

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; moderating role of social support.

STUDY DESIGN

Cross-sectional research design.

PLACE AND DURATION OF THE STUDY

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

SUBJECTS AND METHODS

The 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 Scale were 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 and antenatal depression.

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.

KEY WORDS

Antenatal Depression, Body-Esteem, Social Support, Pregnant Women, South-Punjab.

INTRODUCTION

In any community, mothers are regarded as not only establishing a priority group, they are also susceptible and particular to have risk or adopting depression.¹ The children of such mothers whom are brought up with depressive environment have the tendency to share less with the strangers.² Antenatal or prenatal depression is the 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 have depression.³⁻⁴ The risky and threatening factors for antenatal depression includes inheritance, environment, lack of social support networks, and bodily dissatisfaction.⁵ The physical and social changes occur in pregnancy for which social support is very important.⁶ Inadequate social support is a significant risk and threat in pregnancy which could cause depression.⁷

The social support refers to the actually received or perceived social support from their relations.⁸ It can be utilized to help recognizing the women's risk of depression.⁵ Moreover, social support also facilitates to enhance the motivation for actively participating in the physical activities for the pregnant women.⁹⁻¹⁰ Although, the family structure of pregnant women affects their perception of social support.¹¹ Whereas, in past studies have reported there is positive relationship between the body esteem and social support, the same studies also revealed that there is negative correlation between the depression and body esteem.¹²⁻¹³ 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 dangerous aspects for antenatal depression¹⁴ It was hypothesized that there 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 support of pregnant women.

SUBJECTS AND METHODS

Participants

In total, 300 pregnant women who aged between 18 to 40 years were selected 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 online A-priori statistics multiple regression analysis.¹⁵

Instruments

Body-Esteem Scale for Adolescents and Adults¹⁶: Body-Esteem scale for adolescents and adults was used to measure the body esteem among pregnant women. This scale consisted of 22-items having 5 point Likert scale (0 for never and 4 for always). This scale showed good reliability ($\alpha = 0.88$).

Multidimensional Scale of Perceived Social Support (MPPS)¹⁷: To measure the perceived social support among pregnant women, MPPS was used. This is 12 items scale having 7-point ratings response (1=very strongly disagree to 7= very strongly agree). Cronbach's alpha reliability of perceived social support was 0.84 which showed good internal consistency.

Edinburgh Postnatal Depression Scale¹⁸: It is a screening tool which measures the prenatal depression. This is a 10 item self-report questionnaire, it has four responses for each item.

Procedure

Considering the quantitative research design, mandatory ethical considerations were addressed. After obtaining the permission from authors, instruments were administered on the participants. Formal permission was also taken from the ethical review board before starting the study. Participants were approached for the collection of data and rapport was 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. The collected data were analysed through SPSS (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 Baron and Kenny¹⁹ guidelines.

Table 1
Bivariate Correlation among Body-Esteem, Social Support and Antenatal Depression

	Body-Esteem	Social Support	Antenatal Depression
Body-Esteem	-	.51**	-.24**
Social Support		-	-.26**
Antenatal Depression			-

N = 300**p < .01

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

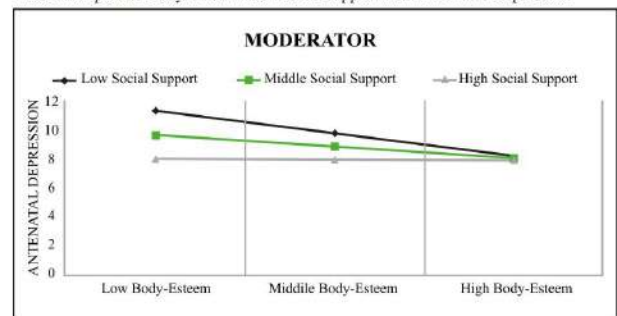
Table 2
Multiple Hierarchical Regression Analysis for Moderating Role of Social Support between Body-Esteem and Antenatal Depression (N=300)

Variables	Antenatal Depression	
	ΔR ²	B
Step 1	.03	
Control Variables*		
Step 2	.08***	
Social Support		-.10***
Step 3	.09***	
Body-Esteem		-.06*
Step 4	.11***	
Body-Esteem _X_ Social Support		.77***
Total R ²	.11***	

Note: Control Variables = education; family system; home residence; *p<.05; ***p<.001

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 variance in antenatal depression, F (6, 293) 6.21, p < .001. In step 2, social support 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 and antenatal depression.

Figure 1
Interaction plot of Body-esteem and Social Support with Antenatal Depression



The plot 1 showed that the nature of the relationship between body-esteem with social support become negative for antenatal depression.

DISCUSSION

Antenatal depression has been receiving great attention in recent years and it is considered 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.²⁰ 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.² This research was hypothesized that there would be a significant impact of body-esteem and social support on antenatal depression among pregnant women. The results showed in 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 are similar 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 depression²¹. Many previous studies also showed that there is negative association between body esteem and antenatal depression^{20,22,23}. 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 family and special people in their lives¹¹.

This study also explored that body-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 esteem and social support, the same study also revealed that there is negative correlation between the depression and body esteem.^{12,13} So, it can be said that improper social support can increase the chance of antenatal depression among the pregnant women⁷.

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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