

# Maternal Condition of Pregnant Mother and Associated Traits of Child Born, Studied Through Case-Study Technique

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**Abstract:** *Mothers are blessed with the capacity to give birth to their offspring as they have endurance, patience, loving and caring attitude. An unborn child is connected to her mother through placenta, which is an important organ. This placenta helps in exchanging nutrients, gases and even emotions between mother and the child. Due to difference in psycho-physical condition of mothers, certain associated traits are formed. These associated traits have been identified through case-study technique. It has been concluded that "Negative programs and unusual maternal conditions result towards development of negative associated traits such as fear, insecurity, emotional imbalance and many more". Alteration of maternal condition may result towards formation of positive associated traits in their children.*

**Keywords:** Maternal Condition, Pregnant Mother, Associated Traits

## 1. Introduction

The phrase "when mom is happy, everyone is happy." It is a reality especially for an unborn child. The unborn child is connected through her placenta both physically and emotionally because of this maternal conditions have a direct impact on child to be born.

Recent studies prove that 6 months into a pregnancy, the unborn child is already aware, reacting and emotionally active. The unborn child can see, hear, experience, taste, feel and even learn. The child's personality is affected by mother's physical and emotional condition. Throughout the pregnancy, the fetus is affected by maternal conditions and also father's attitude towards the mother and child. He absorbs emotional energy from parents that have influence on child's associated personality traits in future.

There are physical conditions such as anemia, urinary tract infections (UTI) etc. but there are maternal psychological conditions such as sad mood, loss in interest in fun activities, changes in appetite, sleep and energy, feeling of worthlessness, shame or guilt which directly result towards formation of associated traits in the child.

Associated traits are characteristic shown by child's personality as a result of some typical maternal condition during pregnancy.

It has been concluded through researches that among maternal conditions, the emotion of impatience, feels to the baby as not having enough oxygen supplied through the placenta. The baby wants to act in a way to avoid suffocation and express associated behavior.

Dr. Wadhwa and colleagues suggest that women who experience high levels of psychological stress are significantly more likely to deliver a preterm child.

Studies have confirmed that higher level of stress can raise blood pressure. Normally the placenta gives some protection

to the fetus but when this stress is chronic, the protection can become uncompromised. This could have lasting effect on the developing child as well as it can affect mother's vascular function which could result in reduced blood flow to the fetus. If blood is reduced, the amount of oxygen and nutrients being delivered are also reduced. This can negatively affect fetal growth.

The mother's nutrition is also important for developing child. She should take enough protein to support the development of new cells, enough calcium to create a skeletal system and enough iron for the increased blood supply.

There are also "SUBCONSCIOUS THOUGHTS" that affect fetus. Life is a reflection of beliefs, which come through lifetime experiences and interaction with other people. Most of these beliefs are subconscious and they quietly "PROGRAM" one's mind to react to the world. If these beliefs are negative, it programs to self-defense e.g. saying "I can't....., I am unable, I am unlucky.

This hypothesises that a "Negative program and unusual maternal condition" usually result towards development of associated traits of fear, insecurity and emotional imbalance, have been studied through case study technique.

## 2. Methodology: Case Study Technique

**Subject No. 1:** This sample was divorcee and was afraid that her child will be taken away by his biological father. She was abused by family members, suffered with feeling of hurt, fear and insecurity.

**Personality of Child Born:** The boy had identical personality, suffered with fear of height, dark room and got hurt easily.

### **Subject No. 2:**

This sample is a widow, but expecting and is at 6<sup>th</sup> month of pregnancy. She is abused by her family members; she has been rejected and unable to even take sufficient diet.

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Emotionally she is unbalanced, weeping all the time. She was found to be too sensitive.

**Personality of Child Born:** The child born was found to be too cool, he was sensitive and had characteristics of introverts.

**Subject No. 3:**

This woman was from poor family, she was unable to take nutritious food. The food supplied by anganwadi was not appealing to her. She was found to be underweight and had a feeling of depression.

**Personality of Child Born:** The child born was low birth weight. He was very weak, his reflexes were not fully developed. The child was crying and showed irritating nature.

**Subject No. 4:**

This girl was sexually abused and was feeling guilt for conceiving. Her family members were also non-cooperative and she has to stay in Nari-Niketan Kendra where she did not receive any co-operation. She felt insecure and was phobic.

**Personality of Child Born:** The child born was pre-mature and had phobia from social members. This child also showed lack of confidence.

Violence during pregnancy and intimate partner violence have lasting consequences on the mental health of child and mother. Researches also support that personal, sexual, physical and emotional abuse and current partner violence or social adversity also result towards mental ill health.

Inadequate antenatal care, low birth weight, preterm delivery is associated with neglect, hostility towards newborn.

Above case studies conclude that the type of emotions which mother develops during pre-natal period and also associated conditions during this period have lasting effect on the child's personality to be born. It is necessary for an expecting mother to resolve her emotions through channelization.

S.No	Maternal condition	Family Condition	Mother's emotions	ASSOCIATED traits of child born
1.	Divorcee	Humiliating Abusing	Hurt, fear Insecurity	Identical personality suffered with fear of height, dark room and got hurt easily.
2.	Widow	Non-Cooperative Rejecting	Weeping, Sad, sensitive	Child was very sensitive, too cool and introvert person.
3.	Poor family	Insufficient Nutrition	Underweight Depression	Low Birth weight child, weak and irritating nature.
4.	Sexually abused	Non-cooperative abused	In secured Phobic	Child born was pre-mature and had phobia and lack of confidence in self.

**3. Result and Discussion**

Through case studies it has been concluded that during pregnancy parents who dwell on negative thoughts sense their feelings to fetus. As a result this negative program fear to the child before it even enters the world. Veena, A. Satyanarayan, Ammu mentions that declining rates of maternal and child mortality is the result of good efforts for maintaining good maternal health of mother. Through studies it has been revealed that there are many psychiatric disorders during pregnancy. Anxiety and depression being the most common.