise condition, nutrition, self-care and lifestyle have had significant relation with husband's education. (By using statistic test ANOVA), Nutrition condition, self-care, social relation and life style have had significant relation with family income ratio (By using statistic test of correlation). Finally the relation between life style and location of living was significant, too. (By using statistic T test) (Table 2).

DISCUSSION

The present research showed that pregnant women's life style condition under research were good in the majority cases and only physical exercise condition was poor in more samples.

Social relation was moderate and in the case of the pregnancy outcomes, life style condition have had relation with neonatal weight and also physical exercise condition with pregnancy age.

In the research of Alderman *et al.* (1998) they were not showed any definite relation between pregnancy duration and physical activity for 2 h in a week. In the research of Hatch, it was not showed any relation between physical activity and preterm labor. Nutritional condition, too, had significant relation with infant size, however, Hoshyar Rad observed in his study that maternal dietary intake has not had real effect on infant size (Houshiar *et al.*, 1998). In the research of Ferland *et al.* (2003) too, positive relation has been observed between maternal dietary intake and infant size.

Lorrain (2001) showed that there is relation between nutritional habits and birth weight and often

the facts point out that good nutrition in pregnancy reduces the danger of pregnancy complications, preterm labors and low birth weight. Therefore, maternal malnutrition has effects in the health and prenatal development of fetus (Jamshidi, 2002).

CONCLUSION

Finally, regarding to the great changes in human life in the modern times and motto of healthy people until 2010 based on promoting the people's life, the facilities and services must be accessible for pregnant women.

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