

Survey of Effect of Antenatal Exercises on Selected Common Complaints during Pregnancy

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Abstract

Objective: To assess the effect of antenatal exercises on selected common complaints during pregnancy. **Methods:** The population in this study consisted of Pune city women who attended the antenatal exercises classes from June 2009 to October 2010 at Deenanath Mangeshkar hospital, Ruby hall, Patankar hospital. researcher constructed the questionnaire for the purpose of data collection. For collection of data researcher used closed ended type questionnaire. From these hospitals researcher selected total 71 subjects as a sample for the study, between the age group of 21 to 36 years old. Out of 71 subjects, 36 subjects (50.7%) are housewives and 35 subjects (49.3%) are professional (working women in various fields). Out of 71 subjects, 45 subjects (63.4%) are up to graduate and 26 subjects (36.6%) are Post Graduate and their age, height and weight were recorded. The data was analyzed by Descriptive Statistics: percentage and Inferential-statistics: Pearson Chi-square. **Results:** The study shows the significant effect of antenatal exercises to reduce the constipation, back pain, depression, fatigue, laziness etc., frequent Urination, leg cramp, Psychological and Emotional changes during pregnancy, food nausea, vomiting, headaches after exercise ($p < 0.0001$). There was no effect of antenatal exercises on heartburn, excessive salivation, nasal problem, varicose veins after exercise. **Conclusion:** Antenatal Exercises helps to reduce the common complaints during pregnancy, but some common complaints like heartburn, excessive salivation, nasal problem, varicose veins has no change.

Introduction:

According to May (1997) birth is a natural physiological event. Inevitable changes will occur during pregnancy. Pregnancy is a time of great changes in a woman's body and undergoes important adaptations. Exercise during pregnancy can help to prepare her for labor and childbirth. Pregnant women experiences common complaints during pregnancy. The common complaints during pregnancy are backache, depression, fatigue and laziness, food nausea, headaches and leg cramp. These complaints lead to mental and physical distribution in the women, leading them into stress and other complication of pregnancy. These common complaints can be reduced with the help of some yogic exercises, meditation, walking, antenatal exercises etc.

Prenatal exercises, meditation and yoga help pregnant women to build up emotional, mental and spiritual health during pregnancy. The attitudes and outside influences, the role of music, rest and relaxation which affect the mother and baby during pregnancy. The proper implementation of the above points during pregnancy helps the

pregnant women to become more emotional, mental and spiritual healthy during pregnancy. Physical Health during Pregnancy is also important. In order to maintain the proper physical health the pregnant women must follow the following things like to undergo mild and regular exercise during pregnancy, to follow proper diet, to know the importance of specific nutrients and to use of herbs in pregnancy. Taking care during pregnancy will reassure and strengthen the growing baby, give the baby a better start on life and prevent physical and mental health problems from manifesting later in the child's life.

In order to avoid the major and common complication doctors recommend low to moderate level of exercise to pregnant women because it can strengthen and improve overall musculoskeletal and physiological health as well as pregnancy related symptoms. Regular physical activity can relieve these symptoms it also improves posture, strength and sleep. In order to see the outcome of exercises on selected common complaints, this research was undertaken. After taking all these factors into consideration the research scholar has decided to study the following research. **Survey of effect of antenatal exercises on selected common complaints during pregnancy.**

Materials and Methods:

The purpose of the study was to analyze the effect of antenatal exercises on selected common complaints during pregnancy. The population in this study consisted of Pune city women who attended the antenatal exercises classes from June 2009 to October 2010 at DeenanathMangeshkar hospital, Ruby hall, Patankar hospital. From these hospitals researcher selected total 71 subjects as a sample for the study, between the age group of 21 to 36 years old. Out of 71 subjects, 36 subjects (50.7%) are housewives and 35 subjects (49.3%) are professional (working women in various fields). Out of 71 subjects, 45 subjects (63.4%) are up to graduate and 26 subjects (36.6%) are Post Graduate and their age, height and weight were recorded. Researcher constructed the questionnaire for the purpose of data collection. For collection of data researcher used closed ended type questionnaire. The closed ended questionnaire is focused on effect of antenatal exercises on selected common complaints during pregnancy. The questions were designed for the detail information regarding the subject [demographic Data, Previous Pregnancies, Common Complaints during pregnancy, Exercise during Pregnancy, At the end of antenatal classes (Feedback), At the time of delivery (Feedback)] were included in the questionnaire. The data was analyzed by Descriptive Statistics: percentage and Inferential- statistics: Pearson Chi-square.

Analysis and the Results of the Study

A] Common complaints During Pregnancy

Out of 69, 57 (82.6 %) subjects were suffering from back pain. Out of this, 56 subjects (98.2%) got positive results that there was decrease in back pain and (1.8%) have no change in the back pain. 3 subjects (50%) got positive results and 50% has no change in constipation. 6 subjects got (100%) positive change after attending the antenatal exercises classes. Antenatal exercises helped 32 subjects (80%) to reduce the fatigue, laziness etc and 20% subjects has no change in the fatigue, laziness etc. 4 subjects (50%) to decrease frequent urination and 50% subjects has no change in the problem after receiving the

antenatal exercises. 58 subjects (98.3%) got relief from leg cramp and (1.7%) has no change in the leg cramp. 75% subjects felt positive psychological and emotional change in the behavior and 25% subjects did not found any change in the psychological and emotional well being

B] The general common complaints during pregnancy.

Out of 69, 2 subjects (11.8%) got positive results and 88.2% there was no change in food nausea. 14.3% subjects stops vomiting after attending the antenatal exercises, (85.7%) subjects did not stop vomiting. 55 subjects answered that they were not suffering from vomiting during pregnancy. 5 subjects (83.3%) to reduce headaches and 1.6% subjects has no change in the problem after receiving the antenatal exercises.

Discussion

According to Clapp¹, the individual's growth is conditioned not only by genetic background but also by environmental stimuli, for example, adequate supply of nutrients and practice of physical activity. In Antenatal exercises, exercises are given to neck, upper back, lower back or tail born which helps to improve the flexibility of the muscle, joints and ligaments. Flexibility exercises helps to reduce the back pain. The sitting pelvis tilt exercises helps to reduced the sleep disorders and lower back pain because the pelvis tilt movement strengthens and tones the abdominal muscles and stretches the lower back muscles^{2,3,4}. The research scholar Lawani explained in his study that antenatal gymnastic exercises is a non- pharmacological childbirth preparation methods. These antenatal gymnastic exercises helps to maintain rachidian static and to relieve painful syndromes (joints, lumbar pains , backaches) during pregnancy⁵.

Pelvis floor exercises, stretching exercises and yogic exercises helps to improve the blood flow to the muscles and joints and it also increases the pelvis floor strength⁶. . Exercises helps to improve the muscles tone and elasticity of stretches muscles (Abdominals, rhomboids, upper back and neck muscles) and it also stretch shorten muscles (lower back and pectorals) and reduces tension in joint of the pelvis, shoulders, hips and knee and helps to improve the flexibility in the muscles and joints, which decreases the laxity in the joints and ligaments^{7,8,9}. Mild exercises, Squats against the wall and pelvis floor exercises helps to improve the bowel movement function properly which leads to improves digestive system, helps to tone the intestine muscles and also toning the anal muscle and anal sphincter. The body wall consisting of the levatorani and coccygeus muscles that is stretched across the pelvis cavity, supporting the abdominal contents, the uterus and is pierced by the anal canal, urethra and vagina. Exercise gently stimulates the bowels movement, which leads to improve digestive system¹⁰..Yoga and physical exercises is the best solution for fatigue, laziness etc. It involves only gentle stretches and hence leaves the pregnant women refreshed after practice. This is most essential for individuals with CFS, as they are already deficit of energy. By practicing a few minutes of breathing exercises, meditation and a few gentle stretches helps to reduce fatigue, laziness etc. While meditation helps in conservation of energy and in boosting self confidence, the yoga postures helps in pushing in more oxygen through the body organs and releases muscle tension. Pregnant women who suffer from fatigue and laziness etc. face emotional and physical tension which usually gets lodged in the muscle

tissues, by knotting and tightening them and decreasing the blood circulation. Through various yoga postures that involve breathing deeply and gently, these muscle tissues are relaxed and they get more oxygen which in turn releases the tension. During deep breathing there is maximum intake of oxygen and release to toxins¹¹. The Kegel exercises as the alternative medicine to cure the frequent urination. Kegel Exercises are actual exercises done to strengthen the pelvic floor muscles which are helpful in strengthening the pelvic floor to avoid overactive bladder or loss of bladder function. The exercises help strengthen the muscles around the bladder and urethra to reduce negative bladder symptoms and reduce urinary urgency and frequency. Exercising the pelvic muscles for five minutes three times a day can make a difference in bladder symptoms, Intensive pelvic floor muscle training during pregnancy prevents urinary incontinence during pregnancy and after delivery^{12,13,14}. Stretching exercises (Stretch the calf muscles during the day and before going to bed at night), yogic exercises and walking helps to improve the blood circulation in the muscles and ligaments and exercises helps to improve the muscles tone and elasticity of stretches muscles. Author also suggests the home remedies also helps to cure the leg cramps during pregnancy such as, standing and sitting for long periods and crossing the legs while sitting can cause the leg cramp. leg cramps occur due to decrease in blood circulation. Morning stretching exercises and sitting in erect position helps to improve the proper circulation of blood in the muscles helps to reduce cramps. Sleeping position at night influences the blood circulation. Lying on the left side at night is the best sleeping position for increasing blood circulation. This is important for cramping, as well as bringing more oxygen to the body and for the baby. Dehydration can contribute to leg cramping. Sipping water throughout the day helps to stay well hydrated, which can reduce leg cramps¹⁵. Deep breathing, practicing yoga, exercise helps to balance the blood sugar, improves breathing and [breathlessness](#), triggers the body to release feel-good endorphins and leaves with a sense of well-being and getting a massage can also reduce tension and may relieve or prevent headaches during pregnancy¹⁶. Meditation, pelvic floor exercises, stretching exercises and yogic exercises, Rest, frequent meals that is every one or two hours, plenty of water, sucking sweets or sugar free gum, plenty of sleep, avoid plenty of food in fats, avoid caffeine and deep relaxation exercises can help to overcome nausea and vomiting during pregnancy, which leads to decrease the headache during pregnancy¹⁷.

Conclusion

With the limitation of the present study, it may be concluded that the effect of antenatal exercises helps to reduce the intensity of back pain and decrease constipation. Antenatal Exercises helps to reduce frequent Urination also reduces fatigue and laziness and reduces leg cramps during pregnancy.

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