

UTICAJ PSIHOFIZIČKE PRIPREME NA ZDRAVLJE TRUDNICE

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Trudnoća je period fizičkih i psihičkih promjena, a buduće majke trebaju spremati organizam za te velike promjene. Da bi se zadovoljili povećani zahtjevi majke i ploda preporučuje se psihofizička priprema za porođaj jer kineziterapija povećava funkcionalni kapacitet trudnice i samopouzdanje. Ispitati zdravstvene benefite kineziterapije u psihofizičkoj pripremi trudnica za porođaj. Longitudinalno prospektivno istraživanje, sprovedeno u Domu zdravlja Herceg Novi (februar-jul 2018). Obuhvatilo je 34 trudnice u trećem trimestru, regrutovane dobrovoljno, po odobrenju ginekologa. Učesnice su imale kineziterapiju dva puta nedeljno 30 minuta tokom četiri nedelje. Početnim i kontrolnim mjerenjem registrovani su krvni pritisak, srčana frekvencija, indeks tjelesne mase (BMI) i psihološki status primjenom Well-Being Index-a (WHO-5). Rezultati: 63% učesnica starosti 20 - 30 godina, 34% starosti 31- 40 godina, 3% iznad 40 godina. 60% učesnica završile su srednju školu, 6% višu, a 34% visoku. U radnom odnosu je 54%, a 46% nije. 77% živi u bračnoj a 23% u vanbračnoj zajednici. Srednja vrijednost sistolnog krvnog pritiska 112,88 mmHg- kontrolnog 114,12 mmHg; dijastolnog 69,26 mmHg i 70,76 mmHg. Vrijednost pulsa iznosila je 77,18 i 83,03 otkucaja/minuti, vrijednost BMI ukazivao je na povećanu tjelesnu težinu. Samoprocjena blagostanja (početna n=33) je unaprijeđena (kontrolna n=34). Završetkom programa sve su bile dobro raspoložene. Našim istraživanjem utvrdili smo da prilagođeni kineziterapijski program održava dobar balans između kardiovaskularnih, metaboličkih i psiholoških promjena u trudnoći. Preporuka je konstantno sprovođenje psihofizičke pripreme, individualno prema zdravlju i stanju trudnice i medijska kampanja kroz pisane i elektronske medije o njenom značaju.

Ključne riječi: trudnice, psihofizička priprema za porođaj, psihološko blagostanje

THE IMPACT OF PSYCHOPHYSICAL PREPARATION ON THE HEALTH OF PREGNANT WOMEN

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Pregnancy is a period of physical and mental changes and expectant mothers need to prepare their bodies for these major changes. In order to satisfy the increased demands of the mother and the fetus, psychophysical preparation for childbirth is recommended, because kinesitherapy increases the functional capacity of the pregnant woman and self-confidence. To examine the health benefits of kinesitherapy in the psychophysical preparation of pregnant women for childbirth. Longitudinal prospective research, conducted at the Herceg Novi Health Center (February-July 2018). It included 34 pregnant women in the third trimester, recruited voluntarily, with the approval of a gynecologist. Participants had kinesitherapy twice a week for 30 minutes for four weeks. Blood pressure, heart rate, body mass index (BMI) and psychological status were registered by initial and control measurements using the Well-Being Index (WHO-5). Results: 63% of participants aged 20-30 years, 34% aged 31-40 years, 3% over 40 years. 60% of participants graduated from high school, 6% from college, and 34% from college. 54% are employed and 46% are not. 77% live in a marital and 23% in an extramarital union. Mean systolic blood pressure 112.88 mmHg- control 114.12 mmHg; diastolic 69.26 mmHg and 70.76 mmHg. Pulse values were 77.18 and 83.03 beats / minute, BMI indicated increased body weight. Self-assessment of well-being (initial n = 33) was improved (control n = 34). At the end of the program, everyone was in a good mood. Conclusion: Our research found that a customized kinesitherapy program maintains a good balance between cardiovascular, metabolic, and psychological changes in pregnancy. The recommendation is constant implementation of psychophysical preparation, individually according to the health and condition of the pregnant woman, and a media campaign through written and electronic media about her importance.

Key words: pregnant women, psychophysical preparation for childbirth, psychological well – being